**Shepherd’s Pie**

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Shepherd’s pie is an easy dish to convert to the Paleo lifestyle. Mashed cauliflower takes the place of potatoes as the top layer, and the bottom layer is given extra flavor with cinnamon and ground cloves. There are a few extra steps to making comforting and flavorful shepherd’s pie, but when it comes steaming out of the oven you know that your effort has been worth it.

**Ingredients:**

**For the top layer:**

1 large head cauliflower, cut into florets

2 tbsp ghee, melted

1 tsp spicy Paleo mustard

Salt and freshly ground black pepper, to taste

Fresh parsley, to garnish

**For the bottom layer:**

1 tbsp coconut oil

1/2 large onion, diced

3 carrots, diced

2 celery stalks, diced

1 lb. lean ground beef

2 tbsp tomato paste

1 cup chicken broth

1 tsp dry mustard

1/4 tsp cinnamon

1/8 tsp ground clove

Salt and freshly ground black pepper, to taste

**Directions:**

1. Place a couple inches of water in a large pot. Once the water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until tender; Drain and return cauliflower to the pot.

2. Add the ghee, mustard, salt, and pepper to the cauliflower. Using an immersion blender or food processor, combine the ingredients until smooth. Set aside.

3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the onion, celery, and carrots and sauté for 5 minutes. Add in the ground beef and cook until browned.

4. Stir the tomato paste, chicken broth, and remaining spices into the meat mixture. Season to taste with salt and pepper. Simmer until most of the liquid has evaporated, about 8 minutes, stirring occasionally.

5. Distribute the meat mixture evenly among four ramekins and spread the pureed cauliflower on top. Use a fork to create texture in the cauliflower and drizzle with olive oil. Place under the broiler for 5-7 minutes until the top turns golden. Sprinkle with fresh parsley and serve.

