

individual shepherd's pie

SERVES 1 • READY IN 40 MINUTES OR LESS



Ingredients:

- 2 cup celeriac, peeled and cubed
- 1 tsp olive oil
- ¼ tsp salt
- 1 ¾ cup fat-free beef broth
- ¼ cup water

Beef:

- ½ tsp olive oil
- 1 portion lean ground beef
- ½ cup green beans, chopped
- 1 roma tomato, deseeded and chopped (~ ½ cup)
- ⅛ tsp salt
- ½ tsp oregano
- 1 tsp onion powder
- 1 tbsp Ideal Protein Tomato Basil Soup Mix
- ¼ cup fat-free beef broth
- 1 sprig fresh parsley, leaves chopped, for garnish

In a medium saucepan, bring fat-free beef broth and water to a simmer. Add celeriac cubes. Cover and simmer for 15-20 min until they can be easily pierced with a knife or fork. Strain and place in a food processor with 1 tsp olive oil, ¼ tsp, and pulse a few times. Scrape down the sides and food process until smooth. Set aside.

Preheat oven to high broil.

While the celeriac is simmering, make the ground beef mixture. Heat skillet over medium-high heat and swirl in ½ tsp olive oil. Add beef and cook, breaking it apart with a wooden spatula until browned. Add wax beans, tomato, 1/8 tsp salt, oregano, and onion powder. Cook until liquid has evaporated and wax beans are cooked, about 5 minutes.

Mix soup mix with ¼ cup fat-free beef broth. Add to beef mixture and bring up to a simmer.

Place in an oven-proof bowl. Top with celeriac mash and smooth the top. Using the tines of a fork, graze the top of the mash. Broil for 5-10 minutes or until golden. Garnish with parsley.