

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Shepherd's Pie Sweet Potato Skillet Fries

Courtesy of The Fit Slow Cooker Queen

INGREDIENTS:

- 32oz. frozen sweet potato fries
- 1lb lean ground meat (Shannon used chicken, I used beef)
- 1/2 medium onion, chopped
- 1 garlic clove
- 6 oz. can tomato paste
- 1/4 cup Worcestershire sauce
- 1/2 cup low-sodium broth (beef or chicken, depending on meat used)
- 10 oz. frozen mixed vegetables, thawed (I've never thawed the vegetables and haven't had an issue. They heat up quickly!)
- 1 cup shredded cheddar cheese



DIRECTIONS:

- ♥ Preheat oven to 400 degrees F and prepare fries according to package instructions.
- ♥ While the fries are baking, add meat, onion garlic, and a pinch of salt and pepper to a skillet.
- ♥ Cook until meat is browned and drain any excess grease.
- ♥ Stir in tomato paste, Worcestershire sauce and broth.
- ♥ Add vegetables and bring to a simmer, and cook until thickened slightly and fries are done.
- ♥ Season to taste with salt and pepper.
- ♥ Transfer the fries to an ovenproof baking dish or skillet and top with meat mixture and shredded cheese and return to oven for about 5 minutes until cheese is melted and lightly browned.

Some Notes:

To make Paleo and Whole 30 Compliant - omit the cheese and Worcestershire, and slice your own sweet potatoes to make the fries.

To make Vegetarian - Instead of meat, use crumbled tofu, coarsely mashed chickpeas, tempeh, lentils, or roasted mushrooms! YUM!

Compliments of Eat Your Heart Out Edibles

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Want to make it Vegan-approved? In addition to the meat substitutes, you can substitute the cheese with my Vegan Cheese Sauce.

Chef Angela's Vegan Non-Cheese "Cheesy" Sauce

Yields about 1 ½ cups

INGREDIENTS:

¾ cup chickpeas (in a pinch you could sub navy beans)

1 tsp minced garlic

1 tsp garlic powder

2 tsp lemon juice

1 tsp spicy brown mustard (or Dijon, I prefer spicy, and this really does not make the sauce spicy AT ALL, just allows for some added flavor)

Salt and pepper to taste

½ cup nutritional yeast

¾ cup vegetable broth

¼ tsp turmeric

Pinch of cayenne

Zest and juice of half a lemon

1 TBSP Cornstarch

DIRECTIONS:

- ♥ Combine chickpeas, garlic, garlic powder, lemon juice, mustard, salt and pepper in food processor.
- ♥ Add yeast, broth, turmeric, cayenne, lemon zest and juice, process to combine.
- ♥ Add entire mixture to a saucepan, over medium heat stir with a whisk and add 1 heaping TBSP cornstarch mixed with 3 TBSP warm water.
- ♥ Continue stirring until sauce thickens and starts to boil. Remove from heat once comes to a boil.

