

## Family Style Shephards Pie | GAPS, AIP Friendly

### INGREDIENTS

- 2 Packages Ground Beef I use 5280 Meat.
- 1-2 TBS Garlic Lovers Seasoning. I like FlavorGod.
- 1-2 TBS Ghee My favorite is OMghee.
- 1 Cup Bone Broth Whatever you have on hand.
- 1 Bunch Parsley
- 4 Cloves Garlic
- 1 Head Cauliflower
- 4 Carrots
- 3 Squash Green/Yellow mix
- 3 Stalks Celery
- 1 Bunch Green beans

### RECIPE

1. Mix beef, seasoning, and bone broth in mixing bowl and set aside
2. Chop cauliflower and garlic
3. Bring 1/2 cup bone broth to boil, add the cauliflower and garlic (you may add extra water if needed but not too much, you want the consistency to be softened, not soupy)
4. Once the cauliflower has softened, let it cool slightly and with a hand mixer or immersion blender, blend until smooth and set aside.
5. Next melt the ghee and begin to brown the beef
6. Once the meat is browned, chop and add in the vegetables. Cook until well mixed and onions are translucent
7. Add the mixture into baking dish
8. Add the cauliflower in small dollops to the top of the meat and vegetables, then connecting the dots together by gently spreading out the mixture with the back of a spoon or spatula.
9. Smooth out the remaining cauliflower and bake at 375°F for 20 minutes or until top is slightly golden.
10. Serve and enjoy!