

Shepherd's Pie with an Indian Twist

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-sweet-potato-pie-recipe>

Ingredients:

- 2 tablespoons coconut oil
- 1 onion small, chopped
- 900 grams ground beef grass-fed
- 1 teaspoon Himalayan salt
- 1 cup coconut water
- 1 cup full fat coconut milk
- 1 tablespoon garam masala
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 3 peppers 2- ,dried pili pili, crushed, or 1/2 tsp red pepper flakes
- 4 tablespoons coconut oil 3-
- 3 plantain ripe, chopped into small chunks
- 1/4 teaspoon Himalayan salt
- 1 butternut squash medium
- 2 sweet potatoes medium purple skin white flesh
- 4 tablespoons coconut oil 3-
- Himalayan salt Generous sprinkle of
- pepper
- freshly ground black pepper Generous sprinkle of
- 1/2 cup full fat coconut milk
- 3 tablespoons ghee melted
- 1/2 teaspoon garam masala
- salt
- pepper to taste

Nutrition:

1. Calories: 910 calories

2. Carbohydrate: 56 grams
3. Cholesterol: 100 milligrams
4. Fat: 65 grams
5. Fiber: 8 grams
6. Protein: 33 grams
7. SaturatedFat: 41 grams
8. Sodium: 310 milligrams
9. Sugar: 20 grams
10. TransFat: 1.5 grams

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