

# Real Food Spooky Halloween Shepherd's Pie

Yield: 9 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/spooky-halloween-food-recipe>

## Ingredients:

- 2 1/2 pounds red potatoes chunked
- 3 cloves crushed garlic or 1/2 tsp. garlic powder, divided
- 6 slices bacon 4-, optional but yummy
- 1 pound ground beef or turkey
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons cumin
- 1 teaspoon ground thyme
- freshly ground pepper
- 1 onion medium, chopped
- 4 carrots 2-, diced
- 2 celery ribs diced
- 1/2 red pepper chopped
- 2 cups broccoli 1-, chopped, including stems
- 1 cup frozen peas
- 4 tablespoons flour or arrowroot starch
- 1 cup chicken stock or beef or broth
- 1 cup plain yogurt divided
- 1 egg
- 2 tablespoons butter
- 1/4 cup cottage cheese
- 1 teaspoon salt 1/2-, Real, to taste, or other unrefined sea salt
- 1/2 cup shredded cheddar cheese divided, sharp is best

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 90 milligrams

4. Fat: 23 grams
  5. Fiber: 6 grams
  6. Protein: 21 grams
  7. SaturatedFat: 10 grams
  8. Sodium: 640 milligrams
  9. Sugar: 7 grams
  10. TransFat: 0.5 grams
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