

SHEPHERD'S PIE

INGREDIENTS

- | | |
|---|---|
| <u>3 cups cauliflower (1 medium sized head), cut into florets</u> | <u>1 tablespoon garlic, minced</u> |
| <u>2 tablespoons butter at room temperature</u> | <u>1 teaspoon ground thyme</u> |
| <u>1 teaspoon garlic powder</u> | <u>¼ teaspoon ground black pepper</u> |
| <u>¼ teaspoon ground black pepper</u> | <u>½ cup frozen peas</u> |
| <u>12 oz extra lean ground beef</u> | <u>½ cup frozen corn</u> |
| <u>½ cup onion, diced</u> | <u>1 cup beef stock, no salt added*</u> |
| <u>½ cup celery, diced</u> | <u>1 tablespoon corn starch</u> |

* Look for low or reduced-sodium broth containing 200mg sodium or less per 1 cup serving. Avoid low-sodium broth that contains potassium chloride—it's very high in potassium.

PREPARATION

- 1 Preheat oven to 375°F.
- 2 In a large saucepan, cover the cauliflower florets with water. Bring to a boil and simmer until the cauliflower is tender. Drain and put cooked cauliflower in a mixing bowl or food processor. Puree with butter, garlic powder and black pepper.
- 3 Heat a skillet over medium heat and brown the beef. Add the onions, celery, garlic, thyme and black pepper, and continue to cook until the vegetables soften. Add peas and corn and bring to a simmer.
- 4 In a cup, mix together the beef stock and corn starch. Add the stock slurry to the ground beef and vegetables. Continue to heat and stir until it thickens into a gravy.
- 5 To assemble the shepherd's pie, pour the beef and vegetable mixture into a baking dish (for example, 9-inch square). Smooth the cauliflower puree over the top.
- 6 Bake uncovered for approximately 30 minutes until gravy bubbles and cauliflower puree becomes slightly brown.



SUGGESTIONS

- ✓ For the photo our chef made mini pies in ovenproof glass cups. The cooking time for these is only 15–20 minutes.

SHEPHERD'S PIE



Nutrient Analysis

PER SERVING	
½ of recipe	
Renal/Diabetic Exchanges:	
2 Lean Meat + 1 Higher-Potassium Vegetable	
Calories	165
Protein	15g
Total Carbohydrate	11g
Fiber	2g
Sugars	3g
Fat	7g
Saturated	4g
Cholesterol	45mg
Sodium	183mg
Potassium	530mg
Phosphorus	177mg
Calcium	39mg
Iron	2mg
Magnesium	32mg
Vitamin C	30mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Fresh, frozen or canned?

Choosing low-potassium fruits and vegetables are important to maintain a normal blood potassium level. Include fresh, frozen or canned foods in your grocery list with careful planning.

Fresh items such as apples, grapes, peppers and green beans can be found in the produce section. They are low-calorie foods and rich in fiber, vitamins and minerals. Stick with the recommended portion size of each to stay within your potassium limits.

Frozen fruits and vegetables can be a cost-effective way of adding these foods to your diet. Limit heavily seasoned foods or foods covered in a salty sauce. Skip blends that include high-potassium fruits or vegetables. Read the Nutrition Facts label to ensure there are no hidden sources of potassium.

Canned items are a second option, but careful label reading is essential before purchasing. Avoid heavily salted items, foods preserved with potassium chloride and fruits and vegetables that are naturally high in potassium.

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