

HEALTHFUL SHEPHERD'S PIE

(from *The Cleaner Plate Club*)

1 Tablespoon olive oil
1 onion, chopped
1 garlic clove, minced
1 pound ground beef
1/4 cup uncooked white rice
1 28-ounce can diced tomatoes, drained
4 cups frozen mixed veggies (about 2 packages)
Salt and freshly ground pepper
2 pounds sweet potatoes (about 2 large), peeled and chopped into 1/2-inch cubes
1/4 cup milk
2 Tablespoons butter
1/3 cup grated cheese

Preheat the oven to 350°F.

Heat the oil in a large skillet over medium-high heat. Saute the onion and garlic until translucent, about 3 minutes. Add the ground beef and brown until no longer pink, 10-15 minutes. Add the rice, tomatoes, and frozen mixed veggies (or chopped fresh veggies of choice). Bring to a boil, then reduce the heat and let simmer for 15 minutes. Season with salt and pepper.

Meanwhile, steam the sweet potatoes until fork-tender, about 20 minutes. Put a couple of inches of water into a large pot, set a steaming basket in it, and bring to a boil. Set the sweet potatoes in the basket, cover, and let steam. Let the potatoes cool slightly, then mash them in a large bowl with the milk and butter.

Spread the meat mixture in the bottom of a 2-quart casserole dish. Top with the mashed sweet potatoes, and sprinkle the cheese on top. Bake until the cheese melts and starts to turn golden, 10-15 minutes.