

Sweet Potato Shepherd's Pie

Recipe By Norene Gilletz



Cooking and Prep:  1
h 45 m

Serves:  8

Contains:   

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Low Carb

Source: KosherScoop.com

This is sure to be a family favorite! You can make it with ground chicken, beef, or veal.

Ingredients (17)

Sweet Potato Mixture

- 4 medium sweet potatoes, peeled and cut into chunks
- 1/2 cup water
- 2 teaspoons **Bartenura Olive Oil**
- salt and freshly ground black pepper
- paprika, for garnish

Meat Mixture

- 2 medium onions, cut in chunks
- 1 cup baby carrots (about 12)
- 2–3 cloves garlic or 2-3 cubes **Gefen Frozen Garlic** (1–2 teaspoons dry minced)
- 1 tablespoon **Bartenura Olive Oil**
- 2 pounds lean ground chicken, beef, or veal (or a combination)
- 1/2 teaspoon salt (or to taste)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 egg or 2 egg whites or 1/3 cup **Haddar Egg Whites**
- 1/4 cup ketchup or barbecue sauce
- 1/3 cup **Yehuda Matzo Meal**

Start Cooking

Prepare the Sweet Potato Mixture

1. Place sweet potatoes and water in a large microwaveable bowl. Cover and microwave on high for 18–20 minutes or until tender. (Or cook the sweet potatoes in a medium saucepan on top of the stove for 20 minutes over high flame.) Drain well. Add oil, salt, and pepper, and mash until very smooth. Set aside.

Prepare the Meat Mixture

1. Preheat oven to 350°F. Spray a 9- x 13-inch baking dish with nonstick spray.
2. In a food processor using the steel blade, process onions, carrots, and garlic until finely chopped, about six to eight seconds.
3. Heat oil in a large pot on medium flame. Sauté onions, carrots, and garlic for two to three minutes or until soft. Add ground chicken and brown for six to eight minutes, stirring often.
4. Remove from heat. Add salt, pepper, basil, oregano, egg or egg whites, ketchup, and matzoh

meal; mix well.

To Assemble

1. Spread meat mixture evenly in prepared baking dish. Top with sweet potato mixture and sprinkle with paprika. (If desired, the Shepherd's Pie can be prepared in advance up to this point and refrigerated overnight.)
2. Bake uncovered for 50–60 minutes or until golden. Cut into squares and serve.