

## Whole30 Shepherd's Pie

**2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30**

Peeler Ranch Ground Beef, thawed  
Farmhouse Kitchen Spice Mix  
Red Russian Kale, washed, woody stem removed  
Carrots, greens removed, washed, peeled (optional)  
Farmhouse Kitchen Prepared - Gundermann Acres White Sweet Potato  
Olive oil or Ghee  
Salt and Pepper

**STEP 1** Preheat oven to 400°F and arrange the oven rack to the middle position. Set the mashed sweet potato on the counter to reach room temperature.

**STEP 2** Prepare the vegetables. Chop the tender kale stems and leaves into approximately 1" pieces. Chop the carrots into thin coins, about ¼" thick.

**STEP 3** Place a large saute pan over medium-high heat. When the pan is hot, add 1 tbsp. oil. Swirl the oil to coat the bottom of the pan and then add the ground beef. Use a wooden spoon to break the meat up into small pieces in an even layer and then add the carrots. Season with 1 tsp. salt and pepper. Cook the beef and carrots for 5-7 minutes, stirring occasionally, until the meat is lightly browned and no longer pink. Add the kale and combine. Stir until wilted. Next, add in the spice mix and stir to combine fully. Cook for another 3-4 minutes and then turn off the heat. Season with salt and pepper to taste.

**STEP 4** Drain the fat from the pan and then transfer the beef, and vegetable mixture to a 3 to 5 quart baking dish (9 x 13 or larger) or large cast iron skillet. Spoon the mashed sweet potato over the mixture and spread in an even layer using a rubber spatula or butterknife. Create decorative swirls using the spatula or a fork.

**STEP 5** Bake the shepherd's pie in the preheated oven for 20 minutes. The mashed sweet potato should be warmed through. To brown the top of the mashed sweet potatoes, broil for 2-3 minutes.

**STEP 6** Remove from the oven and let the shepherd's pie rest for 10 minutes before serving. Enjoy!

## Whole30 Shepherd's Pie

**4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30**

Peeler Ranch Ground Beef, thawed  
Farmhouse Kitchen Spice Mix  
Red Russian Kale, washed, woody stem removed  
Carrots, greens removed, washed, peeled (optional)  
Farmhouse Kitchen Prepared - Gundermann Acres White Sweet Potato  
Olive oil or Ghee  
Salt and Pepper

**STEP 1** Preheat oven to 400°F and arrange the oven rack to the middle position. Set the mashed sweet potato on the counter to reach room temperature.

**STEP 2** Prepare the vegetables. Chop the tender kale stems and leaves into approximately 1" pieces. Chop the carrots into thin coins, about ¼" thick.

**STEP 3** Place a large saute pan over medium-high heat. When the pan is hot, add 2 tbsp. oil. Swirl the oil to coat the bottom of the pan and then add the ground beef. Use a wooden spoon to break the meat up into small pieces in an even layer and then add the carrots. Season with 2 tsp. salt and pepper. Cook the beef and carrots for 5-7 minutes, stirring occasionally, until the meat is lightly browned and no longer pink. Add the kale and combine. Stir until wilted. Next, add in the spice mix and stir to combine fully. Cook for another 3-4 minutes and then turn off the heat. Season with salt and pepper to taste.

(NOTE: You may need to cook ground beef and carrots in multiple batches)

**STEP 4** Drain the fat from the pan and then transfer the beef, and vegetable mixture to a 3 to 5 quart baking dish (9 x 13 or larger) or large cast iron skillet. Spoon the mashed sweet potato over the mixture and spread in an even layer using a rubber spatula or butterknife. Create decorative swirls using the spatula or a fork.

**STEP 5** Bake the shepherd's pie in the preheated oven for 20 minutes. The mashed sweet potato should be warmed through. To brown the top of the mashed sweet potatoes, broil for 2-3 minutes.

**STEP 6** Remove from the oven and let the shepherd's pie rest for 10 minutes before serving. Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Ground Beef - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Spice Mix - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: garlic powder, onion powder, new mexican chili powder, smoked paprika, cumin, salt, pepper)

Kale - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Carrots - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Sweet Potato - Store in a cool, dry place in the kitchen. Use within 5 days.

**\*\*Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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