Winter Squash Shepherd’s Pie

Ingredients
1 Tablespoon grass-fed butter or olive oil or coconut oil
1 yellow onion, chopped
2 celery stalks, chopped
1 pound organic ground turkey, chicken, bison or beef
3 large carrots, chopped
1 cup fresh broccoli florets
1 teaspoon dried thyme
2 teaspoons dried oregano
½ teaspoon sea salt
Pepper to taste (about ¼ teaspoon)
1 cup frozen peas
¾ cup chicken broth, preferably homemade
1 Tablespoon coconut flour

2+ cups cooked winter squash (buttercup, butternut, acorn, pumpkin)
1-4 Tablespoons full-fat coconut milk
2 Tablespoons grass-fed butter, plus more for dotting the pie

Directions
1. Melt 1 Tablespoons butter or oil over medium heat in a large skillet. Add onion and celery and sauté for ~2 minutes. Then, add the ground turkey and break up the meat with a spatula. Cook for about 3-5 minutes.
2. Add carrots and broccoli and cook another 3-5 minutes. Next, add the thyme, oregano, sea salt, pepper and peas. Continue to cook ~2 more minutes.
3. Pour in broth and coconut flour and mix well. Bring to a simmer over medium-low heat and cook ~ 5 minutes.
4. While mixture is simmering, mash the cooked squash with 2 Tablespoons butter and 1-4 Tablespoons coconut milk. Add a pinch of sea salt, if desired.
5. Grease a 2-quart casserole dish with butter and add meat/veggie mixture. Spread mashed squash evenly over the top. Dot some butter on top of the squash, if desired.
6. Bake in a 400 degree oven for 30-35 minutes.

Yields: 4-5 servings

Recipe adapted by Leigh Wagner MS, RD