

Shepherd's Pie (low-carb)

2 pounds of lean organic ground buffalo, beef, lamb, turkey or combinations
1 large cauliflower
1 large stalk of broccoli or vegetable of your choice: such as peas or carrots
1 large onion
3 cloves garlic
1 vegetable bouillon
chili peppers to taste
1 tsp Worcestershire sauce
2 heaping tsp corn starch

Cook cauliflower until mushy then whip adding 2 Tbsp organic butter, salt and pepper to taste. Sauté onions, garlic and spices together. Add ground meat and cook until done. Dissolve the bouillon in 2 Tbsp of boiling water until dissolved and add to meat mixture. Thicken with corn starch. Pour into un-greased casserole dish and layer with slightly steamed vegetables of your choice and top off with the whipped cauliflower. Bake covered at 325 for 30 minutes.