"Cauliflower Shepard's Pie"

Recipe Credit: livingwithchocolate.com
(https://livinghealthywithchocolate.com/non-dessert/paleo-version-shepherds-pie-314/)

Ingredients:

- 1.25 lbs (610g) ground beef
- ½ medium onion, chopped
- 5 large garlic cloves, minced
- 1 medium carrot, shredded
- 1 medium zucchini, shredded
- 1 tablespoon olive oil (or your preferred cooking oil)
- 1½ teaspoons salt
- 1 teaspoon chili powder

Cauliflower Mashed Potatoes:

- 2 small cauliflower heads (1026g)
- 7 large roasted garlic cloves*
- 1 teaspoon salt

Directions:

1. Heat the olive oil in a large skillet over medium heat, and sauté the onion and garlic until tender. Add the carrot and zucchini, and cook until they start to soften. Add the ground beef, salt, and chili powder, and cook until the beef browns and all of the moisture begins to dry out.

2. Meanwhile prepare the mashed cauliflower. Chop the cauliflower heads into small chunks, and steam until they soften (a fork can easily pierce). Add the steamed cauliflower, roasted garlic and salt to a blender and blend until you have a smooth puree.
   To assemble the pie, distribute the ground beef mixture evenly in the bottom of an 8-inch baking dish. Spread the mashed cauliflower over the top of the ground beef, and bake in a preheated oven to 350°F for 25 minutes.