



Buffalo Shepherd Pie with Cauliflower

Ingredients

1 Lg. cauliflower
1 lb. Ground buffalo
1 tsp. Basil
1 tsp. Salt
1 cup Baby Carrots (chopped)
8 oz. Fat-free milk
1/4 cup Mozzarella

Preparation

Pre-heat oven to 350 degrees.

Chop cauliflower into 4 pieces and place in medium steamer pot over high heat.
Cook until tender.

Cook ground buffalo over medium heat until brown (approximately 8 minutes).

Add basil, salt and carrots. Remove from heat and let stand.

Spray medium-size casserole dish with non-stick cooking spray.

Spoon buffalo and carrot mixture evenly on dish bottom.

Place cauliflower and milk in a blender. Puree until mashed potato consistency.

Spoon cauliflower evenly over the buffalo mixture.

Cover and cook for 35 minutes.

Chef Tips: In a pinch, substitute ground beef or lamb for the ground buffalo meat.

Recipe from "Mr. Mom's Favorite Family Meals" by Dave Lilja
www.MrMomsCookbooks.com

