



# Graeme Thomas Online

## Because "Good Enough", Isn't!

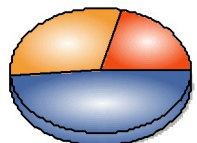
<http://graemethomasonline.com>

### Bodybuilder's Shepherd's Pie

Recipe grams: 2359.60g/83.2oz

Serves 4 589.90g/20.8oz per serving

Prep time: 15 min. Cook time: 30 min.



Protein: 49%  
 Carbohydrates: 30%  
 Fat: 21%

#### INGREDIENTS

- 1 lb GROUND BEEF, PAN-BROILED, 95% LEAN
- 2 head CAULIFLOWER, RAW, medium (5-6" dia)
- 2 cup MUSHROOM, RAW
- 1 large ONION, RAW
- 1 cup COTTAGE CHEESE, 1% FAT, not packed
- 1 cup BLACK TURTLE BEAN, CANNED, mature seeds

#### DIRECTIONS

Heat oven to 350 degrees.

1. Brown ground beef in a frying pan, then drain fat.
2. Bring 5-6 cups water to a boil in a large pot.
3. Cut cauliflower into flowerettes and place in boiling water.
4. Cook 5-10 minutes or until soft.
5. Thoroughly rinse black beans in a strainer until water runs clear.
6. Remove ground beef from frying pan.
7. Add chopped mushroom and onion, cook until translucent.
8. Add black beans and ground beef to vegetable mixture.
9. Cook another 2 minutes, season with salt/pepper/chili seasoning if desired.
10. Remove cauliflower and drain the water.
11. Add cottage cheese and mash well.
13. Spread meat mixture in a 9 x 9 pan.
14. Layer cauliflower mixture on top.
15. Bake at 350 degrees for 25-30 minutes.

\*Cooking times may vary, check after 20 minutes.

Nutrition Facts	
Serving Size: 1 serving (589.9g)	
Servings: 1	
Amount Per Serving	
Calories 410	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4.5g	<b>20%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 650mg	<b>25%</b>
<b>Total Carbohydrate</b> 32g	<b>10%</b>
Dietary Fiber 12g	<b>50%</b>
Sugars 11g	
<b>Protein</b> 51g	
Vitamin A 2%	Vitamin C 230%
Calcium 15%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet.	