

Pork

Sweet Potato and Sausage Shepherd's Pie

J.M. Hirsch - The Associated Press
Palm Beach Post

Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 1 hour

2 medium sweet potatoes, peeled and cut into chunks

1 tablespoon olive oil

4 cloves garlic, minced

1 medium yellow onion, diced

1/2 pound loose Italian sausage meat

1/2 pound lean ground beef

1/4 teaspoon ground black pepper

6 ounces stout or other dark beer

1 1/2 tablespoons cornstarch

2 tablespoons cool water

1 can (15 oz) corn kernels, drained

1 can (8 1/4 oz) creamed corn

1/2 cup milk

2 tablespoons butter

1 tablespoon packed brown sugar

salt (to taste)

Preheat the oven to 400 degrees.

Lightly oil a standard loaf pan.

Place the sweet potatoes in a large pot and add enough water to cover by one inch. Bring to a boil and cook until tender, about 10 minutes.

Meanwhile, in a large skillet over high heat, combine the olive oil, garlic and onion. Saute' for 5 minutes or until just tender.

Add the sausage, beef and pepper. Saute' until the beef is browned and cooked through, about 8 minutes. Add the beer and simmer until reduced by half, about 4 minutes.

In a small glass, mix the cornstarch with the cool water. Add the cornstarch mixture to the meat and stir until thickened. Remove from the heat.

Spread the meat and onion mixture evenly in the loaf pan. In a small bowl, mix the corn kernels and creamed corn, then spread in an even layer over the meat. Set aside.

Once the sweet potatoes have cooked, drain and return them to the pot.

Add the milk, butter and brown sugar, then mash the potatoes until smooth. Season with salt.

Spoon the potatoes evenly over the corn.

Bake for 35 minutes or until the potatoes are lightly browned at the edges.

Per Serving (excluding unknown items): 275 Calories; 15g Fat (47.9% calories from fat); 10g Protein; 27g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 145mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.