

## Low Carb Shepherds Pie

1 lb. ground beef (browned)  
½ onion chopped (cook with ground beef)

Drain the grease and add:

1 can tomato soup  
½ to 1 can green beans  
Salt and pepper to taste

Spread in bottom of dripper pan and top with:

1 large head cauliflower (cut in pieces and steamed in microwave with 2 T water for 10 minutes). Mash with potato masher or fork with 1 T. butter and salt and pepper to taste.

Spread over meat mixture and top with 1 cup of shredded cheddar cheese. Bake uncovered in 350 degree oven for 20 to 30 minutes or till heated through.

This recipe is just as good if not better than the original recipe calling for mashed potatoes on top. My entire family even loved it!

Makes approximately 6 servings, and about 7 net carbs per serving.