

Healthy Sweet Potato Cottage Pie

2 tsp (10 mL) olive oil
1 lb (500 g) extra-lean ground beef
1 cup (250 mL) chopped onion
2 cloves garlic, minced
1 tsp (5 mL) dried thyme
1/4 tsp (1 mL) pepper
4 tsp (20 mL) all-purpose flour
1-1/2 cups (375 mL) Less Sodium Beef Broth
1 tsp (5 mL) Worcestershire sauce
1 1/2 cup (375 mL) frozen mixed vegetables
3 cups (750 mL) hot mashed sweet potatoes

In large nonstick skillet, heat oil over medium-high heat; brown beef and onion, stirring often. Stir in garlic, thyme and pepper; cook for 1 minute.

Stir in flour. Add broth and Worcestershire; bring to boil, stirring, until thickened. Stir in mixed vegetables. Place in a casserole dish.

Top with sweet potatoes and place in oven for 20 minutes, or until topping is browned slightly