

# Pork & Sweet Potato Shepherd's Pie

Meld the succulent flavors of a meaty pork shoulder roast with the natural sweetness of a sweet potato – put it together as a twist on a traditional dish...



**What you need:**

- 1  $\frac{1}{2}$  cups chopped pork
- 1 cup of crock pot juices
- 2 Tablespoons of the skimmed fat (see photo)
- $\frac{1}{4}$  cup flour
- 2 Tablespoons butter
- 2 cloves of crushed garlic
- 2 Tablespoons heavy cream
- $\frac{3}{4}$  cup frozen peas
- 2  $\frac{1}{2}$  cups sweet potatoes (either kind, or a mix)

### **How to Do it:**

Preheat the oven to 350 degrees.

Melt the skimmed fat and the butter in a skillet.



Add the flour and create a roux. Cook until just slightly browned and thick.



Add the pot juices and the pork and simmer, stirring until it thickens.

Place the pork in the bottom of a 2 quart casserole dish.



Top with peas and



then the potatoes, making sure they are spread out evenly across the top.



Bake for one hour, or until the top begins to turn brown and bubbly.



Remove from heat and allow to cool slightly, but serve hot.

Serves 4-6 (depending on whether you have teenagers or not!)



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