

Sweet Potato Shepard's Pie

Angela Harder

1 Tbsp oil
1 onion
2 garlic cloves
1/2 cup dried carrot
2 cups dried ground beef
1/4 cup dried celery
3/4 cup dried peas/ corn
1 Tbsp (make 1 cup liquid) beef
bouillon
128 oz can diced tomatoes (dried)
2 Tbsp worcestershire sauce

cayenne pepper 1/4 tsp
salt and pepper to taste

Sweet potato topping:
You will need to make this ahead
of time and dehydrate it.
2 1/2 lbs Sweet potato peeled and
cut into chunks
2 Tbsp orange juice
1 Tbsp maple syrup or honey
1 tsp salt
1 tsp paprika (for top)

At home you will need to make the sweet potato topping and dehydrate it. Cook the sweet potato in boiling water for 15-20min or until soft. Drain well and mash with orange juice, honey and butter. Season with salt and pepper. Layer evenly (1/4 inch thick) on dehydrater trays. (see dehydrating page for more tips) Dry at 130° for 6-9 hours.

In the field and prior to your meal starting, re- hydrate all veggies and ground beef. If you have time, put in sealed container, cover with water and let soak for the afternoon. If you forget, use boiling water and let sit for an hour before you cook. Heat oil in dutch oven and fry onion and garlic. When meat and veggies are soft, drain off excess liquid (keep liquid!) and add to onion and heat. Add liquid back if needed. Add the rest of the ingredients (except paprika) and liquids. If you use dehydrated diced tomatoes make sure you have enough liquid. Cook until thick. Meanwhile, boil extra water and add gradually to sweet potato leather. Continue to add water until fully hydrated and right consistency. Once everything is ready, top the sweet potatoes over the meat mixture in the 12 " dutch oven. Dust top with paprika. Bake for 350° for 30 min or until browned and bubbling. Serves 6