



COOK TIME: 45 MINS

PREP TIME: 25 MINS



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Ingredients

- 2 pounds parsnips
- 1 pound sweet potatoes or yams
- 1 ½ pounds collard greens
- 1 cup nonfat Greek yogurt
- 2 cups low-sodium chicken broth
- 2 tbsp butter
- Pinch of nutmeg
- Salt, to taste
- Pepper, to taste
- Preferred oil or butter, as needed
- 1 cup chopped onion
- 2 chopped garlic cloves
- 2 tbsp tomato paste
- 1 ½ pounds ground turkey (ground beef, chicken or lamb will also work)
- Oregano, to taste
- Garlic powder, to taste
- Thyme, to taste
- Red pepper flakes

Savory Soul Food Casserole

Directions

1. Peel and cut parsnips and sweet potatoes into ½-inch to 1-inch slices. Place in a large pot and cover with cold water. Add a pinch of salt. Bring to a boil and simmer until the veggies pierce easily with a fork. Drain. While still warm, add Greek yogurt, 1 cup low-sodium chicken broth and 1 tablespoon butter. Mash until combined and the mixture is still chunky. Season with a pinch of nutmeg and salt and pepper to taste.
2. While the parsnips and sweet potatoes are cooking, drizzle oil in a skillet over medium heat. Add chopped onions and 1 chopped garlic clove. When onions are translucent, add 2 tablespoons of tomato paste. Cook briefly. Then, add ground meat and season with oregano, garlic powder and thyme to taste. Mix well. Add 1 cup low-sodium chicken broth and cook until simmering.
3. Heat oil in a large sauté pan over high heat. Add chopped collard greens and 1 chopped garlic clove. Season with red pepper flakes, salt and pepper to taste. Reduce heat to medium. Add water and steam the greens until tender, about 10 minutes.
4. Preheat oven to 400°F.
5. In a greased 13-by-9-inch baking dish, place a thin layer of mashed potatoes. Spoon the meat evenly over the potato mixture, and top with sautéed collard greens. Add the remaining mashed potatoes, beginning with edges of the pan to create a seal to prevent the casserole from bubbling up. Cover tightly and bake for about 20 minutes. Increase the oven’s temperature to 450°F, and bake for 5 additional minutes or until brown.

Yield: 4-6 Servings