



Ingredients:

- 1 1/2 lbs ground turkey or ground beef
- 1 onion diced
- 3 garlic gloves minced
- 1 tomato finely diced
- 2 carrots diced
- 1/2 teaspoon of salt
- 1 teaspoon of olive oil
- 1 teaspoon of Worcestershire sauce
- 1 teaspoon of mustard
- 2 cups milk
- 1 cup of water
- 4 parsnips peeled and coarsely chopped



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Add milk & water to a saucepan with parsnips and cook over medium heat until parsnips are fork tender (approximately 40 minutes). Then allow them to cool.

In a sauté pan, drizzle olive oil and brown the meat, cooking through. Add 1 teaspoon of Worcestershire sauce, 1 teaspoon of mustard. Mix completely. Add onions, carrots and garlic to pan and cook 15-20 minutes. Add tomatoes and cook for 2 additional minutes. You want the tomatoes and vegetables to get tender (this will take approximately 20 minutes total).

Preheat the oven to 400 degrees.

Place the cooked parsnips in a food processor with 1 cup of reserved cooking liquid and 1/4 teaspoon of salt. Pulse until creamy smooth.

In 4 flat squared ramekins: scoop 1 large heaping tablespoon of creamy parsnip at the bottom of each dish.

Then repeat same with meat and vegetables; another layer of parsnips and meat, creating 4 layers of the ingredients with parsnips on top.

Place ramekins on a roasting tray and roast in oven at 400 degrees for 10-15 minutes until a light brown topping forms on the top. Then they are ready to serve!