

Veggie Shepherds Pie

This recipe makes a perfect main dish for any family meal or special gathering. Its also incredibly healthy and packed with veggies to keep you full and satisfied.

Prep:
20 minutes

Cook:
40 minutes

Ready In:
60 minutes

Servings:
6



Mashed Potatoes

3 lbs red potatoes
1/2 cup unsweetened soy milk
Juice 1/2 lemon
1/2 tsp garlic powder
1/2 tsp salt

Base Ingredients

1 cup mushrooms, sliced
1/2 yellow onion, diced
3 cloves garlic, minced
1 cup red lentils
1/2 cup green/brown lentils
2 cups kale, chopped
1lb bag frozen mixed veggies, green beans, corn, carrots, peas
3 cups vegetable stock
1 tsp italian seasoning
2 tbsp nutritional yeast (optional)

Instructions

1 For the mashed potatoes fill a large pot with about 2 inches of water. Place a steamer tray in the pot and bring to a boil. While its heating up take 3 pounds of potatoes and chop them in quarters. You can use any kind of potato you like but I think red potatoes make the creamiest mashed potatoes. Place potatoes on steamer tray, reduce heat to a simmer and cover. Let steam about 15 minutes or until they fall apart when you prick them with a fork.

2 While the potatoes are cooking, add the garlic, onions and mushrooms into a pan over medium heat. Add 3-4 tbsp of the vegetable stock and let saute until the stock steams off (about 5-8 minutes) next add in the rest of your veg stock, your lentils and seasonings and bring to a boil. Once it starts boiling cover, reduce heat to low and cook for 25 minutes. After 25 minutes add in your mixed veggies and kale and cook another 5 minutes.

3 Preheat oven to 400 degrees. Take your potatoes and mash them with the soy milk, lemon juice, salt and garlic powder. Once the lentil mix is done add it into a 9 inch ceramic pie dish or a 9x9 baking pan. Top with mashed potatoes and cook in the oven for 15 minutes until the top is browned. Let it cool 10 minutes before serving.

4 This dish will keep about 4 days in the fridge covered. Its a great meal to bring to work and throw in the microwave for a minute or two to heat up.