

Shepherd's Pie with Lentils

Ingredients:

2½ lb. Yukon gold peeled & cubed
3 Tbsp vegan butter or olive oil
½ cup unsweetened plant-based milk
Salt & pepper
2 tablespoon olive oil
1 medium onion diced
2 carrots diced
2 celery stalks diced
8 oz mushrooms chopped
3 cloves garlic minced
2 tablespoon tomato paste
1 teaspoon dried thyme
1 teaspoon smoked paprika
2 cups cooked lentils
1½ cups vegetable broth
1 tablespoon soy sauce
1 cup frozen peas
2 tablespoon flour



Nutrition Facts

6 servings per container
Serving size 1 portion (455g)

Amount per serving
Calories 370

% Daily Value*

Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 61g	22%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 14g	
Vitamin D 0.4mcg	2%
Calcium 70mg	6%
Iron 4.7mg	25%
Potassium 570mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Place potatoes in a pot with salted water, boil for 15-20 mins or until fork-tender. Drain and mash with butter, milk, salt & pepper.
2. Heat oil in a skillet, sauté onion, carrot, and celery until soft. Add mushrooms and cook until browned. Stir in garlic for 1 min.
3. Stir in tomato paste, thyme, and paprika; cook until fragrant
4. Add lentils, broth, and soy sauce. Bring to a simmer. Sprinkle in flour. Cook until thickened. Stir in peas. Season with salt & pepper
5. Spread filling in a baking dish. Top with mashed potatoes, smoothing or roughing the top with a fork.
6. Bake at 400°F until golden on top and bubbling around edges. For extra crisp, broil 2 min at the end.