

# VEGETARIAN SHEPHERD'S PIE

adapted from [feelgoodfoodie.net](http://feelgoodfoodie.net)

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Yield: 6 servings

Prep Time: ~10 minutes

Cook Time: ~45 minutes

Storage: refrigerate for 3 - 4 days; freeze up to 2 months

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## Potato Crust Ingredients

1 1/2 pounds Yukon Gold potatoes, peeled and cut into chunks

2 - 3 tablespoons olive oil or ghee

3 - 4 tablespoons milk of choice

1/2 teaspoon salt + 1/4 teaspoon black pepper, or to taste

*Optional:* 1 tablespoon nutritional yeast

## Filling Ingredients

1 tablespoon cooking oil of choice

1 onion, diced

2 - 3 cloves garlic, minced

2 large carrots, diced

2 celery stalks, diced

16 oz mushrooms, chopped

1 teaspoon dried thyme

2 tablespoons tomato paste

2 tablespoons quinoa, rinsed and drained

1 1/4 cups vegetable stock

1 tablespoon Worcestershire sauce

1/2 teaspoon salt + 1/4 teaspoon black pepper, or to taste

*Optional:* 1/2 - 1 cup green peas

## Directions

1. For potato crust: Combine potatoes and water in a pot and bring to a boil. Cook until tender, about 10 minutes. Strain the water and place back into the pot. Add rest of the ingredients and mash until combined and smooth. Add additional milk if needed to reach desired mashed potato consistency.
2. For filling: Preheat oven to 400°F with the oven rack in the middle position.
3. In an oven-safe pan (around 10" works well), heat cooking oil over medium heat. Sauté the onions until golden, about 5 minutes. Add the garlic, carrots, celery, mushrooms, and thyme, and cook until the vegetables soften, about 5 minutes.
4. Add tomato paste and quinoa, sauté until the tomato paste begins to stick to the vegetables.
5. Add the stock, Worcestershire sauce, salt, pepper, and peas (if using) and stir to combine. Carefully place mashed potatoes on top of the filling.
6. Bake until the potatoes begin to brown, about 25 minutes. If desired, broil for an additional 2-3 minutes to further brown the potato crust. Remove from the oven and let stand for 10 minutes. Enjoy!

