

Vegetarian Shepherd's Pie



Servings: 6
Prep Time: 20 minutes
Cook Time: 45 minutes
Storage: 3-4 days in refrigerator
Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

Garlic Potato and Cauliflower Mash

- 2 pounds russet potatoes, peeled and large dice
- 1 small cauliflower, stemmed and rough chopped
- 3-4 TBSP ghee
- 10 whole garlic cloves, peeled
- ½ cup non-dairy sour cream
- ¼ cup vegetable broth, if needed
- ½ cup parmesan cheese
- Sea salt and black pepper (to taste)
- Non-stick cooking spray

Filling

- 1 TBSP olive oil
- 1 medium onion (diced)
- 2 cloves garlic (minced)
- 2 TBSP tomato paste
- 1 healthy pinch each sea salt and black pepper
- 1 ½ cups uncooked brown or green lentils (rinsed and drained)
- 4 cups vegetable stock
- 2 teaspoon fresh thyme (or sub 1 teaspoon dried thyme)
- 2 TBSP Herb's de Provence
- Pinch red pepper flakes, optional
- 2-3 medium carrots, rough chopped (1 cup) *
- 1 cup frozen peas *
- 2-3 stalks celery, diced (1 cup)
- 1 cup green beans, chopped *
- Cornstarch slurry, optional
- Chives, garnish

Instructions

Slice any large potatoes in half, place in a large pot and fill with water until they are just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 10 minutes. Add cauliflower florets and garlic, cook additional 15 minutes or until all are fork tender.

Once cooked, drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl. Use a masher, pastry cutter or large fork to mash until smooth. Add ghee, sour cream, cheese, season with salt and pepper to taste. Add vegetable broth for consistency if needed. Loosely cover and set aside.

While potatoes are cooking, preheat oven to 425° and lightly spray or grease a 2-quart baking dish.

In a large saucepan over medium heat, sauté onions and garlic in olive oil until lightly browned and caramelized – about 5 minutes. Add tomato paste and a pinch each salt and pepper. Then add lentils, stock, and thyme and stir. Bring to a low boil. Then cover and reduce heat to simmer. Continue cooking for 15 minutes. Add remaining ingredients except cornstarch slurry or chives and continue to cook until lentils and vegetables are tender (15-30 minutes). Once tender, remove the lid and continue simmering uncovered, stirring frequently, to evaporate any excess liquid. *

OPTIONAL: To thicken the mixture, add 2-3 TBSP mashed potatoes and stir. Alternatively, mix 2-3 TBSP cornstarch or arrowroot powder with water and whisk. Add to mixture and heat for 5 minutes to thicken.

Taste and adjust seasonings as needed. Then transfer to your prepared oven-safe baking dish and carefully top with garlic mash up. Smooth down with a spoon or fork and season with another crack of pepper and a little sea salt.

Place on a baking sheet to catch overflow and bake for 15-20 minutes or until the mash up is lightly browned on top.

Let cool briefly before serving. Garnish with chives. The longer it sits, the more it will thicken. Let cool completely before covering, and then store in the fridge for up to a few days. Reheats well in the microwave.

Notes

Substitute 3 cups frozen mixed vegetables * In the last 10 minutes of cooking, add the frozen veggies, stir, and cover to meld the flavors together.

Adapted *Minimalist Baker* recipe

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925.395.4185

info@ccsoulfood.com