

# Vegetable Pot Pie

## Ingredients:

- ½ cup lentils
- ⅛ cup table salt
- 6 ounce mushrooms, sliced
- 2 tbsp. extra virgin olive oil
- 1 yellow onion, diced
- 1 medium carrot, diced
- 1 ½ tsp. fresh sage, minced
- ¼ tsp. dried thyme
- 1 each garlic cloves
- 1 tbsp. all purpose flour
- 1 tbsp. whole wheat flour
- ½ lb. Yukon gold potatoes
- 4 tsp. low sodium soy sauce
- 1 tbsp. unsalted tomato paste
- ½ cup all purpose flour
- ½ cup whole wheat flour
- 6 tbsp. cornmeal
- 1 ¼ tsp. baking powder
- ¼ salt
- 4 tsp. unsalted margarine
- ½ cup unsweetened soy milk



Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 320	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 50g	<b>17%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 3g	
<b>Protein</b> 12g	
Vitamin A 40%	Vitamin C 20%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Directions:

1. For the filling: combine 3 cups cold water, lentils, and ⅛ tea-spoon salt in a medium saucepan; bring to a boil.
2. Reduce heat, cover, and simmer until lentils are tender, 25-30 minutes. Drain and set aside.
3. Heat 1 tablespoon oil in heavy large skillet over medium-high heat. Add fresh mushrooms and sauté for 3 minutes.
4. Add 1 tablespoon oil, onion, carrot, sage and thyme. Sauté for 4 minutes. Add the garlic and sauté for 30 seconds. Reduce the heat to medium/low.
5. Mix the flour into the vegetables and cook for 1 minute.
6. Mix in the potatoes, soy sauce, and tomato paste.
7. Cover; simmer until potatoes are tender, stirring occasionally, for about 13 to 15 minutes.
8. Add the lentils, season with salt and pepper.
9. Lay filling in a baking dish.
10. For the topping; preheat the oven to 400 degrees.
11. Combine the flour, cornmeal, baking powder, and salt in a food processor and blend for 5 seconds.
12. Add margarine pulse until mixture resembles coarse meal.
13. Add soy milk; pulse until dough forms moist clumps.
14. Turn dough out onto lightly floured surface and flatten to cover filling.
15. Bake pot pies on baking sheet until tester inserted into biscuit topping comes out clean. About 30 minutes.