Vegan Shepherd's Pie

INGREDIENTS:

Filling:
1 tbsp. olive oil
3 shallots (or 1 small onion)
16 oz. fresh mushrooms, sliced
6 carrots, peeled and chopped
1 tbsp. rosemary
½ tbsp. thyme
1 tsp. turmeric
2 tbsp. tomato paste
1 tbsp. cornstarch
¼ cup red wine vinegar
    (or 2 oz. cranberry juice)

2 cups low sodium
    vegetable broth
½ tsp salt
1 can lentils, drained
2 cups frozen peas
1 can whole kernel
    corn, drained

Mashed Potatoes:
2 lbs. potatoes
½ cup soy yogurt
¼ cup olive oil
Dash of salt
2 tsp. garlic powder

*VEGAN   *GLUTEN-FREE

Servings: 12

INSTRUCTIONS:

1. Peel potatoes, cut into large chunks, boil until fork tender. Drain, mash, and mix in remaining mashed potato ingredients. Set aside.

2. Preheat oven to 350° F. Peel and mince shallots. Sauté with olive oil in large saucepan until fragrant.

3. Add in sliced mushrooms, chopped carrots, rosemary, thyme, and turmeric. Sauté until carrots are softened.

4. Add tomato paste and cornstarch, stir to combine.

5. Pour in red wine vinegar, scrape the bits free from the bottom of the pan. Slowly add vegetable broth, continue stirring over low heat until thickened. Stir in salt, drained lentils, peas, and drained corn.

6. Transfer filling into a large casserole dish. Spread mashed potatoes on top, bake for 20 minutes. Broil for 5 minutes. Remove, let cool for 20 minutes before serving.

Nutrition Facts

12 servings per container

Serving size	1 cup

Amount per serving

Calories 180

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 2mg	10%
Potassium 258mg	6%

*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.