

Lentil & Mushroom Shepard's Pie

Serves 8

Ingredients

Mashed potatoes:

3 lbs. Yukon Gold potatoes, peeled and quartered
½ c. soy milk
Sea salt to taste

Filling:

1 c. brown lentils or 3 c. cooked or canned	2 c. vegetable broth
4 c. water for cooking lentils	¼ c. white whole wheat flour or brown rice flour (gluten-free)
1 yellow onion, diced	1 Tbsp. balsamic vinegar
2 carrots, peeled and diced	¼ c. red wine
2 ribs celery, diced	¼ tsp. dried thyme
4 cloves garlic, peeled and diced	¼ tsp. dried sage
8 oz. mushrooms, sliced	

Directions

Mashed potatoes:

Add potatoes to pot of salted water, bring to boil, then lower heat to low boil and cook until fork-tender (approx. 15-20 minutes). Drain, mash potatoes using potato masher, add milk and mix well. Salt to taste and set aside.

Filling:

Sort through lentils, rinse well in a colander. Place lentils and tsp. salt in saucepot, bring to a boil, reduce heat and simmer for 20-22 minutes. Drain and set aside.

Sauté onion, carrot, celery and garlic in deep sauté pan until soft (approx. 7-10 minutes). Add mushrooms and cook until reduced (approx. 5 more minutes).

While veggies are cooking, whisk together the broth, flour, balsamic vinegar, red wine, thyme and sage. Pour mixture into the veggie pan. Cook, stirring often until the gravy is slightly thickened (approx. 5 minutes).

Assemble & bake:

Preheat oven to 400 deg. F. Transfer the cooked lentils and sautéed veggies with the gravy into a 9" X 13" casserole dish and mix well. Top with mashed potatoes and use a fork to make a crisscross pattern, if desired. This will make the top crispier when baking.

Bake the pie for 20-25 minutes, until the top is golden brown. Remove from oven and let rest for a few minutes before serving.