

Vegan Shepherd's Pie – makes ~ 6-8 servings

<http://www.eminencenutrition.com/vegan-shepherds-pie>



Ingredients

- 5-6 cups Mashed potatoes (~5-6 medium potatoes)
- 1 tbsp. Olive oil
- 1 medium Onion, diced
- 3 medium Carrots, peeled and diced
- 2 stalks Celery, diced
- 1 tsp. Dried thyme
- ½ tsp. Paprika
- To taste Salt
- To taste Ground pepper
- 2 cloves Garlic, minced
- 1 tbsp. Tomato paste
- 1 tbsp. Flour
- 1 cup Vegetable broth
- 1 cup Cooked lentils
- 1 cup White kidney beans
- 1 cup Corn

Directions:

1. Preheat oven to 400F.
2. Sauté the onion, carrots and celery in the oil over medium heat.
3. Add the thyme, paprika, salt, ground pepper and garlic.
4. When the veggies are done, add tomato paste and flour. Stir until the tomato paste and flour have coated the veggies.
5. Add the vegetable broth, stirring until the tomato paste and flour dissolve.
6. Allow the broth to come to a simmer and thicken up.
7. Stir in the lentils, beans, and corn.
8. Pour the mixture into a casserole dish, and top it with the mashed potatoes
9. Make a decorative pattern into the potatoes ;)
10. Bake for 15min or until everything is heated through
11. Enjoy 😊