

RECIPE

Lentil Shepherd's Pie

Prep time **20 minutes**

Cook time **30 minutes**

Serves **4-6 people**

Ingredients

- 1 C green lentils, dried
- 2 C vegetable broth
- 3 tbsp olive oil or vegetable oil
- ½ white onion, diced
- 1 C carrots, diced
- 1 medium zucchini, diced
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- 1.5 C frozen veggie crumbles
- 1 C water
- 1 tsp salt, pepper, oregano, thyme
- 2 tbsp butter, unsalted
- 2 tbsp flour
- 6 servings of boxed mashed potatoes

Directions

1. On medium-high heat, in a pot, bring the vegetable broth and lentils to a boil.
2. Once boiling, simmer for about 20 minutes or until lentils are tender.
3. Heat oven to 375 degrees
4. In a cast iron pan, on medium heat, add oil
5. Prep the onion, carrots, and zucchini. Add to cast iron. Saute until soft, 8-10 minutes.
6. Mince garlic, add to cast iron, along with tomato paste. Cook down for 2-3 minutes.
7. Add veggie crumbles and spices. Cook for 3-5 minutes.
8. Make a hole in the middle of the veggies and veggie meat. Add butter and flour to make a roux.
9. Cook the roux for 2 minutes. Then mix together with the cooked veggies and veggie meat.
10. Add cooked lentils and water to the cast iron pan. Mix everything altogether.
11. In a separate pot, make the mashed potatoes according to the box instructions. Or you can make them from scratch.
12. Top the cast iron mixture of lentils and veggies with the mashed potatoes. Spread evenly.
13. Bake for 20-25 minutes until the top is golden brown.
14. Serve and enjoy!

Tips

This can be made with sweet potatoes as well, instead of regular mashed potatoes.