

Herbal Legacy Recipes

Vegetarian Shepherd's Pie

Ingredients:

Potato Layer

- 6 medium potatoes
- ¾ cup non-dairy milk, warmed
- 2 T. extra virgin olive oil
- ¼ cup nutritional yeast flakes
- Salt and pepper to taste

Lentil Layer

- 1 cup dry green lentils
- 2 T. distilled water or vegetable broth
- 2 large onions, chopped
- 2 cloves garlic, finely chopped
- 2 cups diced tomatoes
- 2 tsp Liquid Aminos or Tamari
- ½ tsp dried thyme
- Pinch of cayenne
- ¾ cup dry breadcrumbs
- 1 cup frozen peas
- paprika

Directions:

1. Cook lentils according to package directions.
2. Meanwhile, cook potatoes in boiling, salted water for 20 minutes or until tender. Drain well.
3. Preheat oven to 325 degrees Fahrenheit.
4. Heat water or broth in a large, deep skillet. Cook onions and garlic until tender.
5. Stir in cooked lentils.
6. Add tomatoes, tamari/ Liquid Aminos, thyme, cayenne and peas.
7. Stir in breadcrumbs and season to taste with salt and pepper.
8. Mash the drained potatoes with non-dairy milk, olive oil, Nutritional Yeast flakes, salt and pepper. Set aside.
9. Transfer mixture to a large casserole dish (3.5 quart) casserole dish.
10. Using a spatula, smooth the mashed potatoes over top. Sprinkle with paprika.
11. Bake in preheated oven for 45 minutes.

Adapted from a recipe by [Jill Harris](#) in [Vegetarian Shepherd's Pie Recipe: Meatless Lentil Casserole Topped with Creamy Mashed Potatoes](#)

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