

# Shepherd's Pie

*Swick*

Serves 1 | Active Time: 30 minutes | Total Time:

## Chef's Notes

Suggested adult serving: 2¾ cups

Store any leftover shepherd's pie in an airtight container in the refrigerator for up to 3 days.

### RECIPE TIPS

**Cremini Mushrooms:** Cremini mushrooms, also known as crimini or baby bella mushrooms, are a firmer, darker, and more flavorful version of white button mushrooms.

**Unflavored Plant Milk:** Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

**Arrowroot Powder:** If arrowroot is unfamiliar or unavailable to you, you can substitute cornstarch or tapioca starch. If using cornstarch, be sure to boil the mixture for 1 minute to eliminate the starch taste. If using tapioca, double the quantity for similar thickening results.

## Step 1: Make the Shepherd's Pie

- 1 1/2 cups dry brown lentils rinsed & drained (≈3 cups cooked)
  - 2 lbs Yukon Gold potatoes, peeled & chopped (≈6 cups)
  - 2 cloves garlic, halved
  - 1/2 cup unflavored plant milk plus more as needed
  - FOR THE FILLING
    - 2 tablespoons arrowroot powder (or cornstarch)
    - 11 oz cremini mushrooms half sliced & half diced (see tip) (≈4 cups)
    - 1 yellow onion, chopped (≈1 cup)
    - 4 cloves garlic, minced (≈1 1/3 tablespoons)
    - 2 cups low-sodium vegetable broth
    - 1 1/2 teaspoons dried thyme
    - 2 dried bay leaves
    - 1 lb + 2 oz frozen mixed vegetables (≈4 cups) sea salt
    - freshly ground black pepper
- GET READY**  
Preheat the oven to 375°F.  
Fill a pot with water (for the potatoes).
- PREPARE LENTILS**  
In a saucepan over high heat, combine lentils with 3 cups water and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain, if necessary; let cool.
- PREPARE MASHED POTATOES**  
Meanwhile, start cooking potatoes and garlic halves in cold water, covered, until tender, 25 minutes; drain. Using a potato masher, mash potatoes with garlic halves, gradually beating in plant milk until potatoes are light and fluffy. Set aside.
- PREPARE ARROWROOT**  
In a small bowl, combine arrowroot and 2 tablespoons water; set aside.
- SAUTÉ MUSHROOMS & AROMATICS**  
In a stockpot over medium heat, cook all the mushrooms, onions, and minced garlic, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.
- COOK FILLING**  
Add vegetable broth, cooked lentils, thyme, and bay leaf to mushrooms. Increase heat to high and bring to a boil. Add mixed vegetables and return to a boil.
- FINISH FILLING**  
Reduce heat to medium-low and simmer, uncovered, until vegetables are tender, 5 minutes. Stir in arrowroot and cook until filling thickens slightly, 1 minute. Remove bay leaf. Season with salt and pepper to taste.
- PREPARE SHEPHERD'S PIE**  
Pour filling into baking dishes. Top with mashed potatoes. Sprinkle with paprika, if desired.
- BAKE SHEPHERD'S PIE**  
Bake until hot and bubbly, 15 minutes.
- Serve warm.