

# 1-Hour Vegan Shepherd's Pie

Serves 6



## *ingredients*

Mashed Potatoes:

- 3 pounds yukon gold potatoes, partially peeled
- 3-4 Tbsp vegan butter
- salt and pepper to taste

Filling:

- 1 Tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 Tbsp tomato paste
- 1 1/2 cups uncooked brown or green lentils, rinsed and drained
- 4 cups vegetable stock
- 2 tsp fresh thyme
- 1 10-ounce bag frozen mixed veggies
- pinch of salt and pepper

## *instructions*

- Slice any large potatoes in half, place in a large pot and fill with water until they're just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily
- Once cooked, drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl. Use a masher, pastry cutter or large fork to mash until smooth. Add vegan butter (3-4 Tbsp). Loosely cover and set aside.
- While potatoes are cooking, preheat oven to 425 degrees F and lightly grease a 9x13 pan.
- In a large saucepan over medium heat, sauté onions and garlic in olive oil until lightly browned and caramelized – about 5 minutes.
- Add tomato paste and a pinch each salt and pepper. Then add lentils, stock, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender (35-40 minutes). Once tender, remove the lid and continue simmering uncovered, stirring frequently, to evaporate any excess liquid.
- In the last 10 minutes of cooking, add the frozen veggies, stir, and cover to meld the flavors together.
- Then transfer to your prepared oven-safe baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with another crack of pepper and a little sea salt.
- Place on a baking sheet to catch overflow and bake for 10-15 minutes or until the mashers are lightly browned on top.
- Let cool briefly before serving. The longer it sits, the more it will thicken. Let cool completely before covering, and then store in the fridge for up to a few days. Reheats well in the microwave.