

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.