

# #LetsCook30

## LENTIL SHEPHERD'S PIE

This vegetarian take on a classic is quick, filling and cozy on those cool days.

**Servings:** 4-6

**Ready in about:** 20-30 minutes

2 large	potatoes
3/4 cup	vegetable broth
1 tbsp	soy sauce
1 tbsp	cornstarch
1/2 tsp	salt
1/4 tsp	pepper
2 tsp	oil
1 pkg	button mushrooms, finely chopped
1 medium	onion, finely chopped
1 medium	carrot, peeled and finely chopped
1 ½ tsp	fresh thyme, chopped (or 1/4 tsp dried thyme)
1 - 19 oz can	lentils, drained and rinsed
1/4 cup	fresh parsley, chopped
1/4 cup	milk
2 tbsp	butter or margarine

### Nutrition Tips

To reduce the salt and saturated fat in this recipe we used:

- Reduced sodium broth
- Reduced sodium soy sauce
- Low fat milk (2% M.F. or less)

### INSTRUCTIONS:

1. Using a fork, prick potatoes all over. Microwave on high, turning once, until fork-tender, 8 to 10 minutes. Set aside until cool enough to handle.
2. In a small bowl, whisk together broth, soy sauce, cornstarch, half of the salt and half the pepper. Set aside.
3. Meanwhile, in a large frying pan, heat oil over medium heat; cook mushrooms, onion, carrot and thyme, stirring occasionally, until softened and no liquid remains, about 6 to 8 minutes. Stir in lentils; cook for 1 minute.
4. Add broth mixture to the lentils; cook, stirring until slightly thickened, about 2 minutes. Stir in 3 tbsp of the parsley. Scrape into a small casserole dish (2 quart or 8 x 8" dish).
5. Once cooled, peel potatoes. Using a potato masher, mash together potatoes, milk, half of the butter or margarine and the remaining parsley, salt and pepper. Spoon over the mushroom and lentil mixture, spreading to edges; dot with remaining butter or margarine. Broil on centre rack until top is golden, about 3 to 5 minutes.

Source: Vegetarian Sheppard's Pie. [canadianliving.com](http://canadianliving.com). Leah Kuhne. Accessed, 2016.

### PUBLIC HEALTH

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