

Making it delicious

Lentil Shepherd's Pie



Ingredients

- 3 lb. potatoes, peeled
- ¼ cup each of butter & milk
- ½ tsp. salt
- ½ tsp. garlic powder
- 2 Tbsp. olive oil
- 1 medium onion, diced
- ½ tsp. salt
- 4 cloves garlic
- 2 Tbsp. tomato paste
- 1 tsp. dried thyme
- 1 ½ c. green or brown lentils*
- 4 cups broth or water
- 8 oz. frozen mixed veggies
- 1 Tbsp. balsamic vinegar

**Rinse and pick through for pebbles before using*



Recipe adapted from www.homecookedroots.com

Instructions

- Cook the potatoes until tender. Drain, add the butter, milk, salt and garlic powder, and mash until smooth.
- Sauté the onion in oil for 6 minutes over medium heat.
- Stir in the salt, minced garlic, tomato paste, and thyme.
- Add the lentils, broth/water, vinegar, and salt.
- Bring to a boil, then reduce to a gentle simmer.
- Cook, stirring occasionally, 25-30 minutes.
- Preheat the oven to 400 F.
- Once the lentils are tender, stir in the frozen veggies. Transfer mixture to a baking dish and spread the mashed potatoes over the filling. Bake until golden.