SHEPHERD'S PIE

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Prep time: 25 mins | Cook time: 45 mins | Yield: 8 slices

DESCRIPTION

Featuring creamy mashed potatoes and hearty vegetables, this vegan shepherd's pie is delicious and high in nutrients.

INGREDIENTS

MASHED POTATO TOPPING

- 6 potatoes
- 1/2 cup almond milk
- 1/2 cup veggie broth
- 2 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

VEGGIE FILLING

- 5 cups frozen mixed veggies
- 2 cups frozen veggie crumbles
- 1 cup veggie broth
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- Dried rosemary to taste
- Garlic salt to taste
- Salt to taste
- Pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F
2. Peel and cut potatoes into cubes
3. Boil potatoes for 30 minutes, then drain
4. In a separate pot, combine almond milk, veggie broth, nutritional yeast, garlic powder, salt, and black pepper
5. Cook mixture over medium heat until it starts to simmer
6. In a large bowl, add boiled potatoes and mash until potatoes are broken up
7. Add in liquid mixture (almond milk and veggie broth mixture) and mash together with potatoes
8. Use a wooden spoon to fold together the ingredients
9. Add olive oil to a pan over high heat
10. Add in veggie crumbles and cook until golden-brown
11. Add in mixed veggies and cook until softened
12. Pour in veggie broth and soy sauce
13. Cook until liquid is absorbed
14. Add in spices
15. Pour veggie filling into a baking pan
16. Layer mashed potatoes on top of the veggies
17. Bake for 20 minutes or until the top is golden-brown

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