

Comfort Shepherd's Pie

We all need a little comfort. This will soothe your spirit and fill your belly with delicious nutrition. A great way to get your 1 cup of legumes for the day. The danger is eating too much. Thanks to <https://minimalist baker.com>

Ingredients

- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 ½ cups lentils, brown or green look most traditional but OK with red too, rinsed well and drained
- 4 cups of vegetable broth
- 2 tsp fresh thyme or 1 tsp dried. You can also use rosemary or herbs which give you comfort.
- 1 10-oz bag of frozen vegetables (carrots, corn, peas, etc) or chop and steam your own
- 3 pounds yukon gold potatoes or other big spuds, well washed
- 3-4 tsp vegan butter or garlic infused oil
- Salt and pepper to taste

Directions:

1. Make the mashed potatoes. Cut large potatoes into chunks, put in a large pot and just cover with water. Bring to a low boil on medium high heat. Salt, cover, and cook for 20-30 minutes until a fork goes in easily.
2. Preheat oven to 425 degrees (218 C) and lightly oil a 2-qt baking dish (around a 9 x 13 inch)
3. Drain potatoes and return to the pot to evaporate any remaining water, then transfer to a mixing bowl. You can mash them now with a masher, fork, or a mixer on low. Add your desired oil, vegan butter as you would like, season with salt and pepper. Cover and set aside.
4. While potatoes are cooking, saute onions and garlic in 1 Tbsp olive oil in a large saucepan until lightly browned and caramelized, around 5 minutes.
5. Add a pinch of salt and pepper. Add lentils, stock, and herbs, then stir. Bring to a low boil, then reduce heat to simmer. Cook until the lentils are soft. Green and brown around 35-40 minutes, red or yellow, 15-20 minutes should do it.
6. In the last 10 minutes of cooking, add the veggies, stir, and cover to blend flavors together.
7. You can thicken this by adding 2-3 Tbsp of the mashed potatoes and stir in.
8. Transfer the lentils to the prepared baking dish and carefully top with the potatoes, covering all. Smooth down and add another crack of pepper and salt.
9. Place on a cookie sheet to catch any overflow and bake for 15-20 minutes or until the potatoes are lightly browned. Let cool a little before serving. The longer it sits, the more it will thicken and the more it will be great.

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