
Lentil Shepard's Pie with Cozy Gravy

Ingredients for the topping:

- 2 1/2 pounds potatoes, chopped
- 2 large garlic cloves, minced
- 1 tsp salt
- 1/4 cup butter
- 4 to 6 tbsp of your favourite milk

Ingredients for the filling:

- 2 tbsp extra-virgin olive oil
- 2 medium leeks (or 1 cup chopped onion)
- 6 garlic cloves, minced
- 16-ounces mushrooms, sliced
- 11-pound bag frozen mixed vegetables, (carrots, peas)
- 2 tbsp flour or thickening agent
- 3/4 cup low-sodium vegetable broth
- 1/4 cup dry red wine
- 1/4 tsp hot pepper flakes, (optional)
- 1 1/2 tsp sea salt
- 2 1/2 tsp fresh rosemary leaves, chopped
- 2 1/2 tsp fresh thyme leaves
- 1 3/4 cups Fieldstone Organic Green Lentils, cooked according to package



Method

- Preheat the oven to 400F (200C). Lightly oil a 3- or 4-quart (3 or 4 L) casserole dish
- Put the potatoes in a large saucepan and add water to cover by a couple of inches. Bring to a boil, reduce the heat to medium, and simmer for 15 to 20 minutes, or until the potatoes are fork-tender. Drain and return to the pot. Add the minced garlic, salt, and butter. Mash until smooth, adding milk as needed to achieve a spreadable consistency. Set aside.
- While the potatoes are cooking, make the filling in an extra-large saucepan, heat the oil over medium heat. Add the leeks, garlic, and a couple of pinches of salt. Stir to combine and sauté until the leeks are softened, 3 to 5 minutes.
- Add the mushrooms, stir, and increase the heat to medium-high. Sauté until much of the liquid released by the mushrooms has cooked off, 10 to 13 minutes.
- Add the bag of frozen vegetables (no need to thaw beforehand) and sauté for a few minutes, until heated through. Stir in the flour until combined.
- Add the broth and wine and stir to combine. Simmer the mixture over medium to high heat until it thickens slightly. Add the red pepper flakes (if using), salt, rosemary, thyme, and lentils. Sauté for a couple of minutes longer.
- Spoon the filling into the prepared casserole dish and spread it out evenly
- Using a spoon (and a lightly oiled hand, if necessary), spread the potatoes out over the filling in an even layer.
- Bake for about 25 minutes, then switch the oven to broil and broil for 4 to 7 minutes, until bubbling around the edges. Watch closely to avoid burning.
- Serve with Cozy Gravy and (hopefully) any leftover wine! This will keep wrapped in the fridge for 4 to 5 days.



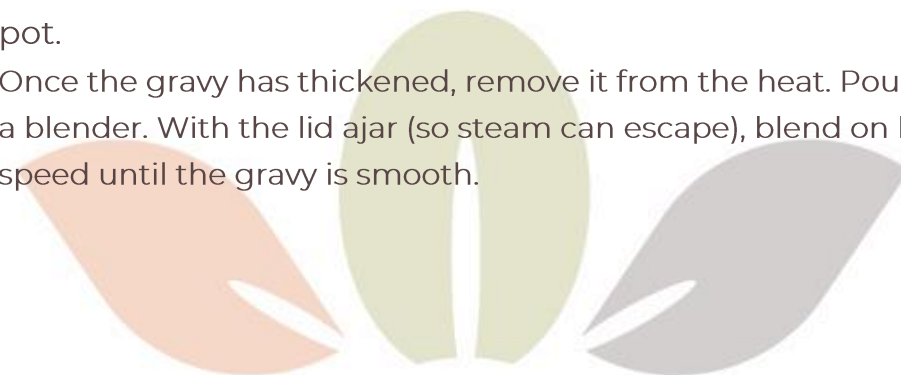
Cozy Gravy

Ingredients

- 2 tablespoons (30 mL) extra-virgin olive oil
- 1 1/2 cups finely chopped onion
- 4 large garlic cloves, minced
- 2 cups (500 mL) low-sodium vegetable broth
- 6 tablespoons all-purpose flour or gluten-free all-purpose flour
- 1/4 cup (60 mL) low-sodium tamari (provides tons of flavour!)*
- 1 to 3 tablespoons nutritional yeast, to taste
- Freshly ground black pepper, to taste
- Fine sea salt, to taste
- 1/2 teaspoon (2.5 mL) white wine vinegar (optional - adds brightness)

Method

1. In a medium pot, heat the oil over medium.
2. Stir in the onion and garlic. Sauté over medium heat until the onion softens, about 4 to 5 minutes.
3. In a medium bowl, whisk together the broth and all of the flour until smooth. Pour the broth/flour mixture into the pan with the onion. Stir to combine.
4. Stir in the tamari, nutritional yeast, and pepper. Bring the mixture to a simmer over medium heat, whisking frequently, until the gravy starts to thicken. Reduce heat if necessary if the gravy starts to stick to the pot.
5. Once the gravy has thickened, remove it from the heat. Pour the gravy into a blender. With the lid ajar (so steam can escape), blend on low to medium speed until the gravy is smooth.



6. Transfer the gravy back into the pot and increase the heat to medium. Add in the salt and vinegar (if using). Keep simmering over low to medium heat until the gravy thickens to your liking. If the gravy is still too thin, whisk together 1 tablespoon of flour with 1 tablespoon of broth in a small bowl and then whisk this into the broth. If it's too thick, thin the gravy with a touch of broth. The gravy thickens a bit as it cools.
7. Store cooled leftover gravy in an air-tight container in the fridge for up to 3 days.

Notes

Adapted from chatelaine.com Original recipe author *Oh She Glows Every Day: Quick and Simply Satisfying Plant-Based Recipes* by Angela Liddon

