Dinner

Lentil and Vegetable Shepherd's Pie

A cozy baked pie where sauteed mushrooms, carrots, celery, and green beans meet tender lentils, all crowned with a fluffy whipped lentil topping that turns golden in the oven.



Vegetarian

95 min	280	48 g	7 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 1 lbs brown lentils (dry)
- [ ] 32 oz vegetable stock (low sodium)
- [ ] 1 tbsp olive oil
- [ ] 16 oz white (button) mushrooms (sliced)
- [ ] 1 large yellow onion (diced)
- [ ] 2 large carrots (peeled and diced)
- [ ] 2 stalks celery (diced)
- [ ] 1 lbs fresh green beans (trimmed and diced)
- [ ] 2 clove garlic (minced)
- [ ] 1 1/2 cup unsweetened almond milk (divided)
- [ ] 1 tsp salt (divided)
- [ ] 1/2 tsp black pepper
- [ ] 1/4 cup fresh parsley (chopped)

Nutrition Facts

Per serving

Calories	280
Total fat	3 g
Saturated fat	0 g
Sodium	370 mg
Total carbs	48 g
Fiber	10 g
Total sugars	7 g
Protein	18 g

Method

- [ ] 1 Heat the oven to 375 degrees F and coat a 9x13 inch baking dish with the nonstick cooking spray.
- [ ] 2 In a large pot, simmer the brown lentils in the vegetable stock until they are tender.
- [ ] 3 While the lentils simmer, warm the olive oil in a large saute pan over medium high heat, then cook the white button mushrooms until they are soft and all their liquid has evaporated.
- [ ] 4 Stir in the yellow onion, carrots, celery, fresh green beans, and garlic, and keep sauteing until the onion turns translucent and the carrots begin to soften.
- [ ] 5 Fold 1 cup of the cooked lentils, along with any cooking liquid, into the pan, keeping the remaining lentils for the topping.
- [ ] 6 Stir 1 cup of the unsweetened almond milk into the vegetables, then season with half of the salt and the black pepper.
- [ ] 7 Spoon the vegetable mixture into the prepared baking dish and set it aside.
- [ ] 8 In a large bowl, beat the reserved lentils with the rest of the unsweetened almond milk, the remaining salt, and the fresh parsley using an electric mixer until the mixture is fluffy.
- [ ] 9 Spread this fluffy lentil topping gently over the vegetables so it covers the whole surface.
- [ ] 10 Cover the dish with foil and bake for 45 minutes, then uncover and bake for 30 minutes more, until the top turns golden brown and the filling is bubbly.
- [ ] 11 Let the pie rest for 10 minutes before serving.

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