

Easy Lentil Shepherds Pie

This lentil shepherds pie has tender lentils in a rich gravy, topped with a creamy mashed potatoes and baked until bubbly.

Ingredients

- 1 cup brown or green lentils rinsed
- 3-4 cups vegetable broth
- 2 tsps cooking oil of your choice
- ½ cup onion chopped
- 1 cup chopped mushrooms about 4oz
- 1 carrot chopped
- 1 rib of celery chopped
- ½ cup frozen peas, beans or corn
- ½ tablespoon flour
- 2 tsps Worcestershire sauce (use vegetarian Worcestershire sauce if desired)
- 3 tablespoons tomato paste
- 2 tablespoons fresh parsley or 2 tsp dry parsley
- Salt and pepper to taste
- 2 ½ cups prepared mashed potatoes.

Instructions- Preheat oven to 400 degrees F.

Combine lentils and 3 cups of vegetable broth in a saucepan, bring to boil. Reduce heat to a simmer and cover for 20 to 25 minutes until lentils are tender.

Meanwhile cook onion, mushrooms, carrot, and celery in oil until onion and carrot are softened. Stir in flour and cook 1 minute longer.

Add lentils with their cooking broth, worcestershire sauce and tomato paste. Stir in peas or frozen veg of choice, simmer uncovered 10 minutes adding more broth or water as needed to create a sauce. Stir in all seasonings to taste.

Spoon lentil mixture into 8x8 casserole dish or deep dish pie plate. Top with mashed potatoes sprinkle with paprika if like and bake 20-25 minutes or until potatoes are browned.

Notes : Sauce will thicken while baking and cooling. You may need to use 4 cups of broth in this recipe.

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