



# Lentil Shepherd's Pie

SERVINGS: 6

PREPPING TIME: 5 MINS

COOKING TIME: 30 MINS

## INGREDIENTS

- 3 lbs. potatoes
- 2 tbsp. coconut oil
- 1 tbsp. olive oil
- 1 medium onion
- 2 garlic cloves
- 2 tbsp. tomato paste
- 3 cups cooked lentils
- 2 cups vegetable stock
- 2 tsp. fresh thyme
- 1 lb. frozen bag of peas, carrots, beans and corn

## DIRECTIONS

1. Chop the potatoes into quarters and place in a large pot and fill with water until covered. Bring to a boil on medium high heat, then generously salt, cover and cook for 15 minutes or until they are fork tender.
2. Once cooked, drain and place back into the pot to evaporate any remaining water.
3. While potatoes are cooking, preheat oven to 425°F (218°C) and lightly grease a 9x13 inch baking dish.
4. Meanwhile, in a large pan sauté onions and garlic in olive oil until lightly browned for 5 minutes.
5. Then add the tomato paste, lentils, vegetable stock, thyme, and a pinch of salt and pepper. Bring to a low boil and then cover and reduce heat to simmer for 5 minutes.
6. Next place the potatoes into a mixing bowl and use a masher or fork to mash until smooth. Add the coconut oil and season with salt and pepper to taste.
7. Next, add the frozen vegetables to the cooked lentils and stir to combine. Add 3 tbsp. mashed potatoes to thicken the mixture and combine well.
8. Transfer the lentil filling to a baking dish and carefully top with the mashed potatoes. Smooth down with a spoon and season with salt and pepper.
9. Bake for 10 minutes until the top is golden brown and let sit for 15 minutes once cooked.

## NUTRITION

Serving size: 1 of 6 slices  
 (per serving) 425 calories, 8.1g fat, 4.3g saturated fat, 0mg cholesterol, 456.3mg sodium, 76.3g carbohydrate, 14g fiber, 7.3g sugar, 16g protein