

LENTIL & JAPANESE SWEET POTATO SHEPHERDS PIE (V, GF)

Serves 6-8

Ingredients:

- 2 Japanese sweet potatoes, peeled and chopped and boiled
- 1 C riced cauliflower, cooked
- 4 TBS butter
- 1/8 C unsweetened almond milk
- 1 yellow onion, diced
- 1 16oz package baby bella mushrooms, chopped
- 4 garlic cloves, minced
- 16oz frozen mixed vegetables
- 2 C green lentils, cooked
- 2 TBS GF flour
- 8 sprigs thyme
- salt and pepper
- 1/3 C low sodium vegetable broth



Directions

1. In a bowl, mash the softened potatoes with the riced cauliflower, 2 TBS butter and almond milk. Add 1 tsp each salt and pepper to start and add more if needed. If the mash is too thick, add more milk - the mash should be a creamy consistency. Set aside.
2. In a large pan, heat 2 TBS butter over medium-high and add onion, mushroom and garlic. Cook for 5-8 minutes, or until mushrooms and onion have softened. Add in vegetables and lentils and cook again until vegetables have thawed and softened.
3. Stir in the flour, making sure it coats the mixture, then pour in broth, the leaves of the thyme sprigs and 1 tsp each salt and pepper. Stir well and bring to a simmer, letting it cook until the sauce has thickened. Add more salt and pepper if needed.
4. Turn the broiler to high and set the oven rack to the middle of the oven. Carefully spoon the vegetable/lentil mix into a baking dish and then spoon the potato mash over top in an even layer. Broil for 5-8 minutes, or until the top has started to brown and crisp. Serve with extra thyme leaves as a garnish.