

THE LOADED



LADLE TV



INGREDIENTS

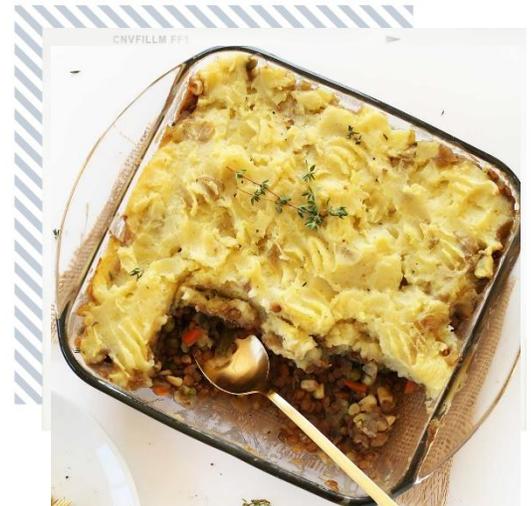
MASHED POTATOES

- 3 pounds yukon gold potatoes, partially peeled (thoroughly washed)
- 3-4 Tbsp vegan butter
- Sea salt and black pepper (to taste)

FILLING

- 1 Tbsp olive oil
- 1 medium onion (diced)
- 2 cloves garlic (minced)
- 2 Tbsp tomato paste (*optional*)
- 1 healthy pinch each sea salt and black pepper
- 1 1/2 cups uncooked brown or green lentils (rinsed and drained)
- 4 cups vegetable stock (**DIY** or store-bought)
- 2 tsp fresh thyme (or sub 1 tsp dried thyme per 2 tsp fresh)
- 1 10-ounce bag frozen mixed veggies: peas, carrots, green beans, and corn

Vegan Shepherd's Pie



DIRECTIONS



- 1-Slice any large potatoes in half, place in a large pot and fill with water until they're just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.
- 2-Once cooked, drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl. Use a masher, pastry cutter or large fork to mash until smooth. Add desired amount of vegan butter (3-4 Tbsp as original recipe is written // adjust if altering batch size), and season with salt and pepper to taste. Loosely cover and set aside.
- 3-While potatoes are cooking, preheat oven to 425 degrees F (218 C) and lightly grease a 2-quart baking dish (or comparable sized dish, such as 9x13 pan. An 8x8 won't fit it all but close! // as original recipe is written // adjust number or size of dish if altering batch size).
- 4-In a large saucepan over medium heat, sauté onions and garlic in olive oil until lightly browned and caramelized – about 5 minutes.
- 5-Add tomato paste (optional) and a pinch each salt and pepper. Then add lentils, stock, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender (35-40 minutes). Once tender, remove the lid and continue simmering uncovered, stirring frequently, to evaporate any excess liquid.
- 6-In the last 10 minutes of cooking, add the frozen veggies, stir, and cover to meld the flavors together.
- 7-OPTIONAL: To thicken the mixture, add 2-3 Tbsp (amount as original recipe is written // adjust if altering batch size) mashed potatoes and stir. Alternatively, scoop out 1/2 of the mixture and whisk in 2 Tbsp (amount as original recipe is written // adjust if altering batch size) cornstarch or arrowroot powder and whisk. Return to the pan and whisk to thicken.
- 8-Taste and adjust seasonings as needed. Then transfer to your prepared oven-safe baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with another crack of pepper and a little sea salt.
- 9-Place on a baking sheet to catch overflow and bake for 10-15 minutes or until the mashers are lightly browned on top.
- 10- Let cool briefly before serving. The longer it sits, the more it will thicken. Let cool completely before covering, and then store in the fridge for up to a few days. Reheats well in the microwave.