



SHEPHERD'S PIE, VEGGIE STYLE

with Mushrooms and Caramelized Onions

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

NUT
FREE

VEGGIE



HELLO

SHEPHERD'S PIE

The English dish gets a
vegetarian makeover

INGREDIENTS:

- Carrot
- Yukon Potatoes
- Yellow Onion
- Button Mushrooms
- Thyme
- Garlic
- Peas
- Flour (Contains: Wheat)
- Veggie Stock Concentrate
- Milk (Contains: Milk)
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 16 oz
- 1
- 8 oz
- ¼ oz
- 2 Cloves
- ½ TBSP
- 1
- ¼ Cup
- ¼ Cup

FOR 4 PEOPLE:

- 2
- 32 oz
- 2
- 16 oz
- ¼ oz
- 4 Cloves
- 1 TBSP
- 2
- ½ Cup
- ½ Cup

NUTRITION PER SERVING

496 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 20 g | Carbs: 68 g | Sugar: 16 g | Sodium: 474 mg | Fiber: 13 g

START STRONG

Peeling potatoes may be a pastime of the patient, but for the rest of us, it's all about finding shortcuts where you can. Leave the skins on in this recipe and just give the spuds a good scrub. Not only will they add a rustic presentation, they're packed with nutrients, too!



BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Large ovenproof pan
- Potato masher
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)



1 PREHEAT OVEN AND ROAST CARROTS

Wash and dry all produce.

Preheat oven to 375 degrees. Peel and slice **carrot** into thin coins on a diagonal. Toss **carrots** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until lightly browned, about 20 minutes. Toss halfway through.

2 BOIL POTATOES

Cut **potatoes** into 1-inch cubes. Place in a medium pot with enough water to cover by 1 inch and a large pinch of **salt**. Bring to a boil and cook until easily pierced with a knife, about 15 minutes. Drain and return to pot.

3 PREP REMAINING INGREDIENTS

Meanwhile, halve, peel, and thinly slice **onion**. Thinly slice **mushrooms**. Strip leaves off **thyme** and discard stems. Mince **garlic**.



4 COOK MUSHROOMS AND ONIONS

Heat a drizzle of **olive oil** in a large ovenproof pan over medium-high heat. Add **mushrooms** and cook until golden brown, about 6 minutes. Remove from pan and set aside. In same pan, heat another drizzle of **olive oil** over medium heat. Add **onions** and season with **salt** and **pepper**. Cook until softened, about 6 minutes.

5 MAKE SAUCE

Add $\frac{1}{4}$ cup **water**, **garlic**, **peas**, and **thyme** to pan. Cook until very soft, about another 3 minutes. Sprinkle $\frac{1}{2}$ TBSP **flour** (we sent more) onto **onion mixture** and stir 1 minute. Add $\frac{1}{2}$ cup **water** and **stock concentrate**. Stir until thickened, 1-2 minutes. Add **mushrooms** and stir to combine. **TIP:** If your pan is not ovenproof, transfer mixture to a baking dish.

6 ASSEMBLE AND FINISH

With a fork or potato masher, mash **potatoes** with $\frac{1}{4}$ cup **milk** (we sent more) and **1 TBSP butter**. Season with **salt** and **pepper**. Spread **potatoes** over **mushroom mixture** and sprinkle with **Parmesan cheese**. Bake until **cheese** has melted and pie is bubbly, about 5 minutes. Serve with roasted **carrots**.

JAMMIN'!

Caramelized onions go with almost anything savory.

