

# REBUILDING HEALTH

## 1 RECIPE AT A TIME



### Nutritional Facts:

Servings per recipe: 6 | Calories per serving: 280  
Carbohydrates: 41 grams | Protein: 9 grams  
Total Fat: 9 grams | Saturated Fat: 1 grams  
Fiber: 7 grams

VEGETARIAN

## Shepherds Pie

🕒 35 mins

👤 Serves 6

🌱 Vegetarian Friendly

### Ingredients

- 1 c cooked lentils
- 2 cloves garlic, minced
- 1 yellow onion, diced
- 1 Tbsp olive oil
- 3 carrots, peeled and diced
- 2 ribs celery, diced
- 8 oz button mushrooms, sliced
- ¾ tsp salt
- 1 tsp dried thyme
- ½ tsp paprika
- Pepper to taste
- 1 Tbsp tomato paste
- 1 Tbsp flour
- 1 cup vegetable broth
- 1 cup frozen peas
- 4 cups mashed potatoes\*

### Method

1. Preheat the oven to 400F. Heat the olive oil in a large skillet over medium heat. Add the onion and garlic and sauté until the onions are soft and translucent, about 3-5 minutes. Add the carrots and celery to the skillet and cook until the celery begins to soften, about 5 minutes.
2. Add the mushrooms, salt, thyme, paprika, and pepper to the skillet. Cook until the mushrooms soften, about 3-5 minutes. Add the tomato paste and flour, and stir until the vegetables are coated, about 2 minutes.
3. Add the vegetable broth, making sure to incorporate any tomato paste and flour mixture stuck to the bottom of the skillet. Allow the broth to come to a simmer. Stir in the cooked lentils and frozen peas.
4. Pour the vegetable mixture into a casserole dish, or use the same skillet if it is oven-safe. Spread the prepared mashed potatoes on top of the vegetable mixture. Bake for 15 minutes until heated through.

*\*For the mashed potatoes, you can make homemade mashed potatoes, or use instant mashed potatoes for a shortcut.*

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