

Shepherd's Pie with Lentils



Servings:

9

Prep Time:

15 minutes

Cook Time:

25 minutes

Ingredients

- 1 package **Dave's Mashed Potatoes**
- ½ tbsp **Olive Oil**
- ½ cup **Diced Onion**
- ½ cup **Diced Carrots**
- 2 tsp **Minced Garlic**
- 1 tsp **Onion Powder**
- 1 tsp **Dried Thyme**
- ½ tsp **Dried Rosemary**
- ½ tsp **Sugar**
- ¼ tsp **Salt & Pepper to Taste**
- 2 tbsp **Tomato Paste**
- 2 tbsp **Coconut Aminos**
- 1 tbsp **Balsamic Vinegar**
- ½ cup **Vegetable Broth**
- 2 cups **Cooked Lentils**

Method of Preparation

Step 1

Preheat oven to 400°F.

Heat olive oil in a pan over medium heat. Add garlic, onions, and carrots.

Step 2

Mix in spices. Cook for about 3-4 minutes.

Step 3

Add tomato paste, coconut aminos and balsamic vinegar. Mix well.

Step 4

Add cooked lentils, corn, peas and vegetable stock.

Bring to a boil and simmer for 6-7 minutes.

Step 5

Spoon mixture into casserole dish.

Step 6

Top with mashed potatoes.

Step 7

Bake for 15 minutes.

Then broil until the mashed potatoes begin to turn golden brown.

- ½ cup **Frozen Corn**
- ½ cup **Frozen Green Peas**

For additional recipes & nutrition facts, visit us again at www.davesmarketplace.com