



VEGETARIAN SHEPHERD'S PIE

INGREDIENTS

FOR THE POTATO TOPPING:

1 1/2 lbs. russet potatoes
1/4 cup half & half
2 T butter
1/4 t black pepper

FOR THE FILLING:

1/2 lb. Plant-Based Breakfast Sausage
1/2 lb. Plant-Based Ground
2 T avocado oil
1 cup white onion, diced
2 carrots, peeled and diced
3 cloves garlic, minced
1 T all-purpose flour
1 T tomato paste
1 cup vegetarian broth
1 t vegan Worcestershire
1/2 t rosemary
1 t thyme
1/2 cup frozen corn
1/2 cup frozen peas

TIME: 90 mins (Prep Time 45 mins / Cook Time 45 mins) **SERVES:** 8 **TYPE:** Vegetarian

INSTRUCTIONS

- 1 Peel and quarter potatoes. Place in medium saucepan, cover with cold water. Cover pan and bring to boil. Uncover once boiling, simmer until tender, 10-15 minutes. Drain potatoes and add back to pan. Add half & half, butter, pepper. Mash until smooth.
- 2 Preheat oven to 450° F
- 3 Pour avocado oil into large ovenproof pan. Bring oil to a shimmer, add onions and carrots. Cook for 3 minutes. Add garlic, breakfast sausage, and ground. Cook until browned. Add flour if mixture is soupy. Stir to combine.
- 4 Add tomato paste, broth, Worcestershire, rosemary, and thyme. Reduce heat to low, cover and simmer 6 minutes. Add corn and peas, stir to combine. Flatten top of mixture and add mashed potatoes, creating a crust/seal around top of the mixture.
- 5 Place into oven and cook 10-15 minutes. Add some butter to mashed potato crust for a nice browning. Place back in oven under broil for 2 minutes. Let rest before cutting.

QUICK TIP



Save a little time by using store bought or instant mashed potatoes

Before
the butcher™