

Veggie Shepherd's Pie

Ingredients

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| 1 medium onion, diced | 3 pounds potatoes, washed |
| 2 cloves of garlic, minced | 2 Tbsps. canola oil |
| 1.5 c. uncooked red lentils, rinsed and drained | 2 tsp. fresh Thyme (or 1 tsp. dried) |
| 4 cups low sodium veg stock | 10 oz. bag frozen mixed veggies |
- Salt and pepper to taste

Instructions

1. Bring potatoes to boil in a large pot, cook 20-30 minutes or until cooked.
2. Drain and transfer potatoes to a mixing bowl. Mash until smooth. Add 2 T. oil, and season with salt and pepper to taste. Cover & set aside.
3. Sauté onions and garlic in a saucepan with a little water until lightly brown. Add lentils, stock, and thyme. Stir. Bring to a boil, then reduce heat and simmer. Cook until lentils are tender. (35-40 minutes)
4. In the last 10 minutes of cooking, add frozen vegetables and stir.
5. Transfer to baking dish, top with mashed potatoes. Smooth down with fork and season with pepper or other sodium-free seasoning of your choice. Bake at 425 until potatoes lightly browned.
6. Let cool briefly to allow to thicken. Serve.

Kitchen Classroom

Can I use frozen vegetables in my meals? Yes!

Here are 5 reasons why using frozen vegetables can be just as good as fresh:

Mature: Many times, the veggies are grown until fully ripe and immediately frozen.

Nutritious: The vegetables often contain a high amount of nutrients because they are allowed to grow to maturity.

Additive Free: Freezing preserves food without the need for additives.

Easy: Frozen vegetables are already cut, peeled, and washed.

Versatile: They can be used in a variety of dishes including soups, stews, salads, smoothies, and much more!

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Nutrition Information per serving

Serving Size: 6 servings

Calories: 440

Fat: 6 g

Sodium: 150 mg

Fiber: 14 g

Carbohydrates: 78 g

Protein: 19 g

