

VEGETARIAN
RECIPES

Cook the Book: Shepherd's Pie



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups lentils cooked
- ☐ 0.3 teaspoons thyme dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 10 ounce savory vegetable mixed frozen
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup onion chopped
- ☐ 2 cups potatoes homemade mashed (or from potato flakes)

- ☐ 0.1 teaspoon salt to taste
- ☐ 1.3 cups vegetable stock homemade store-bought (or)
- ☐ 2 tablespoons vegetable oil

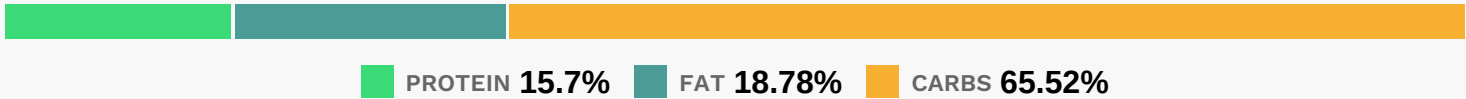
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 350°F. Grease a 9-by-5-by-3-inch loaf pan.
- ☐ In a 1 1/2-quart sauce pan, heat the oil over medium-high heat.
- ☐ Add the onions and garlic; cook, stirring, until softened, about 2 minutes.
- ☐ Add the flour until absorbed.
- ☐ Add the broth, thyme, salt, and pepper. Cook, stirring, until the mixture comes to a boil. Stir in the lentils and mixed vegetables. Spoon into the pan.
- ☐ Place the potatoes into a pastry bag fitted with a large star tip. Pipe the potatoes around the edge of the pan, then fill in, leaving a hole in the middle to vent.
- ☐ Bake 40 minutes or until the potatoes are browned on top.
- ☐ Variation: Use any cooked vegetable you like, such as zucchini, mushrooms, or celery.

Nutrition Facts



Properties

Glycemic Index:70.92, Glycemic Load:9.83, Inflammation Score:-10, Nutrition Score:23.927826052127%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 357.52kcal (17.88%), Fat: 7.74g (11.92%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 60.81g (20.27%), Net Carbohydrates: 47.51g (17.28%), Sugar: 4.75g (5.27%), Cholesterol: 0mg (0%), Sodium: 453.94mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Vitamin A: 3780.43IU (75.61%), Folate: 226.31µg (56.58%), Fiber: 13.3g (53.21%), Vitamin C: 35.64mg (43.2%), Manganese: 0.8mg (40.01%), Vitamin B1: 0.6mg (39.69%), Phosphorus: 280.94mg (28.09%), Iron: 4.67mg (25.93%), Vitamin B6: 0.52mg (25.81%), Potassium: 897.14mg (25.63%), Vitamin B3: 4.08mg (20.41%), Magnesium: 76.71mg (19.18%), Copper: 0.38mg (19.17%), Vitamin K: 18.12µg (17.25%), Vitamin B5: 1.43mg (14.3%), Zinc: 1.88mg (12.51%), Selenium: 8.61µg (12.3%), Vitamin B2: 0.19mg (11.37%), Calcium: 54.95mg (5.5%), Vitamin E: 0.69mg (4.59%)