



Mushroom and Lentil Pot Pies with Gouda Biscuit Topping

 Vegetarian

READY IN



135 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup flour
- ☐ 2 tablespoons flour
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 4 teaspoons butter unsalted diced chilled
- ☐ 0.5 cup buttermilk
- ☐ 1 carrots cut into 1/4-inch-thick rounds
- ☐ 1 ounce the following: parmesan rind) dried

- ☐ 1.5 teaspoons sage dried
- ☐ 0.3 teaspoon thyme dried
- ☐ 6 ounces mushrooms fresh sliced
- ☐ 1 large garlic clove minced
- ☐ 0.8 cup gouda cheese packed grated ()
- ☐ 0.5 cup lentils
- ☐ 2 tablespoons olive oil divided
- ☐ 1 medium onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons soya sauce
- ☐ 1 tablespoon tomato paste
- ☐ 6 tablespoons cornmeal yellow
- ☐ 2 medium yukon gold potatoes peeled cut into 1/2-inch chunks

Equipment

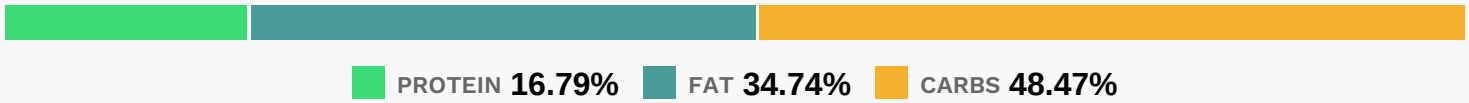
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Combine 3 cups cold water, lentils, and 1/4 teaspoon salt in medium saucepan; bring to boil. Reduce heat, cover, and simmer until lentils are tender, 25 to 30 minutes.
- ☐ Drain; set lentils aside.
- ☐ Pour 3 cups boiling water over porcini in medium bowl; soak 25 minutes.
- ☐ Remove porcini from soaking liquid, squeeze dry, and chop coarsely. (Reserve soaking liquid.)

- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add fresh mushrooms. Saut 3 minutes.
- ☐ Add 1 tablespoon oil, onion, carrot, sage, and thyme. Saut 4 minutes.
- ☐ Add garlic; saut 30 seconds. Reduce heat to medium-low.
- ☐ Mix flour into vegetables; cook 1 minute.
- ☐ Add porcini soaking liquid.
- ☐ Mix in porcini, potatoes, soy sauce, and tomato paste. Cover; simmer until potatoes are tender, stirring occasionally, 13 to 15 minutes.
- ☐ Add lentils; season with salt and pepper. Divide filling among four 2-cup ovenproof bowls. DO AHEAD: Can be made 2 days ahead. Cover; chill. Bring to room temperature before continuing.
- ☐ Preheat oven to 400F.
- ☐ Combine flour, cornmeal, baking powder, and salt in processor; blend 5 seconds.
- ☐ Add butter; pulse until mixture resembles coarse meal.
- ☐ Add buttermilk; pulse until dough forms moist clumps. Turn dough out onto lightly floured surface. Divide into 4 equal pieces; shape each into 2/3-inch-thick disk. Set rounds atop filling; top with cheese.
- ☐ Bake pot pies on baking sheet until tester inserted into biscuit topping comes out clean, about 30 minutes.
- ☐ Per serving: 475 calories, 11 g fat, 10 g fiber

Nutrition Facts



Properties

Glycemic Index:168.17, Glycemic Load:41.24, Inflammation Score:-10, Nutrition Score:35.604347933894%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 665.96kcal (33.3%), Fat: 26.08g (40.12%), Saturated Fat: 12.25g (76.53%), Carbohydrates: 81.87g (27.29%), Net Carbohydrates: 67.92g (24.7%), Sugar: 7.42g (8.24%), Cholesterol: 64.62mg (21.54%), Sodium: 1353.46mg (58.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Vitamin A: 3049.13IU (60.98%), Phosphorus: 607.68mg (60.77%), Folate: 237.44µg (59.36%), Fiber: 13.95g (55.79%), Manganese: 1.01mg (50.65%), Vitamin B1: 0.71mg (47.43%), Calcium: 469.01mg (46.9%), Vitamin B2: 0.76mg (44.7%), Copper: 0.87mg (43.62%), Selenium: 30.35µg (43.36%), Vitamin B6: 0.73mg (36.43%), Vitamin B5: 3.57mg (35.73%), Vitamin B3: 7.1mg (35.51%), Potassium: 1158.68mg (33.11%), Zinc: 4.87mg (32.44%), Iron: 5.64mg (31.35%), Vitamin C: 23.03mg (27.92%), Magnesium: 111.22mg (27.81%), Vitamin B12: 0.85µg (14.11%), Vitamin K: 12.93µg (12.31%), Vitamin E: 1.74mg (11.63%), Vitamin D: 1.05µg (6.99%)