



Mushroom and Lentil Pot Pies with Gouda Biscuit Topping

 Vegetarian

READY IN



135 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup 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
- 0.5 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

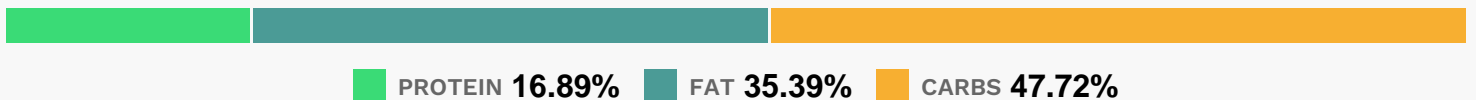
- bowl
- baking sheet
- sauce pan
- oven
- pot

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. Sauté 3 minutes.
- Add 1 tablespoon oil, onion, carrot, sage, and thyme. Sauté 4 minutes.

- Add garlic; sauté 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 400°F.
- 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 on 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
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 149.42, Glycemic Load: 39.17, Inflammation Score: -10, Nutrition Score: 35.087825816611%

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 Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 652.31kcal (32.62%), Fat: 26.04g (40.06%), Saturated Fat: 12.24g (76.5%), Carbohydrates: 79.01g (26.34%), Net Carbohydrates: 65.16g (23.69%), Sugar: 7.41g (8.23%), Cholesterol: 64.62mg (21.54%), Sodium: 1208.05mg (52.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.93%), Vitamin A: 3049.13IU (60.98%), Phosphorus: 603.63mg (60.36%), Folate: 230.57µg (57.64%), Fiber: 13.85g (55.39%), Manganese: 0.99mg (49.35%), Calcium: 468.36mg (46.84%), Vitamin B1: 0.68mg (45.46%), Vitamin B2: 0.74mg (43.61%), Copper: 0.87mg (43.35%), Selenium: 29.08µg (41.55%), Vitamin B6: 0.73mg (36.35%), Vitamin B5: 3.56mg (35.57%), Vitamin B3: 6.88mg (34.4%), Potassium: 1154.64mg (32.99%), Zinc: 4.84mg (32.26%), Iron: 5.47mg (30.38%), Vitamin C: 23.03mg (27.92%), Magnesium: 110.39mg (27.6%), Vitamin B12: 0.85µg (14.11%), Vitamin K: 12.92µg (12.3%), Vitamin E: 1.74mg (11.62%), Vitamin D: 1.05µg (6.99%)