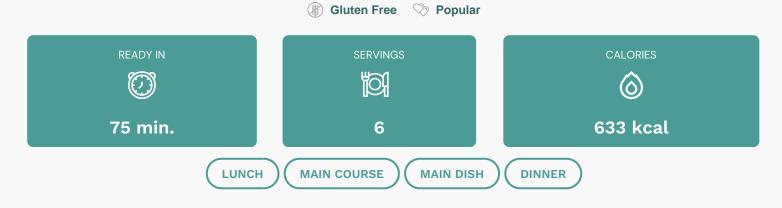


Vegan Shepherd's Pie



Ingredients

2 carrots chopped
3 stalks celery chopped
1 clove garlic minced to taste
14 ounce vegetarian ground beef substitute
1 pinch ground pepper black to taste
1 teaspoon penzey's southwest seasoning italian
0.3 cup olive oil
0.5 cup peas frozen

	5 russet potatoes peeled cut into 1-inch cubes
	2 teaspoons salt
	0.5 cup daiya vegan m zarella "cheese shredded cheddar-style
	0.5 cup soy milk
	1 tomatoes chopped
	3 tablespoons vegan cream cheese substitute tofutti ® (such as)
	0.5 cup veganaise
	1 tablespoon vegetable oil
	1 large onion yellow chopped
Eq	uipment
	frying pan
	oven
	pot
	baking pan
	potato masher
Di	rections
	Place the potatoes in a pot, cover with cold water, and bring to a boil over medium-high heat Turn the heat to medium-low, and boil the potatoes until tender, about 25 minutes; drain.
	Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. Set the potatoes aside.
	Preheat oven to 400 degrees F (200 degrees C), and spray a 2-quart baking dish with cooking spray.
	Heat the vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.
	Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.

Nutrition Facts		
	is hot, about 20 minutes.	
	Bake in the preheated oven until the cheese is melted and slightly browned and the casserole	
	Sprinkle the potatoes with the shredded soy cheese.	
	with the mashed potatoes, smoothing them into an even layer.	
	Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top	

PROTEIN 12.55% 📕 FAT 60.44% 📙 CARBS 27.01%

Properties

Glycemic Index:66.72, Glycemic Load:27.47, Inflammation Score:-10, Nutrition Score:23.857391305592%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Luteolin: 0.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 0.25mg, Isorhamnetin:

Nutrients (% of daily need)

Calories: 633.17kcal (31.66%), Fat: 42.62g (65.57%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 37.58g (13.66%), Sugar: 5.4g (6%), Cholesterol: 56.38mg (18.79%), Sodium: 1068.4mg (46.45%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 19.92g (39.83%), Vitamin A: 3929.61lU (78.59%), Vitamin B6: 1mg (49.89%), Potassium: 1192.07mg (34.06%), Vitamin B3: 5.97mg (29.86%), Vitamin B12: 1.73µg (28.8%), Phosphorus: 283.69mg (28.37%), Vitamin K: 29.57µg (28.16%), Vitamin C: 23.01mg (27.89%), Zinc: 3.99mg (26.61%), Manganese: 0.47mg (23.51%), Fiber: 5.28g (21.12%), Selenium: 14.28µg (20.4%), Iron: 3.58mg (19.92%), Vitamin E: 2.72mg (18.12%), Vitamin B1: 0.26mg (17.29%), Magnesium: 69.07mg (17.27%), Vitamin B2: 0.29mg (17.02%), Calcium: 166.33mg (16.63%), Folate: 65.3µg (16.33%), Copper: 0.31mg (15.71%), Vitamin B5: 1.08mg (10.78%), Vitamin D: 0.36µg (2.39%)