



Vegetable Shepherd's Pie with Baked Beans

 Vegetarian  Gluten Free

READY IN

ready

95 min.

SERVINGS

servings

16

CALORIES

calories

127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce baked beans canned
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon chili powder
- ☐ 1 teaspoon cumin seeds
- ☐ 6 curry leaves fresh
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup regular corn frozen
- ☐ 0.3 cup pkt spinach frozen thawed drained chopped

- ☐ 1 clove garlic minced
- ☐ 1 bell pepper diced green finely
- ☐ 1 chile pepper green halved lengthwise
- ☐ 0.5 teaspoon ground coriander
- ☐ 16 servings ground pepper black to taste
- ☐ 0.5 teaspoon ground turmeric
- ☐ 3 tablespoons milk
- ☐ 1 teaspoon mustard seeds
- ☐ 1 small onion diced finely
- ☐ 0.5 cup peas frozen
- ☐ 5 potatoes cubed peeled
- ☐ 1 pinch salt
- ☐ 2 tablespoons vegetable oil

Equipment

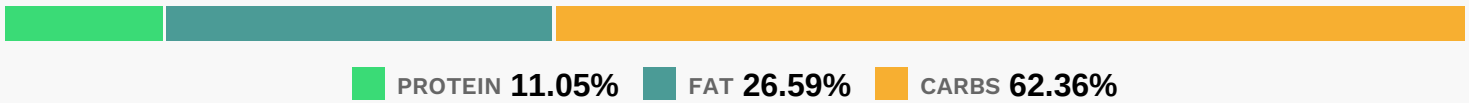
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Meanwhile, combine cumin seeds, ground coriander, ground turmeric, curry leaves, and sliced green chile in a bowl. Set aside.
- ☐ Place vegetable oil and mustard seeds in a large skillet. Cover and cook over medium heat until the mustard seeds begin popping, then reduce heat to low. When the popping stops, quickly add the cumin mixture and replace the lid; cook until the herbs make a hissing sound.

- ☐
- Mix in the green bell pepper, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the spinach, corn, and peas until heated through. Stir in the baked beans. Toss in the cilantro, and season with chili powder, 1/2 teaspoon of salt, and pepper. Divide vegetable and bean mixture evenly into two 9-inch round pie pans.
- ☐
- Combine potatoes, butter, milk, and 1 pinch of salt in a bowl. Mash until smooth.
- ☐
- Spread mashed potatoes over the bean mixture using a fork to create small peaks that will become crisp during baking.
- ☐
- Bake in the preheated oven until potatoes are golden brown, 20 to 25 minutes. Cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.98, Glycemic Load:10.64, Inflammation Score:-7, Nutrition Score:9.8186957427989%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 126.85kcal (6.34%), Fat: 3.93g (6.04%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 16.79g (6.1%), Sugar: 1.41g (1.57%), Cholesterol: 6.08mg (2.03%), Sodium: 149.74mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Vitamin C: 30.38mg (36.83%), Vitamin B3: 5.41mg (27.07%), Folate: 75.78µg (18.94%), Vitamin K: 17.09µg (16.28%), Fiber: 3.94g (15.77%), Manganese: 0.3mg (14.86%), Vitamin B6: 0.27mg (13.32%), Potassium: 438.41mg (12.53%), Vitamin A: 466.57IU (9.33%), Phosphorus: 88.73mg (8.87%), Magnesium: 33.48mg (8.37%), Copper: 0.16mg (8.04%), Iron: 1.35mg (7.53%), Vitamin B1: 0.1mg (6.63%), Zinc: 0.78mg (5.17%), Calcium: 38.23mg (3.82%), Vitamin B2: 0.06mg (3.48%), Selenium: 2.36µg (3.37%), Vitamin B5: 0.28mg (2.8%), Vitamin E: 0.35mg (2.31%)