



Vegetarian Shepherd's Pie

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups mushroom broth low-sodium
- ☐ 3 medium carrots peeled
- ☐ 1 medium celery root peeled
- ☐ 3 medium celery stalks finely chopped
- ☐ 2 pounds cremini mushrooms stemmed quartered
- ☐ 0.8 ounce porcini mushrooms dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 tablespoon flour all-purpose

- ☐ 1 tablespoon sage leaves fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 5 medium garlic cloves finely chopped
- ☐ 2 medium parsnips peeled
- ☐ 3 pounds russet potatoes peeled cut into large dice
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 tablespoon tomato paste
- ☐ 5 tablespoons butter unsalted
- ☐ 0.7 cup milk whole
- ☐ 0.5 medium onion yellow finely chopped

Equipment

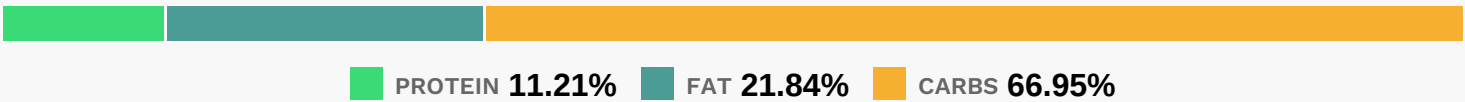
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, whisk together broth, wine, tomato paste, and flour until evenly combined and smooth. Stir in dried mushrooms and set aside to reconstitute, at least 30 minutes. Strain mushrooms before using, reserving liquid.
- ☐ Place potatoes in a large pot and cover with heavily salted water by 2 inches. Bring potatoes to a boil and cook until fork tender, about 20 to 30 minutes.
- ☐ Heat the oven on low broil and place a rack in the upper third. Meanwhile, melt 1 tablespoon of the butter in a 3 to 4-quart Dutch oven (or oven-ready saucepan) over medium-high heat.

- When it foams, add half the mushrooms and cook, stirring rarely, until mushrooms are browned, about 5 minutes.
- ☐ Remove mushrooms from pan, season well with salt and freshly ground black pepper, and set aside. Repeat to cook off remaining mushrooms.
 - ☐ Return pan to stove over medium heat and add 1 tablespoon of the butter, onion, celery, and garlic, and cook until softened and golden, about 2 minutes.
 - ☐ Add celery root, carrot, parsnip, and herbs, and season well with salt and freshly ground black pepper. Cook until browned and softened, about 6 minutes.
 - ☐ Add wine mixture to pan and deglaze by stirring and scraping up any browned bits.
 - ☐ Let cook until simmering and slightly thickened, about 3 minutes. Stir in reserved mushrooms and any juices that have accumulated and simmer until slightly thickened, about 8 minutes.
 - ☐ Remove from heat and reserve in pan.
 - ☐ When potatoes are ready, drain well. Return to pan and mash until uniformly smooth. Fold in remaining 2 tablespoons butter and milk, and season well with salt and freshly ground black pepper. If necessary, keep warm over low heat.
 - ☐ Dot potatoes over vegetable mixture and spread to edges of pan to cover completely. Rough up the surface of the potatoes so there are bits that will get browned and crunchy. Broil until top is golden, about 15 to 20 minutes.
 - ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:73.45, Glycemic Load:31.29, Inflammation Score:-10, Nutrition Score:34.488260942957%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 338.23kcal (16.91%), Fat: 8.53g (13.13%), Saturated Fat: 5.07g (31.66%), Carbohydrates: 58.84g (19.61%), Net Carbohydrates: 51.15g (18.6%), Sugar: 9.24g (10.27%), Cholesterol: 21.25mg (7.08%), Sodium: 319.25mg (13.88%), Alcohol: 1.05g (100%), Alcohol %: 0.25% (100%), Protein: 9.85g (19.71%), Copper: 3.29mg (164.59%), Vitamin A: 4248.31IU (84.97%), Potassium: 1805.56mg (51.59%), Manganese: 1mg (49.76%), Vitamin B6: 0.99mg (49.55%), Selenium: 33.89µg (48.41%), Vitamin K: 49.68µg (47.31%), Vitamin B2: 0.78mg (45.63%), Phosphorus: 398.3mg (39.83%), Vitamin B3: 7.69mg (38.47%), Vitamin B5: 3.5mg (34.96%), Vitamin C: 27.2mg (32.98%), Fiber: 7.69g (30.75%), Vitamin B1: 0.38mg (25.08%), Folate: 97.84µg (24.46%), Magnesium: 90.9mg (22.72%), Iron: 3.23mg (17.94%), Zinc: 2.67mg (17.82%), Calcium: 141.7mg (14.17%), Vitamin E: 1.36mg (9.05%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.57µg (3.81%)