



Wild Mushroom and Lentil Cottage Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 1 cup carrots finely chopped
- 0.5 cup celery thinly sliced
- 1 cup petite green lentils dried
- 2 tablespoons cooking sherry dry
- 3 tablespoons flour all-purpose
- 1 teaspoon thyme leaves fresh
- 0.1 teaspoon ground nutmeg

- 1 Dash ground pepper red
- 0.7 cup buttermilk low-fat
- 16 ounce pre exotic mushroom blend (such as shiitake, cremini, and oyster)
- 1 tablespoon olive oil
- 1.5 cups onion finely chopped
- 0.5 teaspoon salt
- 1.5 teaspoons salt divided
- 1 tablespoon soya sauce
- 1 tablespoon tomato paste
- 1 tablespoon truffle oil white
- 2.5 cups vegetable broth organic divided
- 4 cups water
- 1.5 pounds yukon gold potatoes cubed peeled

Equipment

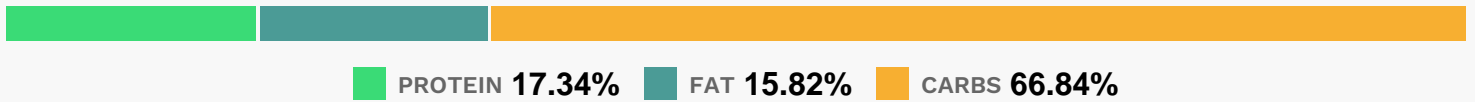
- bowl
- frying pan
- sauce pan
- oven
- whisk
- potato masher

Directions

- To prepare topping, place potato and 1 teaspoon salt in a medium saucepan; cover with water. Bring to a boil. Cook 20 minutes or until very tender; drain. Return potato to pan.
- Add buttermilk, 1/2 teaspoon salt, black pepper, nutmeg, and red pepper to potato; mash with a potato masher until smooth. Set aside.
- Preheat oven to 37

- To prepare filling, combine lentils, 4 cups water, 1/2 teaspoon salt, and bay leaf in a saucepan; bring to a boil. Reduce heat, and simmer for 25 minutes or until lentils are tender.
- Drain, and set aside.
- Combine 1/2 cup vegetable broth and flour in a small bowl, stirring with a whisk until well blended. Set flour mixture aside.
- Heat olive oil in a large skillet over medium heat.
- Add onion, carrot, celery, and mushrooms; cook for 7 minutes, stirring occasionally. Stir in remaining 2 cups broth.
- Add sherry, soy sauce, tomato paste, thyme, and lentils to mushroom mixture. Bring to a simmer over medium-high heat. Stir in flour mixture, and cook until mixture thickens (about 2 minutes), stirring constantly with a whisk.
- Spoon lentil mixture into a 2-quart casserole; top with potato mixture, spreading evenly.
- Bake at 375 for 25 minutes or until potatoes are golden.
- Drizzle truffle oil over potatoes.
- Garnish with chopped chives, if desired.

Nutrition Facts



Properties

Glycemic Index:77.52, Glycemic Load:16.72, Inflammation Score:-10, Nutrition Score:20.535217419915%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 248.5kcal (12.42%), Fat: 4.46g (6.86%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 30.52g (11.1%), Sugar: 6.53g (7.26%), Cholesterol: 0.8mg (0.27%), Sodium: 1081.42mg (47.02%),

Alcohol: 0.39g (100%), Alcohol %: 0.11% (100%), Protein: 11.01g (22.01%), Vitamin A: 2927.51IU (58.55%), Fiber: 11.91g (47.63%), Folate: 153.96µg (38.49%), Manganese: 0.7mg (35.25%), Vitamin B6: 0.63mg (31.49%), Vitamin C: 22.22mg (26.94%), Potassium: 934.89mg (26.71%), Phosphorus: 262.61mg (26.26%), Vitamin B1: 0.34mg (22.91%), Vitamin B3: 4.27mg (21.36%), Magnesium: 72.53mg (18.13%), Vitamin B5: 1.79mg (17.94%), Copper: 0.36mg (17.84%), Iron: 3.17mg (17.64%), Vitamin B2: 0.28mg (16.18%), Zinc: 2.23mg (14.84%), Selenium: 7.16µg (10.23%), Vitamin K: 9.39µg (8.94%), Calcium: 70.03mg (7%), Vitamin E: 0.86mg (5.74%), Vitamin D: 0.23µg (1.51%)