

# Lentil Mushroom Sheppard's Pie

This is a delicious and filling main for any holiday event or for a Sunday night dinner!

## Categories

Gluten-free

Yields: 8 servings

Preparation time: 0 mins

Cooking time: 0 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

## Ingredients

|   |              |
|---|--------------|
| Yukon gold potatoes                                     | 10 x 5.3 onz |
| Earth Balance, Traditional Spread, Soy Free             | 6 teaspoon   |
| Rice milk, plain or original, heartwise, ready-to-drink | 0.5 cup      |
| Salt, sea salt  | 1 dash       |
| Olive oil   | 2 tablespoon |
| Onion, white, yellow or red, raw                        | 1 large      |
| Garlic, fresh   | 2 clove      |
| Brown mushrooms (italian or crimini mushrooms), raw     | 6 ounce      |
| Lentils, canned, drained                                | 30 ounce     |
| Red wine, other types                                   | 2 tablespoon |
| Reduced sodium soy sauce                                | 1 x 1 tbsp   |
| Frontier, organic all-purpose seasoning blend           | 8 x 0.25 tsp |
| Thyme, dried  | 0.5 teaspoon |
| Cornstarch  | 1.5 ounce    |
| Baby spinach  | 3 x 3 onz    |
| Black pepper, ground                                    | 1 dash       |
| Plain lightly toasted gluten free bread crumbs, plain   | 4 x 1/4 cup  |

## Instructions

### Preparation

1. You will need 8 large or 10 medium potatoes, peeled and diced
2. You will need 2 tablespoons of a vegan buttery spread (I prefer the Earth balance listed above)
3. The salt is to taste
4. You will need to use either a yellow onion, a Vidalia onion, or a Spanish onion and it should be finely chopped
5. You will need to mince the garlic

6. You will need to slice the mushrooms
7. You will need two 15-ounce cans lentils, lightly drained not fully drained
8. The red wine should be dry red wine, but using this ingredient is optional
9. You may use 1 to 2 tablespoons of reduced-sodium soy sauce or Bragg's liquid aminos
10. You may use 3 tablespoons of cornstarch or arrowroot
11. You may use 8 to 10 ounces of baby spinach or arugula leaves
12. The freshly ground pepper is to taste
13. It is preferred if the gluten free bread crumbs are fresh not toasted

#### Directions

1. Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.
2. While the potatoes are cooking, heat the oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.
2. When potatoes are done, drain and stir the Earth Balance into the potatoes until melted, then add the rice milk and mash until fluffy. Season with salt, cover, and set aside until needed.
3. Preheat the oven to 400° F.
4. Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes.
5. Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.
6. Add the spinach, a little at a time, cooking just until it's all wilted down. Remove from the heat; taste to adjust seasonings to your liking.
7. Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture, then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.
8. Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty.
9. Let stand for 5 to 10 minutes, then cut into wedges to serve.