



Vegetarian Shepherd's Pie for St. Patrick's Day

Looking for a traditional St. Patrick's Day recipe? This is an old standard, re-created as a great vegetarian dish.

Made with celery, carrots, mushrooms, peas, and brown lentils...with mashed potatoes on top, of course. This recipe can be modified as vegan by eliminating the sour cream in the potatoes and using your favorite substitute for butter. This recipe serves 6 to 8.

Ingredients

- 1 cups of brown lentils, cooked according to package instructions
- 1 leek, washed and chopped
- 1 stalk of celery, diced
- 2 carrots, peeled and diced
- 10 oz. of mushrooms, sliced
- 1 Tbsp. of Worcestershire Sauce (optional)
- 2 cloves of garlic
- 2 Tbsp. of extra virgin olive oil
- 2 Tbsp. of all-purpose flour
- ½ cup of Red Wine
- 15-oz can of chopped tomatoes
- 1 cup of vegetable stock
- ¾ cup of frozen defrosted peas
- 1 Tsp. of fresh rosemary, finely minced
- 1 tsp. of fresh thyme, minced

For the Mashed Potato Topping:

- 2 lbs. of potatoes
- 1 cup of milk
- 3 Tbsp. of unsalted butter
- ¼ cup of sour cream
- 2 Tbsp. of unsalted butter
- Salt and Pepper to taste

Preparation process

Rinse the lentils and cook in unsalted water about 45 minutes.

Cook the potatoes in some boiling water until tender. Drain and put in a large bowl.

Using a large pan, add the oil and let it get hot over medium heat. Add the veggies (chopped leeks, carrots, celery, mushrooms and garlic) and season lightly with salt and pepper. Allow the veggies to cook for about 10 minutes or until they have developed some color and started to cook down a bit.

Add the flour and cook to thicken the recipe, stirring constantly for about 30 seconds to get rid of the raw flour.

Add the wine and cook it for about a minute.

Add the cooked lentils, canned tomatoes, Worcestershire sauce, vegetable stock, fresh thyme and rosemary and let it come to a boil, reduce the heat to medium and let it simmer for about 15 minutes. After 15 minutes add in the defrosted peas and cook for an additional 3 minutes.

For the mashed potato topping:

Mash the potatoes either with a potato masher or a hand mixer. Set aside.

In a small saucepan, melt the butter and add the milk. Cook a minute or so until hot.

Add the warm milk and stock mixture to the mashed potatoes. Add the sour cream if desired.

Add salt and pepper to taste and mix well.

Preheat the oven to 400 degrees.

Lightly brush about 1 tsp. of olive oil in the bottom and sides of a large casserole dish. Add the veggie mixture and then top it with the mashed potatoes. Spread it evenly and place it in the oven and let it cook for about 20 minutes or until the top is golden brown. Let it cool a few minutes before serving.

Bonus Items

Want to watch the video again? Click [here](#).

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