

VEGETARIAN SHEPHERDS PIE WITH MEAT SUBSTITUTE

This version of Shepherd's Pie is packed with flavorful vegetables and uses a plant-based meat substitute, however ground beef or ground lamb can be used instead. The potatoes can be steamed in the Steam oven or on the cooktop while the filling is being cooked, and of course I finished the pie in my convection oven that I know it will yield excellent results.

I cooked the filling in an oven-safe cast iron pan so I didn't have to transfer the filling to another pan for baking.

Ingredients

- 3 large baking potatoes, peeled and cut into chunks
- Butter and milk for mashing
- 2 tbsp oil
- 1 medium yellow onion, diced
- 3 cloves, garlic, minced
- 1 tsp fresh thyme or ½ tsp dried thyme
- 2 medium carrots, finely diced
- 1 medium rutabaga finely diced
- 1lb plant-based meat, or ground beef
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 cups vegetable stock (1 vegetable bouillon cube)
- 1 tbsp cornstarch dissolved in 2 tbsp cold water
- ½ cup frozen peas (defrosted)

Preparation

Heat a 12 - 14" skillet or saute pan (oven-safe if possible) over moderate heat, add the oil and heat for a minute, then add the onions and saute until translucent. Stir in the garlic, thyme, carrots, and rutabaga and cook for 4 - 5 minutes to soften. Stir in the plant-based meat, increase the heat and cook over medium-high heat until browned.



Eggplant Casserole

Reduce the heat to medium, add the tomato paste, Worcestershire sauce, and stock and bring to a simmer. Stir in the dissolved cornstarch and the peas and stir to combine. Taste and add salt and pepper as needed.

Meanwhile, mash the steamed potatoes then spread them over the mixture in the pan.

Baking the in the Convection Bake mode at 350 (180 C) degrees for 20 - 25 minutes until the potatoes begin to brown on the edge.

Serves 6

WRITE YOUR NOTES: