

Recipe Makeover: Shepherd's Pie

Watch the video: <https://youtu.be/HndzNE0MqbU>

Shepherd's Pie

Ingredients

2	Russet potatoes (peeled, cubed)
1	Yam (peeled, cubed)
1 Tbsp	Olive oil
½	White onion (diced)
6	Brown mushrooms
2 540mL cans	Lentils
1 clove	Garlic, minced
3 Tbsp	White wine
2 Tbsp	Butter
¼ cup	Flour
1 ¼ cup	Vegetable stock
1 398 mL can	Diced tomatoes
1 cup	Frozen peas and carrots
1 Tbsp	Soy sauce
½ tsp	Dried thyme
½ cup	Greek yogurt
½ tsp	Paprika
¼ cup	Cheddar cheese (grated)

Method

1. Pre heat oven to 450F.
2. Peel and cube potatoes and yam. Add to large pot, cover with water and bring to a boil. Continue to cook until potatoes and yam are tender. Once cooked, drain and set aside.
3. Dice onions and mushrooms.
4. Drain and rinse lentils.
5. Heat 1 Tbsp olive oil in large pot on medium heat. Add onions and sauté for a few minutes until onions are translucent. Add minced garlic and diced mushrooms and stir until combined. Add 3 Tbsp white wine and stir. Turn heat off and set aside.
6. Melt 2 Tbsp butter in a small pot. Add ¼ cup flour to melted butter and whisk well until smooth. Whisk continuously while slowly adding stock.
7. Return large pot to the medium heat and add the butter, flour and stock mixture to the vegetables. Stir to combine.
8. Add diced tomatoes, frozen peas and carrots, and lentils. Stir to combine.
9. Add soy sauce and dried thyme into lentil vegetable mixture and stir to combine.
10. Add greek yogurt and paprika to cooked and drained potatoes and yams. Mash into a smooth consistency.
11. In a 10x10 inch casserole dish fill bottom with lentil vegetable mixture. Top with mashed potatoes. Sprinkle with grated cheese.
12. Bake at 450F for 10-15 minutes until cheese is melted.

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