



VEGETARIAN SHEPHERD'S PIE

 8 portions**INGREDIENTS**

- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 3 shallots, minced [or some onions and garlic]
- 16 ounces fresh mushrooms, sliced
- 6 carrots, peeled and chopped [about 2 cups]
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 1/2 cup red wine
- 1–2 cups veggie broth
- 1 tsp of salt, table [6 g] and fresh herbs to taste [I used 1 sprig of rosemary, thyme, and a bay leaf]
- 2 cups frozen peas
- For the mashed potatoes:
 - 6 Yukon gold potatoes [about 2 pounds]
 - 1/2 cup of yogurt, Greek, nonfat, plain [114 g]
 - 1/4 cup of butter, salted [57 g]
 - 1 tsp of salt, table [6 g]

COOKING METHOD

1° INSTRUCTIONS Make the mashed potatoes: Peel the potatoes. Boil them until fork tender [you want them to mash easily]. Drain, mash, and mix in yogurt and butter. Season to taste. [You can also use the Instant Pot method which is quick and easy! That's what I do.] Make the veggies: In a large oven-safe pot, heat the oil over medium heat. Add shallots and sauté until fragrant. Add mushrooms, carrots, and whole herbs [you will pull the herbs out later]. Sauté until carrots are softened. Make the gravy: Add tomato paste and flour to the pot and stir. Pour in the red wine [sizzzzle] and scrape all the browned bits off the bottom of the pan. Let the wine cook out for a minute or two. Slowly add the broth, stirring it in until a gravy starts to form. Season with salt. Simmer over low heat to get it thickened even further. Bake: Remove the herbs. Stir in the peas, spread the mashed potatoes on top [brush with butter to be extra awesome], and bake for 15 minutes at 350. I finished mine on the broil setting for a few minutes to get it nice and brown on top. **NOTES** Gluten Free Variation: Skip the flour and stir in about 3/4 cup mashed potatoes to the veggies and liquid to make a "gravy." Easy. Tasty. Vegan Version: Use olive oil in place of butter and non-dairy milk in place of the yogurt. Meat Version: Add browned ground meat to the gravy mixture. Yummy! Pro Texture Tip: I chopped up half of my mushrooms so there would be a better texture variety in the filling. If you don't want to use red wine, just sub a little more liquid. No problem.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (408 g)	% DRI
ENERGY	69 kcal	280 kcal	14 %
FAT	2 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	20 %
CHOLESTEROL	4 mg	16 mg	5 %
SODIUM	215 mg	878 mg	37 %
CARBOHYDRATE	10 g	42 g	14 %
SUGARS	2 g	7 g	—
FIBER	2 g	7 g	28 %
PROTEIN	2 g	9 g	—