

Lentil Shepherd's Pie



Prep Time: 15 minutes

Cook Time: 1 hour



Servings: 6 servings

Cost/Serving: \$3.00



Equipment

- Can opener
- Casserole dish (9x13-inch)
- Cutting board
- Knife
- Large sauté pan
- Measuring cups
- Measuring spoons
- Potato masher



Ingredients

1 each		Large sweet potato, peeled and chopped, about 500 g
½ each		Cauliflower, chopped, about 500 g
2 tbsp	(30 mL)	Olive oil or canola oil, divided
1 tsp	(5 mL)	Salt, divided
1/2 tsp	(2.5 mL)	Black pepper, divided
1 lb	(450 g)	Ground beef, extra lean
1 each		Large onion, chopped
4 cloves		Garlic, minced
½ lb	(225 g)	White button mushrooms, chopped
1 can	(398 mL)	Brown lentils, rinsed and drained
2 cups	(500 mL)	Vegetable stock, no salt added
¼ cup	(60 mL)	Tomato paste, no salt added
1 tsp	(5 mL)	Dried thyme
2 cups	(500 mL)	Frozen mixed vegetables (peas, carrots and corn)
2 tsp	(10 mL)	Red wine vinegar



Directions

1. Preheat oven to 350°F (180°C).
2. Place sweet potatoes and cauliflower in large saucepan and cover with cold water; bring to a boil. Reduce heat and simmer until potatoes are tender, about 15-20 minutes.
3. Drain and return to pot. Add 1 tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Mash until smooth. Taste and adjust seasoning. Set aside.
4. Meanwhile, in large skillet over medium heat, sauté ground beef until crumbly and no longer pink, about 5 minutes. Drain and reserve.
5. Return pan to stove and heat remaining 1 tbsp olive oil over medium heat. Add onion and sauté until translucent, about 5 minutes. If mixture seems dry or is sticking, add a couple tablespoons of water. Add garlic and sauté until fragrant, about 30 seconds.
6. Add mushrooms and cook until mushrooms are tender, about 5 minutes. Add reserved ground beef, lentils, vegetable stock, tomato paste, thyme and remaining salt and pepper; bring to a boil. Reduce heat and simmer until flavours meld, about stock reduces by half, about 10-15 minutes. Add frozen vegetables, and cook until heated through, about 5 minutes. Stir in the red wine vinegar.

continued on next page...



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Directions (cont'd)

7. Spoon lentil mixture into an 9x13 baking dish coated with cooking spray and top with sweet potato mixture.
8. Bake for 15-20 minutes until heated through and bubbling.



Tips

- 1) If you prefer, substitute cremini mushrooms for the white mushrooms, or you can use canned mushrooms if fresh are unavailable.
- 2) The sweet potato can be swapped for russet potatoes.
- 3) This recipe freezes well.

Nutrition Facts

Valeur nutritive

Per 1 serving (483 g)
pour 1 portion (483 g)

	% Daily Value*
	% valeur quotidienne*
Calories 380	
Fat / Lipides 12 g	16 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.2 g	
Monounsaturated / monoinsaturés 6 g	
Carbohydrate / Glucides 44 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 26 g	
Cholesterol / Cholestérol 45 mg	
Sodium 500 mg	22 %
Potassium 1050 mg	22 %
Calcium 75 mg	6 %
Iron / Fer 6 mg	33 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



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