

VEGAN SHEPHERD'S PIE

Yield: 8 Servings



TOTAL TIME: 1 hour 10 minutes

INGREDIENTS

- 6 Tbsp. Wegmans Organic Extra-Virgin Olive Oil (Nature's Marketplace), divided
- 1 lb. white button mushrooms, lightly rinsed, sliced (about 6 cups)
- Salt and pepper to taste
- 1 medium sweet onion, peeled, finely chopped (about 1 cup)
- 6 cloves Food You Feel Good About Garlic, finely chopped
- 1 leek, rinsed very well, trimmed, finely chopped
- 2 pkgs. (8 oz. each) Lightlife Soy Tempeh (Nature's Marketplace)
- 2 Tbsp. water
- 1 tsp. finely chopped dried or fresh thyme
- Mashed potatoes of your choice

PREPARATION

Preheat oven to 350 degrees.

1. Heat 2 Tbsp. olive oil in large frying pan on medium-high. Add mushrooms. Sauté 10–15 min., until lightly browned and fragrant, and mushrooms are mostly dry. Sprinkle with salt and pepper. Transfer to a bowl, set aside.
2. Reduce temperature to medium. Add 2 Tbsp. olive oil to pan. Add onions, garlic, and leek. Sauté, stirring occasionally 5–8 min., until onions start to brown and veggies are soft.
3. Crumble tempeh into separate bowl. When onions are ready, add remaining 2 Tbsp. olive oil to cooking veggie mixture in pan, add tempeh. Reduce heat to medium-low. Sauté, stirring frequently, for 15–20 min. until tempeh starts to get nicely brown. Add thyme, sprinkle with salt and pepper. Add 2 Tbsp. of water to deglaze.
4. Stir mushrooms into onion-tempeh mixture. Pour into casserole, smooth mixture. Set aside.
5. Prepare mashed potatoes of your choice. Spread over tempeh mixture in your casserole dish. Drizzle with olive oil.
6. Bake about 40–45 min. until piping hot. Remove from the oven; let set 15 min. before serving.

NUTRITION

Per serving: Calories: 340; Fat: 20 g (5 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 31 g; Fiber: 3g; Protein: 14 g; Sodium: 85 mg.

Recipe courtesy of Wegmans