Vegan Sweet Potato Shepherd’s Pie

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

This delicious, nutritious vegan twist on shepherd's pie is made from a base of lentils and mushrooms with savory seasonings and crowned with a crisp sweet potato topping.

About the Recipe

283 Calories · 16 g Protein · 12 g Fiber
Dinner
Nut-free

Ingredients

Makes 6 Servings

- 1/8 c (30 mL) pomegranate Juice
- 1 tsp (5 mL) dried thyme
- 1/2 tsp (2.5 mL) dried rosemary
- 1/2 tsp (2.5 mL) garlic powder
- 3 c (210 g) white button or cremini mushrooms, diced
- 1 onion, diced
- 1 carrot, diced
- 3 sticks celery, diced
- 1/8 c (15 g) whole-wheat pastry flour
- 3 1/2 tbsp (53 mL) reduced sodium tamari
- 1 tsp (5 mL) vegan Worcestershire sauce (optional) **optional*
- 2 tbsp (32 g) tomato paste
- 2 1/2 c (495 g) cooked brown or green lentils
- 2/3 c (89 g) frozen peas
- 2 c (400 g) sweet potatoes, cooked and cubed

- 2/3 tbsp (10 mL) reduced-sodium tamari
- 1 tsp (5 mL) fresh thyme
- 1/8 tsp (0.6 mL) nutmeg
- 1/8 tsp (0.6 mL) ground black pepper
- 1/3 c (36 g) breadcrumbs
- 1/8 tsp (0.6 mL) iodized salt

Directions

1. To make the filling: In a large pot over high heat, combine the pomegranate Juice, thyme, rosemary, garlic powder, and mushrooms (or minced cauliflower if preferred). Cook for 7-8 minutes or until the mushrooms release their juices and begin to reduce down.
2. Add the onions, carrots, and celery and cook for another 3-4 minutes. Add the flour, tamari, and Worcestershire sauce (if using). Reduce the heat to medium-high for a few minutes to cook out the raw flavor of the flour. Stir in the tomato paste and add a few tablespoons of water. As the mixture thickens, add another 1/4 c (60 mL) or so of the water. Stir.
3. As the mixture thickens again, add the lentils and the remaining water and continue to stir. Let it thicken and bubble, then remove the pot from the heat. Stir in the peas.
4. Transfer the mixture to a baking dish.
5. To make the topping: Preheat the oven to 400 F (204 C). In a medium bowl, mash the sweet potatoes with the tamari, thyme, nutmeg (freshly grated if accessible), and pepper.
6. Smooth the sweet potatoes over the filling, using a spatula. Sprinkle the breadcrumbs and salt on top.
7. Bake for 20-25 minutes, until browning around the edges and bubbly.
8. Let it sit for 5 minutes or so, and then serve.
9. Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

Nutrition Facts

Per serving:

Calories: 381
Fat: 2 g
- **Saturated Fat:** 1 g
- **% Calories From Fat:** 4%

Cholesterol: 0 mg
Protein: 25 g
Carbohydrate: 70 g
Sugar: 9 g
Fiber: 18 g
Sodium: 638 mg
Potassium: 1273 g