

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 5 Servings

- red wine (2 tbsp.)
- dried thyme (1 tsp.)
- dried rosemary (1/2 tsp.)
- garlic powder (1/2 tsp.)
- white button or cremini mushrooms or 2 cups minced cauliflower (1 pound, about 3 cups)
- finely chopped onions (1 cup)
- finely chopped carrots (1/2 cup)
- finely chopped celery (1/2 cup)
- whole-wheat pastry flour (2 tbsp.)
- tamari (3 1/2 tbsp.)
- vegan Worcestershire sauce (1 tsp.)
- tomato paste (2 tbsp.)
- water (1 cup)
- cooked lentils (2 1/2 cups)

- frozen peas (1/2-2/3 cup)
- cubed cooked sweet potato (2 cups)
- reduced-sodium tamari (2 tsp.)
- chopped fresh thyme leaves (1 tsp.)
- freshly grated nutmeg (few pinches)
- freshly ground black pepper (to taste)
- breadcrumbs (1/3 cup)
- sea salt (pinch)

Directions

1. To make the filling: In a large pot over high heat, combine the wine, thyme, rosemary, garlic powder, and mushrooms or cauliflower. 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 the water. As the mixture thickens, add another 1/4 cup 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. In a medium bowl, mash the sweet potatoes with the tamari, thyme, nutmeg, 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, then serve.

Nutrition Facts

Per serving

Calories: 283

Protein: 16 g

Carbohydrate: 54 g

Sugar: 10 g

Total Fat: 2 g

Calories from Fat: 5%

Fiber: 12 g

Sodium: 845 mg