



# Vegetable Shepherd's Pie

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Yields 8 servings

Serving size: 125g

1.6g protein per serving

\*The protein and PHE values are estimates and based on using regular mashed potatoes and tomato paste.

## Ingredients

### Filling:

- 48g Diced Onions (0.5)
- 2 Cloves Garlic, Minced (0.4g)
- 75g Diced Carrots (I actually used carrot spirals) (1.1g)
- 100g Diced Zucchini (1.2g)
- 100g Diced Yellow Squash (1.2g)
- 75g Diced Parsnips (0.9g)
- 50g Chopped Mushrooms (1.6g)
- 70g Diced Tomatoes (0.6g)
- 1 TBSP Tomato Paste (0.7g)
- 1 cup Veggie Broth (0.4g)
- ¼ cup Sherry (optional)
- 1 packet G Washington's Rich Brown Seasoning and Broth mix (0g)
- 2 Tbsp Balsamic Vinegar (0g)
- One Sprig Thyme
- One Bay Leaf
- One Sprig Rosemary
- 2 tsp corn starch mixed with 1Tbsp water

### Topping:

- 1 cup (328g) Mashed Sweet Potatoes (4.4g) or 1 cup (248g) mashed potatoes (4.8g)

## Instructions:

1. In a large skillet over medium heat, add 2 tablespoons of olive oil. Once oil is heated and glistening add the onions and sauté until translucent. Next add the garlic and sauté for one minute.
2. Next, add the carrots to the skillet. You can add a little more olive oil and necessary. Cook, stirring constantly, until the carrots begin to soften- about 5 minutes. Add the zucchini, yellow squash, and parsnips. Continue to cook for another 4 to 5 minutes. Toss the mushrooms and tomatoes into the skillet and sauté for one minute.
3. Add the tomato soup, vegetable broth, sherry, seasoning mix, balsamic vinegar, thyme, bay leaf, and rosemary. Bring to a boil, then reduce to a simmer. Allow the filling to simmer until vegetables are tender. Add the cornstarch combined with water to the filling and simmer for one minute to allow the gravy to thicken.
4. While the filling is simmering on the stove, preheat the oven to 375 degrees Fahrenheit. Spray a medium casserole dish with cooking spray.
5. Pour filling into the casserole dish. Top with prepared mashed potatoes of choice. You can use a spoon to make a decorative pattern with the potatoes.
6. Bake in the preheated oven until everything is heated through and the potatoes have browned a little, about 15 to 20 minutes. Remove from oven and allow to sit about two minutes. Serve and enjoy!