

Lentil Shepherd's Pie

Ingredients

1 tbsp oil
2 onions, chopped
2 stalks celery, thinly sliced
1 2/3 cup carrots, diced
1/2 cup corn
1/2 cup peas
1/2 tsp thyme
1/2 tsp cracked black peppercorns
1/4 tsp paprika
Shake of Vegetarian Worcestershire sauce
1 1/2 cups brown or green lentils, rinsed
1 28 oz can diced tomatoes
1 1/2 cups vegetable broth (unsalted)
1 cup water
Topping
4 cups mashed potatoes
1 cup dry bread crumbs
2 tbsp butter (optional)
Splash of milk (optional)
Parmesan cheese to taste (optional)

Directions

In a large pot cook onions, celery and carrots in oil from about 7 minutes or until vegetables are softened.

Add thyme, peppercorns, paprika and Worcester sauce and cook for another minute.

Add lentils and tomatoes and bring to a boil.

Transfer to crockpot and add vegetable broth, water, corn and peas. Stir together, cover, and cook for 3-6 hours or until lentils are tender. I cooked mine for 6 hours on high but I think my crockpot may not be typical of all crockpots. The original recipe called for 3 hours on low or 6 hours on high.

Boil the potatoes until soft, then mash the potatoes and add bread crumbs, butter, milk and parmesan cheese. Mix together well. I like to leave the skins on my potatoes to maintain the nutrients.

Once lentils are soft, add the potato topping to the top of the mixture and cover and cook for another hour.

This recipe was adapted from Judith Finlayson's Lentil Shepherd's Pie recipe in [The Vegetarian Slow Cooker](#).

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