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## HEARTY SHEPHERD'S PIE WITH LENTILS

### Ingredients

3-5 lbs. red potatoes, peeled and halved  
1 teaspoon of veggie broth (used to water/saute' garlic and onions)  
1 medium yellow onion, diced  
1½ teaspoons minced garlic  
1½ cups uncooked lentils, rinsed well  
4 cups vegetable broth  
1½ teaspoons of dried thyme  
1 10 oz. bag frozen mixed veggies (may substitute with ½ bag frozen veggies and a cup of fresh veggies, i.e., red pepper, carrots, peas, broccoli, cauliflower, etc.)

### Instructions

Make your favorite kind of mashed potatoes.  
Place potatoes in a pot of water and bring to a boil over medium-high heat. Cook until very soft, 15-20 minutes then drain.  
Place potatoes in a large mixing bowl and mash with ½ cup of plant-based milk, and 3 tablespoons of plant-based butter, season with salt and pepper.  
Preheat oven to 425°F and grease a 9x13 baking dish with cooking spray (avocado oil spray).  
Heat 2 tablespoons of veggie broth in a large saucepan over medium heat.  
Add onions, garlic and water. Saute' for 5 minutes.  
Stir in vegetable broth, lentils, and thyme. Season with sea salt and pepper to taste.  
Bring to a boil and simmer for 35-40 minutes until lentils are tender, during the last 10 minutes of simmering, add the veggies to the lentil mixture and stir.

Transfer the lentil mixture to the prepared baking dish and top with mashed potatoes.

Season with pepper to taste and bake for 15-20 minutes until potatoes are lightly browned.

Cool the pie for 5-10 minutes before serving.

**Note**

Mashed potatoes can be substituted with mashed cauliflower or mashed sweet potatoes.

**ENJOY AND FEEL THE HEALTH**