



1-Hour Vegan Shepherd's Pie Prepper

★★★★★

Cast Iron, Dutch Oven, Entree, Oven, Prepping Food, Stove Top, Vegetarian

Prep Time : 15 Minutes **Cook Time** : 45 Minutes **Total Time** : 60 Minutes **Difficulty** : Easy **Servings** : 8

INGREDIENTS

FILLING

- 1 Cup Dehydrated Onions
- 2 cups uncooked brown or green lentils (rinsed and drained) (16oz)
- 4 cups vegetable stock (DIY or store-bought)
- 4 cup Water
- 1 Tbsp Italian Seasoning
- 1 cup dehydrated vegetable soup mix
- Pinch of pepper (to taste)
- 1 Tbsp Poultry Seasoning
- 1 tsp MSG

MASHED POTATOES

- 12 oz dry mashed potato mix
- 6 cups of water (aprox)

NUTRITION

Nutrition Facts

Servings: 8
Amount per serving
Calories 404
% Daily Value*
Total Fat 1.4g 2%
Saturated Fat 0.3g 1%
Cholesterol 2mg 1%
Sodium 892mg 39%
Total Carbohydrate 78.6g 29%
Dietary Fiber 18.8g 67%
Total Sugars 5.7g
Protein 20.6g
Vitamin D 0mcg 0%
Calcium 74mg 6%
Iron 5mg 27%
Potassium 934mg 20%

DIRECTIONS

Over medium heat on the stove, add lentils, onions, vegetable soup mix, water and stock to a 3 quart pot. add a pinch of pepper, Italian seasoning, MSG and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are starting to get tender, 10 minutes or so. Continue to cook on low heat until the potatoes are done, for a minimum of 20 minutes total.

OPTIONAL: To thicken the mixture, add 1/2 cup flour and stir. (or use your favorite gravy mix)

Pre-heat oven to 425 degrees F (218 C) and oil a 12" Cast Iron Pan.

While the Lentils are simmering, bring a 3 quart pot of water to boil using the instructions for the instant mashed potatoes, mix them up. You'll want the potatoes to finish up when the lentils finish simmering. This recipe uses qty:3 of 4oz instant potatoes, which use a total of 6 cups of water. This is about the ratio you want to give enough mashed potatoes to cover the pan.

Once the instant mashed potatoes are done, spread your Lentil mix into your cast iron pan evenly, then add mashed potatoes to the top, spreading them out to create an even layer. For added points, use a fork to style the top of the potatoes. Start in the middle then in a spiral work your way out to the edge.

Place on a baking sheet to catch overflow and bake for 20 minutes or until the mashers are lightly browned on top. Then set the oven to low broil and keep checking every couple minutes until the ridges in the potatoes are a crispy brown.

Remove from oven and let cool briefly (10 minutes or so) before serving. Sprinkle a bit of pepper and Italian seasoning on top for flair. The longer it sits, the more the lentil mix will thicken. Let cool completely before covering, and then store in the fridge for up to a few days. Reheats well in the microwave.

NOTES

Tabasco Sauce goes real well with this.

This meal is designed to be cooked without electricity. It only requires two 3 quart pots and a 12" Cast Iron pan or Dutch oven. The lentils could be cooked on a wood stove for 40 minutes before topping with the mashed potatoes and serving immediately.

A grill would also work well, in allowing you to use the pots then finish with the lid closed with the cast iron. Cooking over a fire pit would also work. Be creative!