

# Savory Shepherd's Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Advanced**

Ingredients	Weight	Measure	Weight	Measure
Black beans, drained, rinsed or prepared from dry		1½ quarts + ¼ cup OR 1-#10 can		¾ gallon + ½ cup OR 2-#10 cans
Lentils, prepared		¾ gal + ½ cup (prepared)		1 ½ gallons + 1 cup (prepared)
Green peas, prepared		1 ½ quarts + ¼ cup		¾ gallon + ½ cup
Vegetable or olive oil		¼ cup		½ cup
Onions, chopped		1 cup		1 pint
Celery, chopped		1 cup		1 pint
Mushrooms, fresh, sliced (optional)	1 lb.		2 lbs.	
Garlic, minced	2 oz.	OR 1 Tbsp. (garlic powder)	4 oz.	OR 2 Tbsp. (garlic powder)
Corn, thawed	2 lbs. 4 oz.		4 lbs. 8 oz.	
Vegetable stock		½ gallon		1 gallon
Flour		1 cup		1 pint
Water		1 cup		1 pint
Salt		3 Tbsp.		⅓ cup + 1 Tbsp.
Black pepper		¼ cup		½ cup
Mashed potatoes, flakes or granules (dry) OR Mashed potatoes, frozen OR Fresh mashed potatoes (recipe below)	1 lb. 8 oz. (dry) OR 10 lbs. 4 oz. OR	1 gallon (reconstituted)	3 lbs. (dry) OR 20 lbs. 8 oz. OR	2 gallons (reconstituted)
Potatoes, fresh, boiled & mashed	9 lbs.		18 lbs.	
Dairy-free margarine, like Earth Balance		½ cup		1 cup
Soy milk, plain, unsweetened		1 pint		1 quart

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



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# Savory Shepherd's Pie Continued

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## Preparation

1. Prepare potatoes and set aside.

\*If preparing fresh potatoes, boil potatoes for 15-20 minutes, until tender. Mash and mix with the dairy-free margarine and soy milk.

2. Heat oil in tilt skillet or steam jacketed kettle. Add onions, celery and garlic and cook until translucent, about 3-5 minutes. \*Alternative cooking method: combine onions, celery and garlic in a steamtable/hotel pan. Steam for 5 minutes until translucent.

3. Add black beans and lentils. Cook for five minutes, stirring often.

4. With a potato masher, roughly mash about  $\frac{1}{2}$  of the bean mixture to thicken.

5. Add the corn, mushrooms, peas, vegetable broth, salt and pepper to the bean mixture and cook for another 10 minutes.

6. While bean mixture is simmering, in a small pan, make a slurry with the flour and water. Add the slurry to the bean mixture and cook until thickened.

7. Portion approximately  $\frac{3}{4}$  gallon mixture into each hotel pan, preparing four total pans.

(If preparing 50 servings, only use 2).

8. Top each pan with  $\frac{1}{2}$  gallon mashed potatoes spread on top.

9. Bake at 350°F for 10-15 minutes until the internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information

Cut each pan 5x5 for serving, to provide 25 servings per pan.

Each serving provides 2 ounces meat/meat alternates,  $\frac{1}{2}$  cup starchy vegetable (3/8 cup potatoes, 1/8 cup corn)

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 271 Total Fat: 3.5g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 46g Fiber: 10g Total Sugar: 5g Protein: 17g Sodium: 630mg Vitamin A: 14µg  
Vitamin C: 9mg Calcium: 62mg Iron: 5mg Folate: 123µg

