

Shepherd's Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 6 ounces

Ingredients	Quantity	Measure
Olive oil, divided	2	Tbsp.
Zucchini, sliced	2	cups
Yellow squash, sliced	2	cups
Carrots, sliced	2	cups
Onions, red, sliced	1	cup
Garlic, fresh, minced	2	Tbsp.
Potatoes, white	5	cups
Non-dairy margarine	8	Tbsp.
Non-dairy milk	2	cups
Mushrooms, button or Cremini, sliced	5	cups
Salt	2	tsp.
Black pepper	2	tsp.
Parsley, fresh, chopped	1	Tbsp.

Preparation

1. Heat an oven to 400 degrees Fahrenheit.
2. Over medium-high heat, heat 1 tablespoon olive oil. Sauté the zucchini, yellow squash, carrots, red onions, and garlic. Remove from the heat and reserve. Clean the pan.
3. Over medium-high heat, heat the remaining 1 Tablespoon of olive oil. Sauté the mushrooms until caramelized and flavorful.
4. Cook potatoes until tender in water. Drain and mash with non-dairy margarine and non-dairy milk.
5. To assemble, place the vegetables on the bottom of a casserole dish or ½ pan. Add the mushrooms next. Pipe the mashed potatoes on top to cover.
6. Put in the oven and bake until the potatoes are golden brown.
7. Garnish with chopped fresh parsley.

Nutrition Information

 *From USDA Nutrient Database

Calories: 225 Total Fat: 10.8g Saturated Fat: 1.6g Monounsaturated Fat: 5.2g Polyunsaturated Fat: 2.9g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27g Fiber: 4g Total Sugar: 3.8g Protein: 5g Sodium: 538mg
Vitamin A: 262µg Vitamin C: 17.4mg Calcium: 88mg Iron: 1.6mg Folate: 43µg



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