

Recipe Details

Recipe Name - Vegetable Shepherd's Pie

Recipe Steps -

Ingredients

- 4 lbs potatoes, peeled and chopped
- 1 Tbsp. Mrs. Dash garlic and herb seasoning
- 2 Tbsp Better than Bullion Vegetable
- 1 onion, diced
- 2 to 3 cloves garlic, diced
- 2 cups water
- 2 heaping tsp mushroom soup base
- 2 tsp white miso paste
- 2 Tbsp low sodium Tamari
- 2 Tbsp Cooking sherry or white wine
- 2 Tbsp arrowroot
- Fresh cracked pepper
- 1 16oz bag of frozen mixed vegetables

Instructions

- 1. Peel and chop potatoes and place in a pot.
- 2. Cover with cold water right to the top of the potatoes and mix in 1 Tbsp Mrs. Dash garlic and herb seasoning.
- 3. Boil until fork tender.
- 4. While potatoes boil, water sauté 1 diced onion.
- 5. Once soft, add in garlic (fresh or jar), to taste, saute for 30 seconds. Add 2 cups water, 2 heaping tsp mushroom soup base, 2 Tbsp Low sodium Tamari, 2 tsp miso paste, 2 Tbsp white wine or cooking sherry, and fresh cracked pepper to taste.
- 6. Once boiling, add a a few Tbsp of the liquid to a small bowl along with arrowroot, mix well. Once arrowroot is smooth, add to mushroom broth to make it thick like brown gravy.
- 7. Spoon cooked potatoes out of potato water (do not discard water) into a large bowl. Mash the potatoes with a potato masher, slowly add potato water in three to four increments until potatoes are smooth and creamy. Add in 2 Tbsp Better than Bullion, mix well.
- 8. Pour frozen veggies into the bottom of a 9×11 baking dish.
- 9. Pour brown gravy over mixed veggies and incorporate together.
- 10. Carefully layer potatoes over the top of veggies.
- 11. Bake at 400 degrees for 30 minutes (will be hot and bubbly).
- 12. Enjoy!



