

Lentil, Mushroom, & Sweet Potato Shepherd's Pie

Makes 6 servings

Ingredients:

- 5 medium sweet potatoes, scrubbed
- 1 cup brown or green lentils, washed
- ¾ cup uncooked steel cut oats
- 1 bay leaf
- 1 tsp. salt
- 1 tbsp. olive oil
- 1 lb cremini mushrooms, divided
- 1 medium yellow onion (chopped)
- 1 large carrot (chopped)
- 1 celery stalk (chopped)
- 1 garlic clove (minced)
- ¾ cup low-sodium vegetable stock
- ¼ cup red wine
- 1 tbsp. tomato paste
- 1 tbsp. soy sauce or tamari (low sodium)
- 1 tsp. smoked paprika
- ¼ cup fresh parsley (chopped)



Directions:

1. Preheat the oven to 400°F. Prick each sweet potato several times with a fork and place on a baking sheet. Roast for 45 minutes to 1 hour, or until very soft to the touch. Set aside to cool.
2. In a medium pot, combine the lentils, oats, bay leaf, and salt with 5 cups of water. Bring to a boil and lower heat. Simmer uncovered for 15-20 minutes, or until lentils are soft but not mushy, stirring occasionally to keep the oats from sticking to the bottom of the pot. Discard bay leaf and drain mixture into a colander or sieve.
3. While the lentils and oats are cooking, finely chop half of the mushrooms and set aside. Cut the remaining mushrooms into quarters. Warm the olive oil in a large pot over medium-high heat. Add the quartered mushrooms and a pinch of salt and cook until browned and soft. Add the chopped mushrooms, onion, carrot, celery, and garlic and cook, stirring occasionally, until onions are soft and translucent.
4. Lower heat to medium and add the lentil and oat mixture, followed by the vegetable stock, wine, tomato paste, soy sauce, paprika, parsley, and a few grinds of black pepper. Simmer mixture for 5 minutes. Taste and correct the seasonings as needed.
5. Turn oven down to 350°F. Peel sweet potatoes with your hands and place in a medium bowl. Use a fork to mash them into a smooth paste and season to taste with salt and pepper.
6. Evenly spread the lentil mixture into a 9-x13-inch baking dish. (For thicker layers, use a 9-x9-inch pan.) Spoon the sweet potato mixture on top and smooth with a spatula. Bake for 30 minutes, or until the filling is bubbling at the edges.

Notes:

- This recipe freezes well; after assembling, cover and freeze. Thaw overnight in the refrigerator and bake uncovered at 350°F for 35-45 minutes, or until filling is bubbling at the edges.
- Leftover mashed potatoes can be used in place of the sweet potatoes.