

VEGAN SHEPHERD'S PIE

By Dr. Cindy Tanzar

I really love this recipe! It's a great twist on traditional Shepherd's Pie, using mashed cauliflower as a topping. Not only is it hearty and satisfying, but it's a perfect special recipe for the holiday season. The hemp hearts and walnuts add a great protein source with plenty of texture. No one flavor sticks out in the filling, rather it is a great combination of flavors that work perfectly together.

Makes 6 servings.



INGREDIENTS

TOPPING:

- 1 medium cauliflower, cut into equally-sized florets
- 1/2 tsp. garlic powder
- 1/2 tsp. pink Himalayan salt
- 1/4 tsp. black pepper
- 1 Tbsp nutritional yeast

FILLING:

- 3 Tbsp avocado oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 cups mushrooms, chopped



- 5 stalks celery, chopped
- 1/2 tsp. pink Himalayan salt, or to taste
- 1/4 tsp. black pepper, or to taste
- 1 Tbsp + 1-1/2 tsp tomato paste
- 1 tsp. Dijon mustard
- 1 cup vegetable stock
- 1 cup walnuts, chopped
- 1 cup hemp hearts
- 1 Tbsp fresh thyme OR 1 tsp. dried thyme

INSTRUCTIONS

TOPPING:

1. Place cauliflower in a pan with a steamer and steam approximately 20 minutes or until very soft. Can also cook in the microwave – place florets in a deep bowl with 1/4 cup of water, cover with plastic (not touching cauliflower) and cook on high for 8-10 minutes or until very soft.
2. Drain and mash cauliflower using a masher or hand mixer. Add garlic powder, salt, pepper and nutritional yeast and mix well.

FILLING:

1. Heat oil in a large skillet over medium heat. Add onion and garlic and cook 3 minutes, until soft.
2. Add mushrooms, celery, salt and pepper and cook for 7 minutes, stirring occasionally. Add tomato paste, mustard and vegetable stock and cook for another 5 minutes.
3. Add chopped walnuts, hemp hearts and thyme. Cook 5 minutes, stirring occasionally.

ASSEMBLE:

1. Preheat oven to 375°F.
2. Spoon filling into a large greased baking dish.
3. Spoon the mashed cauliflower over filling.
4. Bake for 25-30 minutes.