



Vegan Shepherds' Pie

INGREDIENTS

1 T. extra-virgin olive oil
5 cloves garlic, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
2 c. crushed tomatoes
1/4 t. salt
1/8 t. black pepper
1 tin black beans
1 tin chick peas
1 tin lentils
3 c. mashed potatoes
1/4 t. paprika
2 T. vegetable ghee

INSTRUCTIONS

Heat the oil, then add 2 of the cloves of garlic and sauté for 1 minute. Add the pepper and sauté for 4 minutes, then add 3/4 c. of the tomatoes and the salt. Cook uncovered for 3 minutes.

Meanwhile, in a bowl, mash the beans with the remaining garlic and tomatoes – but don't puree them – then pour into an oiled casserole dish. Top with the mixture from the skillet, then spoon the mashed potatoes on top. Dot with ghee, and sprinkle with paprika.

Bake uncovered for 25 minutes.

Note: You can jazz things up by adding some roasted garlic or fresh rosemary to the mashed potatoes, or heat things up by adding some chili powder or hot paprika.

This dish is worth the effort. It also makes wonderful lunches or dinners to store in the freezer.

