

# Vegan Shepherd's Pie

Recipe By *Chaviva Fiskus Karon*



Cooking and Prep:  45  
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Serves:  8

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Vegan, Vegetarian,

Pescetarian, Sugar Free

Source: [KosherScoop.com](http://KosherScoop.com)

Looking for a crowd-pleasing dish that both meat-eater and vegetarians will enjoy? Check out my vegetarian Shepherd's Pie recipe that is healthy and filling. And better yet, no tofu is required for this dish!

## Ingredients (18)

### Main ingredients

- 3–4 large sweet potatoes, peeled and diced
- 1/2 cup soy, almond, rice or unsweetened coconut milk
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1 large onion, chopped

- 2 cloves garlic, minced
  - 1 cup diced carrots
  - 1 cup diced celery
  - 1 cup chopped mushrooms
  - salt, to taste
  - pepper, to taste
  - 1 teaspoon cayenne pepper
  - 1 teaspoon cumin
  - 1 teaspoon dried parsley
  - 1/3 cup dried brown lentils or 1 cup **Gefen Organic Lentils**
  - 1 tablespoon **Gefen Worcestershire Sauce**
  - 1 cup **Alfasi Cabernet Sauvignon** or other dry red wine
  - 1 tablespoon chopped fresh parsley
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## Start Cooking

### For the Potatoes

1. Place potatoes in a pot with water. Bring to a boil on the stove top then reduce heat to medium to the potatoes continue to simmer. Let the potatoes cook for about 20 minutes till fork tender.
2. Once the potatoes have been cooked, drain them and add the nondairy milk, cinnamon, and cloves. Using a masher or a hand blender, puree till smooth. The puree should be a little watery. Set aside.

### For the Vegetables

1. Preheat your oven to 350 degrees Fahrenheit.
2. In a cast iron skillet over medium heat, add two tablespoons of olive oil. Add in onions and sauté till translucent. Add the garlic and sauté for another two minutes.

3. Add the carrots, celery, and mushrooms and cook for about four minutes until vegetables are fragrant and tender. Season with salt, pepper, cayenne pepper, cumin, and parsley. Add the lentils and stir in the Worcestershire sauce. Then pour in the wine. Cook for another 10 minutes until liquid is reduced.

### **Assemble and Bake**

1. Transfer vegetables to a nine-inch greased baking dish. Spread sweet potato puree evenly over vegetables.
2. Place the dish in the oven and let it bake for about 40 minutes till the tips of the potatoes turn golden brown. Increase heat at the end of cooking for more browning, if desired.
3. Sprinkle the remaining tablespoon of chopped parsley on top of the pie to garnish. Serve hot.