



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 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!

