

Lentil & Sweet Potato Shepherd's Pie

Makes 6 servings

Ingredients:

- 4 medium sweet potatoes
- 1/2 cup diced onions
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 4 1/2 cups prepared lentils
- 2 15 oz cans diced tomatoes
- 2 tablespoons soy sauce
- 1 tablespoon basil + more for garnish
- 1/2 cup chopped spinach
- 2+ tablespoons non-dairy milk
- Sea salt



Directions:

1. Before anything else, peel and chop the sweet potatoes into small chunks. Get them in a pot of water and let them boil for at least 15-20 minutes, depending on size.
2. Meanwhile, chop the carrots, onion, and celery (mirepoix) into small chunks.
3. Add this to a large skillet over medium heat with a tablespoon of water and allow them to soften.
4. Once the veggies are softened, add the prepared lentils to the pan. Allow these to cook for several minutes with the mirepoix.
5. Preheat the oven to 350° F
6. Open the cans of diced tomatoes (but do not drain them) and add these along with a tablespoon of chopped (or dried) basil leaves, a handful of chopped spinach, and a splash of soy sauce.
7. Let this filling simmer for 10-15 minutes for the flavors to mingle.

8. When the sweet potatoes are soft all the way through, remove them from the heat and drain the water. Mash with a little salt and a splash of non-dairy milk until the consistency is perfect.
9. Add the lentil filling to a 9 x 13 pan and top with a layer of sweet potatoes. Or, like pictured, you can add to individual oven-safe bowls. Bake in the oven for about 20 minutes until the topping becomes slightly browned.
10. Allow cooling before serving.

This recipe yields about 6 servings and makes excellent leftovers the next evening for a 2-for-1 dinner.