

## Beef and Lentil Shepherd's Pie

What's better for St. Patrick's Day than Shepherd's pie! A tasty twist on the traditional filling! You can even make this dish vegetarian or vegan!

Preparation Time: 10 min.

Cooking Time: 1 hr 15 min.

Servings: 12

Amount	Ingredient	Cost – date:
1 pound	Ground Beef	
1 Cup	Carrots, diced	
1/2	Sweet Onion, diced	
2 Cloves	Garlic, minced	
1 Cup	Split Red Lentils, rinsed and drained	
1/2 Cup	Pearl Barley (optional – we did not add – has gluten)	
4 Cups	Beef Broth	
1 tsp	Dried Thyme	
3 Tbsp	Soy Sauce	
1- 14.5 oz can	Whole Kernel Corn, drained OR Frozen	
1- 14.5 oz can	Green Peas, drained OR Frozen	
1- 10 oz can	Diced Tomatoes (optional w/ Green Chiles)	
4 Pounds	Golden Potatoes, peeled and quartered	
1/3 Cup	Milk (or vegetable broth if dairy free)	
2 Tbsp	Butter (or margarine if dairy free)	
To Taste	Salt and Pepper	
	Cost for the total recipe:	
	Cost for 1 serving:	

1. In a large saucepan over medium high heat, sauté carrots and onions in 1 Tbsp. olive oil about 5 minutes. Add garlic and sauté for another minute. Add a pinch of salt and pepper.
2. Transfer to large stock pot and add beef broth, lentils, barley, thyme and soy sauce. Bring to a boil; reduce heat and simmer until lentils are tender, about 30 minutes. Stir in corn, green peas and tomatoes; continue simmering another 10 minutes.
3. While lentils are simmering, brown ground beef, and cook potatoes. Place potatoes in large stockpot; add enough water to cover. Bring to a boil. Reduce heat to medium-low; cover loosely and boil gently for 15 to 20 minutes or until potatoes are tender. Drain well. Mash. Season with butter, salt and pepper to taste. Cover and keep warm.
4. Preheat oven to 350 degrees. Add ground beef to beef stock mixture.
5. Lightly grease a 3 quart baking dish and pour lentil mixture into dish. Use a spatula to spread the mashed potatoes over the top of the ground beef/lentil mixture. Sprinkle with a pinch of salt and pepper.
6. Bake 30 minutes, or until potatoes are lightly browned on top. Let stand about 15 minutes before serving.

SOURCE: <https://eatmovemake.com>

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**