

Shepherd's Pie

'Meat' (*recipe follows)

Veggies (*recipe follows)

Potatoes (*recipe follows)

Vegan cheddar cheese (optional)

Preheat oven to 350°

Potatoes

About 2.5-3lbs Potatoes (I used 7 medium sz)

1/4 C Non-Dairy milk

1/4 C Vegan Sour Cream

1/4 C Vegan Butter

2 Tbsp Cashew Butter

S&P to taste

Bring a large pot of water to a boil. Dice potatoes and add to boiling water. Salt water if desired. Boil for 15-20 minutes until potatoes are easily pierced with a fork. (Make 'meat' while potatoes are cooking) Drain.

Mash potatoes with remaining ingredients and set aside.

'Meat'

1 Tbsp High Heat Cooking Oil

1/2 Medium Onion, diced

2 Cloves of Garlic, minced

2 Bags of Boca Crumbles

3 Tbsp Worcestershire Sauce (Vegan)

1 C 'Beef' Broth. (Made with 1 cup boiling water and a 'beef' bouillon cube, available at health food stores. Substitute Imagine's No-Chicken broth if you can't find the beef)

S&P to taste

Heat oil in skillet. Add onion and garlic and sauté until translucent. Add Boca crumbles and cook until mostly heated through. Add Worcestershire sauce and broth and cook until most of the liquid has absorbed. Season with S&P to taste. (I also seasoned with Florida's famous seasoning....Everglades, but used the MSG free version available at health food stores)

Veggies

1 Can Corn, drained

1 Can Peas, Drained

4-5 Carrots, diced

Heat about 1/2 C water in a small skillet or omelet pan and add carrots. Cook over medium heat until carrots are tender, about 10 minutes. Drain with corn and peas and lightly stir it up in the colander. Feel free to add any other leftover veggies you may have, broccoli, onions, mushrooms, etc....all make wonderful additions.

Layer meat on the bottom of a 9x13" glass baking dish. Spread veggies on top. Finally, spread the potatoes on top and top with vegan cheese if desired. Bake at 350° for 20 minutes.