

Gardener's Pie

Serves 8



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 tablespoon cooking oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1 cup carrots, diced (2-3 carrots)
- 5-6 cups mushrooms, sliced (about 1 lb)
- 2 tablespoons red wine vinegar
- 3 cups vegetable stock
- 1 cup green beans, diced
- ½ cup red lentils, sorted and rinsed
- 2 tablespoons reduced sodium tamari or soy sauce
- 2 teaspoons fresh thyme, minced
- 1 teaspoon Worcestershire sauce (check label)
- 2 tablespoons corn starch (or ¼ cup flour)
- 1 teaspoon salt or to taste
- 1 batch [mashed cauli-tatoes](#)

Directions

1. Heat oil in a Dutch oven or stock pot over medium-high heat.
2. Add onions and sauté for 5 minutes or until they start to become translucent. Add garlic and cook for 30 seconds.
3. Add carrots and mushrooms and cook for 5 minutes. Add vinegar to deglaze the pan, then add stock, green beans, lentils, tamari, thyme, and Worcestershire sauce. Cook until lentils are tender, about 15 minutes.
4. Mix corn starch with ¼ cup water to make a slurry. Add to pot and stir until liquid is thickened. Add 1-2 more tablespoons corn starch if necessary. The sauce should be thicker than gravy. Add salt to taste.
5. If prepared in a stock pot, transfer the mixture to a large casserole dish. If using a Dutch oven, keep it in there. Place about ½ cup mashed cauli-tatoes at a time on top of the mixture with remaining cauli-tatoes. Use a spoon or spatula to smooth out the mash, covering the mixture below, and sealing off the edges.
6. Broil for 10 minutes or until lightly browned on top.

Notes

- The carrots and green beans can be substituted with 10 oz. frozen mixed vegetables.
- The tamari and Worcestershire sauce are not absolutely necessary, but they help create a more complex flavor.
- Red wine vinegar can be substituted with juice (grape, cranberry) or red wine. You can use more (1/4 cup) since those flavors are not as acidic, just decrease the stock by 2 tablespoons.
- For a quicker meal, the vegetable base can be served as a stew on top of the mashed cauli-tatoes.
- If this recipe needs to be...
 - Vegan – look for vegan Worcestershire sauce
 - Gluten-free – use gluten-free tamari or soy sauce and check all labels
 - Soy-free – omit tamari/soy sauce or use coconut aminos

Common Allergens: soy (can be omitted), some ingredients may contain wheat

Recipe from Plant-Based and Planet-Friendly cooking class, Fall 2019