



Veggie Shepherd's Pie

By Chef Veera Gaul, Ph.D.



Ingredients

2 russet potatoes (approximately 1 lb), peeled and diced
2-3 tablespoons O&V [Unflavored EVOO](#) or vegan butter *
¼ cup milk or almond milk or vegetable stock
2-3 tablespoons O&V [Tuscan Herb EVOO](#) *
6-8 cloves garlic, minced
1 large white onion, minced
2 tomatoes, deseeded and chopped
5 cups mixed vegetables (See Chef Note)
½ cup Vegetable stock
2-3 tablespoons Worcestershire sauce or Soy Sauce or Coconut Aminos
½ bunch of parsley, leaves chopped, stems reserved
3 tablespoons O&V [Tuscan Dipper Seasoning](#) *
1 cup chickpeas (see Chef Note)
Grated parmesan for sprinkling (optional)

Preparation

Peel and dice the potatoes and place in a medium pot. Cover the potatoes with water and salt generously (the water should taste like the ocean). Bring to the boil and simmer until the potatoes are fork-tender (about 10-15 minutes).

Drain the potatoes, return to the hot pan and let sit for 5 minutes. Then using a ricer, process the potatoes into a bowl. Add the unflavored EVOO or butter one tablespoon at a time and drizzle in the milk/veggie broth until the potatoes reach a smooth and soft consistency. Season with salt and pepper to taste.

While the potatoes are cooking, heat the Tuscan Herb EVOO in a large pot or deep saucepan. Add the onion and garlic to the pan and sauté over medium-high heat until they begin to brown. Add the tomatoes and the 5 cups of vegetables and chickpeas. Continue cooking (add a little more oil if needed) till the vegetable begin to soften.

Add the vegetable stock, and Dipper spice mix. Tie the parsley stems with a piece of twine and add to the pot. Cover and simmer till vegetables are tender, 6-8 minutes.

Remove the cover, stir in the Worcestershire/Soy/Coconut Aminos and chopped parsley leaves. Remove the parsley stems. Season to taste with salt and pepper.

Heat the broiler on LOW.

Pour the vegetables into an oven-safe dish and top with the mashed potatoes. Sprinkle with grated parmesan if using, and broil until golden brown, about 5-6 minutes.

Serve hot with crusty bread and a side salad.

Serves 6 - 8

Total Time: 45 - 60 minutes

Chef Note

I like to use a cup each of the following: chopped red pepper, chopped carrots, sliced mushrooms, corn, and peas. You can also use chopped zucchini, green beans or even pieces of paneer or tofu.

Add the chickpeas to the pan as noted in the recipe. If you are using cooked lentils, add them at the end with the chopped parsley leaves and stir well to combine.

Notes

* The [Tuscan Herb EVOO](#) and [Tuscan Dipper spice](#) add tremendous flavor and depth to this dish. You can use your favorite Italian blend of dried herbs, and an unflavored EVOO, but remember to use high quality, flavorful ingredients to maximize the outcome of this dish.

Categories: Entrée, Vegetarian, Vegan, Gluten Free, Dairy Free, Irish, Veggie Shepherd's Pie, Vegetable Cottage Pie, St. Patrick's Day, Chickpeas, Lentil Pie, Tuscan Herb EVOO, Tuscan Dipper Seasoning, Unflavored EVOO, Easy Vegetables, Meal Prep, Easy Entertaining