

From Lisa's Kitchen...Lentil 4Leaf Shepherd's Pie



This American favorite can now be eaten in 4Leaf homes; a staple in ours. Inspired by the book, *Skinny Bitch in the Kitch*, this dish is hearty and wholesome. Perfect for the holidays!

Ingredients:

- cooking spray
- 3 cloves of garlic, minced
- 1/2 onion, chopped or 2 shallots, thinly sliced
- 1 teaspoon herbes de Provence*
- 1/2 teaspoon sea salt
- 2 cups lentils
- 2 1/2 cups of low-sodium vegetable stock
- 3 tomatoes, diced
- 1 14.5 oz can of low sodium diced tomatoes, partially drained
- 1 14.5 oz can of low sodium corn, drained
- 1 bag of spinach, fresh or frozen
- 6 cups of mashed potatoes** (see recipe below)

Directions:

1. Preheat oven to 350 degrees F.
2. Heat a large stockpot on medium, and spray with cooking spray. Add the onion or shallots and cook, stirring occasionally for about 1 minute.
3. Add the garlic, herbes de Provence, and 1/2 teaspoon of the salt, stirring occasionally, for about one minute.
4. Add the lentils and the vegetable stock, increase the heat to high, and bring to a boil. Reduce to a simmer, cover, and cook until the lentils are tender and the stock is absorbed for about 20-30 minutes.
5. Stir in the tomatoes and transfer to a 9X12 casserole dish, spreading evenly. Partially drain the canned tomatoes, leaving about half of the juice.

6. Add the corn, spreading evenly; then spinach.
7. Top with the mashed potatoes, spreading evenly.
8. Bake in oven for about 45 minutes or until potatoes are slightly browned; longer if you prefer your potatoes on the crispier side.



Over 90% of calories from whole plants

(Herbes de Provence & Mashed Potatoes)

* herbes de Provence is a blend of dried herbs that can be found at most supermarkets in the spice section. If you are unable to find it, substitute dried thyme, sage, marjoram, rosemary or a combination.

Mashed Potatoes

- 6 potatoes with skin, cubed
- sea salt to taste
- 1 cup rice or soy milk
- 1 tablespoon vegan butter

Directions:

1. In a 4-6 quart pot, add potatoes and cover with water on high heat.
2. Bring the potatoes to a boil, reduce to a simmer, and cook for about 15 to 20 minutes, until the potatoes are very tender.
3. Drain the potatoes, return to pot, and mash.
4. Add milk, salt, butter and mash.

Let me hear from you lisa@4leafprogram.com
From Lisa with love...



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