

VEGAN SHEPHERD'S PIE

6 servings | 45-60 minutes Preparation and Cooking Time | Moderate Difficulty

About

Our adaptation of a meaty classic has evolved through several trials before landing on this incredible recipe that you won't believe is all vegan!

Ingredients

1 ½ pounds russet potatoes
(approx. 4 medium-sized)

2 Tbsp olive oil

1 large carrot, chopped

1 small onion, chopped

10 oz. vegan meat² (minced steak tips, meatballs, and/or crumbles)

¾ tsp salt

1 ½ tsp garlic powder

¾ tsp mustard powder (optional)

½ tsp black pepper

¾ tsp dried thyme

¾ cup frozen peas

¾ cup frozen corn

¼ cup water

1 ½ Tbsp Worcestershire sauce
(Kroger brand is vegan!)

4 ½ Tbsp tomato paste

2-3 Tbsp vegan butter

2-3 Tbsp plant-based milk

1 tsp garlic paste

1 Tbsp plant-based ranch dressing

Vegan bacon bits for garnish
(optional)

Directions

- Step 1. Peel and cube potatoes and boil for ~15-20 minutes. Drain and set aside.¹
- Step 2. Heat oil in a skillet and sauté carrots for 2-3 minutes, then add onion and vegan meat. Drizzle a small amount of olive oil over the mixture and sauté until onions are softened, about 4-5 minutes.
- Step 3. Mix salt, garlic powder, mustard powder, black pepper, and thyme together and add spice mix to the skillet. Sauté approx. 1 minute more.
- Step 4. Add peas and corn (from frozen) and sauté to heat through, about 2 minutes.
- Step 5. Stir in water, vegan Worcestershire sauce, and tomato paste to the filling mixture and remove from heat.
- Step 6. Mash the potatoes, and mix in butter and plant-based milk to your preferred consistency. (We like to make them more “smashed” than whipped.) Optionally, add garlic paste and vegan ranch dressing.
- Step 7. Next, broil the filling and top with potatoes for 5-10 minutes, checking constantly to make sure the potatoes don't burn. You can either do this in one large pan to serve from, or in individual ramekins on a baking sheet.
- Step 8. Serve and add vegan bacon bits to garnish (optional).



Notes

1. Alternatively, you may cook the potatoes ahead of time in the instant pot. Wash, but do not peel, the potatoes if using this preparation method. Pierce each potato a few times, add 1 cup of water to the instant pot, and place potatoes on insert or in a basket so they're not in the water. Then cook on high pressure for 16 minutes and allow natural release, approx. 10 minutes. Peel them after they cool, and then mash.
2. After many trials, we prefer to use a combination of Beyond steak tips and Gardein classic meatballs (not Ultimate, because those contain coconut oil, which we avoid), both minced to almost the size of crumbles. The combination of these meat substitutes is divine!