



## *Vegan Shepherds' Pie*

**Serves** 8

**Cooking Time** 1 hour 15 minutes

### **Ingredients**

2 cups vegetable broth	1 teaspoon yeast extract
1/2 cup walnuts, coarsely chopped	1/2 cup dry lentils
1/4 cup pearl barley	1 large carrot, diced
3 potatoes, peeled and chopped	1/2 teaspoon water
1/2 onion, finely chopped	1 teaspoon all-purpose flour
salt and pepper to taste	

### **Directions**

Preheat oven to 350 degrees F

In a large saucepan over medium-low heat, combine 1 1/4 cups broth, yeast extract,  
**(see reverse)**

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### **Directions (continued)**

lentils and barley. Simmer for 30 minutes.

In a medium saucepan combine remaining 3/4 cup broth, carrot, onion and walnuts; cook until tender, about 15 minutes.

Meanwhile, bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash.

Combine flour and water and stir into carrot mixture; simmer until thickened. Combine carrot mixture with lentil mixture and season with salt and pepper. Pour mixture into a 2 quart casserole dish. Spoon mashed potatoes over all.

Bake in preheated oven until lightly browned on top, about 30 minutes.