

Shepardess Pie

INGREDIENTS

½ cup adzuki beans soaked overnight (or other red beans)
½ cup roughly chopped walnuts for the TVP
1 tbsp oil
5 cloves garlic
½ large leek cut into rounds
1 carrot diced
Handful beans cut small
3 stalks celery cut small
½ cup peas
6 fresh sage leaves or 2 tsp dried sage
1 tsp dried thyme
3 tbsp flour
2 tbsp apple cider vinegar
2 tbsp tamari
½ tsp ground ginger
½ tsp cinnamon
Pepper
2 tbsp nutritional yeast

For Mash

6 large potatoes, peeled or washed well and chopped roughly
4 tbsp vegan butter
Up to ½ cup soy milk

Optional topping

Pepita sprinkle (1 cup pepitas, ½ cup nutritional yeast, 1 tsp garlic powder and 1 tsp salt)

1. Cook the beans following bean cooking instructions.
2. Fry the leek and in the olive oil and 1 tsp salt for 5 minutes or until the onion has sweated. Add the sage and thyme and fry for 2 minutes. Next, add the celery and carrots, apple cider vinegar, tamari, ¼ tsp ground ginger, ¼ tsp cinnamon, pepper and 1 cup of water.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.

3. Cook for 3 minutes, then add the peas and beans and cook for a further few minutes. Then the cooked adzuki beans and TVP or walnuts. Cook for a few minutes. Add salt and pepper. If dry, add some more water.
4. Mix the flour in 3 tbsp of the stew water or filtered water and then stir into the stew and cook for 5 minutes. Add the 2 tbsp nutritional yeast. You may have to add more water and salt and pepper seasoning.
5. For the mash, cook the potatoes in salted water and cook well. Mash them and add 2 tbsp of butter and stir in, then add milk, a little bit at a time.
6. Spoon the stew into the casserole dish. To stop the stew from bubbling over, spoon the remaining butter on top in small pieces or spoonfuls.
7. Spread the mash on top and add the sprinkle if you wish.
8. Bake in the oven for 20 to 30 minutes or until warmed through.

