

Vegetarian Shepherd's Pie¹

Ingredients

- ♦ 6 garlic cloves
- ♦ ¼ teaspoon olive oil
- ♦ 1 ½ pounds potatoes, peeled and cubed
- ♦ 3 tablespoons vegetable broth
- ♦ ¼ teaspoon salt
- ♦ 1/8 teaspoon pepper

Filling

- ♦ 1 medium onion, chopped
- ♦ 1 tablespoon olive oil
- ♦ 2 garlic cloves, minced
- ♦ 1 pound sliced baby portobello mushrooms
- ♦ 8 ounces frozen vegetarian meat crumbles
- ♦ 2 medium carrots, sliced
- ♦ 2 celery ribs, chopped
- ♦ ¾ cup vegetable broth, divided
- ♦ 2 tablespoons minced fresh rosemary or 2 teaspoons dried rosemary, crushed
- ♦ 1 tablespoon reduced-sodium soy sauce
- ♦ ½ teaspoon salt
- ♦ ¼ teaspoon pepper
- ♦ 2 tablespoons all-purpose flour
- ♦ 1 cup frozen peas

Directions

♦ Preheat oven to 425°. Place garlic on a double thickness of heavy-duty foil. Drizzle with oil. Wrap foil around garlic. Bake 15-20 minutes. Cool for 10-15 minutes. ♦ Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat. Cover and cook 10-15 minutes or until tender; drain. Mash potatoes with broth, salt and pepper; squeeze softened garlic into potatoes and mix well. ♦ In a large nonstick skillet, sauté onion in oil until tender. Add garlic; cook 1 minute. Stir in mushrooms, meat crumbles, carrots and celery; cook and stir 5 minutes. Add ½ cup broth, rosemary, soy sauce, salt and pepper; cover and cook 10 minutes. ♦ Combine flour and remaining broth until smooth. Gradually stir into pan. Bring to a boil; cook and stir 1 minute or until thickened. Stir in peas. ♦ Preheat oven to 350°. Transfer vegetable mixture to an 8-in. square baking dish coated with cooking spray; cover with potato mixture. Bake, uncovered, 30-35 minutes or until heated through.

Nutrition Facts

1-1/2 cups: 223 calories, 5g fat (1g saturated fat), 0 cholesterol, 753mg sodium, 34g carbohydrate (7g sugars, 6g fiber), 13g protein. **Diabetic Exchanges:** 2 vegetable, 1 starch, 1 lean meat, 1 fat.



Vegetarian Shepherd's Pie Recipe from [Taste of Home](#)

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