

Lentil, Mushroom and Sweet Potato Shepard's Pie



Ingredients

5 medium sweet potatoes, baked in skin	1 raw carrot, diced
1 cup red lentils	1 clove garlic, minced
3/4 cup oats, dry	1/4 cup red wine
1 bay leaf	3/4 cup low sodium vegetable stock
1 tsp salt	1 Tbsp tomato paste
1 Tbsp olive oil	1 Tbsp low sodium soy sauce
1 lb fresh mushrooms	1 tsp paprika
1 medium onion, diced	1/4 cup fresh parsley

Nutrition Information Per Serving

Serves 6

Calories: 273

Fat: 4.6 gm

Sodium: 400 mg

Fiber: 9 gm

Carbohydrates: 43 gm

Instructions

Instructions: Preheat oven to 400 F. Prick sweet potatoes several times and roast for 45 minutes to 1 hour until tender. Set aside to cool. In a medium pot, combine the lentils, oats, bay leaf and salt with 5 cups of water. Bring to a boil and then simmer uncovered for 15-20 minutes or until lentils are soft but not mushy, stirring occasionally to keep the oats from sticking to bottom of the pot. Discard bay leaf and drain mixture. While lentils and oats are cooking, finely chop half of the mushrooms and set aside. Cut the remaining mushrooms into quarters. Warm the olive oil in a large pot over medium-high heat. Add the quartered mushrooms and a pinch of salt and cook until browned and soft. Add the chopped mushrooms, onion, carrot, celery and garlic and cook, stirring occasionally, until onions are soft and translucent. Lower heat to medium and add the lentil and oat mixture, followed by the wine, vegetable stock, tomato paste, soy sauce, paprika, and parsley. Simmer mixture for 5 minutes. Remove from heat and add a few grinds of black pepper. Peel sweet potatoes and mash; season with salt and pepper. Evenly spread the lentil mixture into 9x13 inch baking dish. Spoon the sweet potato mixture on top and smooth with a spatula. Bake at 350 F for 30 minutes, or until the filling is bubbling at the edges.