

# Veggie Ground, Carrot & Pea Skillet with Mashed Potato Topping

30 minutes | 2 servings



## Find cookware

[can opener](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[measuring cups](#)  
[measuring spoons](#)  
[medium saucepan](#)  
[oven mitts](#)  
[potato masher](#)  
[stainless steel or cast iron skillet](#)  
[stirring spoon](#)  
[vegetable peeler](#)

## Grab ingredients

4 fl oz	almond milk, unsweetened
2 medium	carrots
2 sticks	celery
4 fl oz	chicken or vegetable broth
½ cup	frozen peas
2 cloves	garlic
1 (8 oz) can	tomato sauce
8 oz	veggie ground, plant based
½ medium	yellow onion
2 medium	yellow potatoes
	all-purpose flour
	black pepper
	extra virgin olive oil
	rosemary, dried
	salt
	soy sauce
	thyme, dried

## Cook & enjoy

- 1 Wash and dry the fresh produce.  
2 medium yellow potatoes  
2 medium carrots  
2 sticks celery
- 2 Peel and medium dice potatoes; place in a medium saucepan and cover with hot water (from the tap). Cover and bring to a boil over high heat; once boiling, reduce to a simmer and cook until soft, 10-12 minutes.
- 3 Meanwhile, peel, trim, and small dice carrots; trim and small dice celery. Place both in a small bowl.
- 4 Preheat an ovenproof skillet over medium-high heat.
- 5 Once the skillet is hot, add oil and swirl to coat the bottom; add veggie ground and cook, breaking it apart with a spoon, until just browned, 3-4 minutes.  
1 tbsp extra virgin olive oil  
8 oz veggie ground, plant based
- 6 While the veggie ground cooks, peel, halve, and small dice onion; peel and mince garlic. Add both to the bowl with the carrot and celery.  
½ medium yellow onion  
2 cloves garlic

- 7 When the veggie ground is done, add veggies and spices to the skillet; continue to cook, stirring occasionally, until veggies soften, 4-5 minutes more.

½ tsp rosemary, dried  
½ tsp thyme, dried  
½ tsp salt  
¼ tsp black pepper

- 8 Meanwhile, preheat oven to broil on high and position rack about 6-inches from the top.

- 9 When the potatoes are done, drain in a colander and return to the saucepan. Add milk, salt, and pepper; using a potato masher, mash until smooth. Cover to keep warm and set aside.

4 fl oz (½ cup) almond milk, unsweetened  
¼ tsp salt  
⅛ tsp black pepper

- 10 When the veggies are soft, add flour and cook, stirring frequently, 1 minute more.

1 tbsp all-purpose flour

- 11 Add tomato sauce, broth, peas, and soy sauce to the skillet; stir to combine the veggie filling and bring to a boil. Once boiling, remove from heat.

4 fl oz (½ cup) chicken or vegetable broth  
1 (8 oz) can tomato sauce  
½ cup frozen peas  
2 tsp soy sauce

- 12 Spoon mashed potatoes over the veggie filling; using a fork, evenly spread mashed potatoes over the top, creating ridges.

- 13 Place skillet in the oven and broil until the top is set and lightly golden, 2-3 minutes. Remove from oven.

- 14 To serve, divide the skillet between plates or bowls and enjoy!