



# Lentil Shepherd's Pie

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Lentil Shepherd's Pie! This vegan shepherd's pie recipe is easy to make in your Instant Pot, slow cooker, or on the stove top. Simply top with mashed potatoes for a healthy gluten-free vegetarian dinner!

<b>Course</b>	Main Course
<b>Cuisine</b>	British

**Keyword**               vegan shepherd's pie

**Prep Time**            10 minutes

**Cook Time**           50 minutes

**Total Time**          1 hour

**Servings**             6

**Calories**             385kcal

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## Ingredients

- 1 large yellow onion diced
- 1 Tbsp extra virgin olive oil
- 4 stalks celery diced
- 2 large carrots peeled and diced
- 2 cloves garlic crushed
- 1 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp freshly cracked black pepper
- 1 1/2 cups lentils puy or beluga lentils
- 14 oz diced tomatoes
- 2 cups vegetable broth
- 1 cup frozen peas
- 4 cups [mashed potatoes](#)

## Instructions

### INSTANT POT

1. Layer the diced onion, olive oil, carrot, celery, garlic, salt, thyme, pepper, lentils, tomatoes, and vegetable broth into your Instant Pot.
2. Set to manual pressure for 10 minutes. It will take about 15 minutes to come to pressure. Once the pressure cooking cycle is complete, allow to vent naturally for 5 minutes, then flip the valve to venting for quick release.
3. When the cooking time is complete, stir in the frozen peas.

### SLOW COOKER

1. Layer the diced onion, olive oil, carrot, celery, garlic, salt, thyme, pepper, lentils, tomatoes, and vegetable broth into your slow cooker.

2. Cook on low for 6 hours or on high for 3 hours\*
3. When the cooking time is complete, stir in the frozen peas.

### **STOVE TOP**

1. Heat 2 Tbsp of olive oil in a large heavy-bottomed pot over medium-high heat on the stove top.
2. Add the onions and sauté until they've softened slightly. Add the garlic and spices and cook for a few minutes more.
3. Then add the carrots and celery and sauté 5 minutes more, until the vegetables are slightly tender.
4. Add the lentils, canned tomatoes, and vegetable broth. Bring to a boil, then reduce the heat to low and simmer until the lentils are tender.
5. When the cooking time is complete, stir in the frozen peas.

### **TO FINISH**

1. Spoon the lentil filling into a casserole dish. Top with mashed potato, and bake in a pre-heated oven at 200°C / 400°F for 20-30 minutes, until the potatoes are golden and the filling is bubbling around the edges.

### **Notes**

- Nutrition values are an estimate only

### **Nutrition**

Calories: 385kcal | Carbohydrates: 72g | Protein: 18g | Fat: 3g | Sodium: 858mg | Potassium: 1179mg | Fiber: 20g | Sugar: 7g | Vitamin A: 3855IU | Vitamin C: 53.2mg | Calcium: 77mg | Iron: 5.3mg