



COOKING FOR WELLNESS


CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
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GIANT EAGLE
MARKET
DISTRICT

LENTIL - VEGETABLE SHEPHERD'S PIE

Yields: 4-6 Servings

FOR THE FILLING

2 cups green or brown lentils, rinsed
1 tablespoon olive oil
1 ½ cup leeks, white and light green parts, thinly sliced
1 cup carrots, medium diced
1 cup celery, medium diced
½ cup parsnips, diced
½ cup turnip, diced
3 tbsp garlic, minced
2 teaspoons dried thyme
1 tablespoon tomato paste
2 tablespoons Worcestershire sauce
1 cup vegetable broth
2 tablespoons cornstarch
Salt and freshly ground black pepper

FOR THE TOPPING

1 head cauliflower, cut into florets
2 tablespoons unsalted butter
Salt & ground pepper
1 tablespoon garlic, minced

INSTRUCTIONS

1. Preheat oven to 400°F. Place lentils in a medium pot, covered by about 2 inches of salted water. Bring to a boil then simmer until tender, but slightly firm, about 20 minutes. Drain water and set aside.
2. Place cauliflower in a pot, covered by about 2 inches of salted water. Bring to a gentle boil and continue cooking until fork tender, about 10-15 minutes. Drain well and place in a food processor with butter, garlic, salt & pepper. Blend until smooth. Do this in two batches, if necessary, so that everything can get pureed evenly. Taste and adjust seasonings.

continued other side

INSTRUCTIONS, *continued*

3. While the lentils and cauliflower are cooking, heat oil in a large pan over medium heat. Add leeks, carrots, celery, parsnips, and turnips. Sprinkle with salt and pepper. Cook until tender for about 10 minutes. Add garlic, thyme, parsley, and cook for another minute or two. Add tomato paste, Worcestershire sauce, and broth, then stir to mix.
4. Make slurry with cornstarch and 2 Tbsp cold water, then add to vegetable mixture. Stir and let simmer until thickened.
5. Add the cooked lentils to the pan and stir to combine. If the sauce is too thick, add a little water or broth to thin. Taste and adjust seasonings.
6. Transfer mixture to a lightly oiled, oven-proof baking dish and spread evenly.
7. Spread the cauliflower puree evenly on top of the lentil-vegetable filling and place the dish into the preheated oven and cook until browned, about 20-25 minutes. Serve immediately.