



at the  
**foot of the cross**

*A Lenten journey from Family Rosary*

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

## Vegetarian Shepherd's Pie

### Instructions:

1 c carrot pennies

14.4 ounce bag of frozen corn

16 ounce can of refried beans

One packet of taco seasoning (or equivalent of homemade Tex-Mex seasoning blend)

1/2 cup of salsa

Six servings of mashed potatoes

1/2 c shredded cheddar

Paprika, optional

### Directions:

Preheat oven to 350°F. Steam carrots and corn together for about five minutes or until carrots just start to become tender. Combine corn, carrots, beans, taco seasoning, and salsa, and spread in 9 x 13 glass pan. Top with mashed potatoes and spread to cover. Bake at 350 for 35 minutes. Sprinkle cheese (and optional paprika) on top and bake for an additional 10 minutes. Let stand five minutes before serving.

*Note from the contributor, Erin McCole Cupp:*

*Here's an easy family favorite for Meatless Fridays. It's so simple that my 6 year-old can make it with just a little help, and it's so tasty that sometimes we'll make it even if it's not Friday! If you're pressed for time in the hour right before dinner, you can even prepare this in the slow cooker earlier in the day (cook on low for 4-6 hours).*

