

Root Veggie Shepard's Pie

By: Sam Brown Nourish Newsletter by Joy of Eating Plants

For the topping, you will need

- 2 pounds of organic russet potatoes
- 1 tsp of Celtic Sea salt, plus more for seasoning
- 3-tablespoons of unsalted vegan butter
- 1/2 cup of cashew milk unsweetened or coconut milk
- 1/2 tsp of garlic powder
- add some black pepper
- 1/2 cup of Plant-Based Parmesan (optional or use what you have a good, aged parmesan or ramano)

For filling, you will need

- 1/3 cup of brown or green lentils
- 4 sprigs of thyme, chopped
- 2 teaspoons of rosemary, chopped
- 1 tsp of sage
- 1/2 tsp of turmeric, chopped (or ground powdered turmeric)
- 2 cups of vegetable broth
- 1 teaspoon of sea salt (plus more for added seasoning)
- 2-tablespoons of vegan butter
- 8 ounces sliced button mushrooms
- 1 large leek (1 1/2 cup) sliced
- 1 tbsp coconut amino sauce (use tamari or your favorite soy sauce if you prefer)
- 2-cloves garlic, minced
- 1 cup of peeled and diced carrots
- 1 rib of celery, chopped
- 2-tablespoons tomato paste
- add some black pepper
- 2-tablespoons flour
- 1 cup of butternut squash, thawed
- 1 cup of beet, shredded
- Add some lemon juice
- add some parsley, chopped (optional for garnish)

To Prepare the Root Veggie Shepherd's Pie

Place potatoes into a pot of cold water. Add 1 tsp of salt and bring to a boil. Cook potatoes for about 15 minutes until they are soft and tender. Turn off the heat and let the pot sit with the lid covered. Take out a 1/3 cup of starchy water and set it aside (if needed). Use a fork to check the tenderness of the potatoes. To mash the potatoes. Use a potato masher, add butter, salt, black pepper, and garlic powder, and mix and set it aside. *(If you are interested in adding a Sweet Potato Topping see instructions below.)*

Now prepare the filling by adding lentils, thyme, rosemary, sage, salt, black pepper, and turmeric to a large skillet. Add 1 1/2 cups of broth (reserve the rest for later). Cook lentils over medium-high heat. Let the lentils simmer for 10 minutes, then reduce the heat and allow them to cook until they absorb the liquids. Transfer the lentils to a bowl.

To finish the filling, preheat your oven to 375 degrees. To skillet, add some vegan butter and let it melt. Cook mushrooms for 7-10 minutes to reduce heat. Add leeks, coconut aminos sauce, garlic, carrots, and celery. Cook until the mixture is tender. Season to taste; add tomato paste and black pepper. Cook the mushroom mixture for 2-3 mins, then add flour.

Cook the mixture for 1 minute and stir. Add some veggie broth (add as needed). Add the cooked lentils along with the butternut squash and beets. Cook down the mixture and stir in some lemon juice to taste.

Transfer the lentil mixture to a baking dish. Spread a nice layer of mashed potatoes over the top of the lentil mixture. Sprinkle parmesan on top of the mashed potatoes. Place the dish in the oven and cook until the top is golden brown for 30 minutes. Check the oven when you see the filling is hot and bubbling brown. Take it out and let it cool for approximately 15 minutes before digging in. Add some chopped parsley for garnish.

This recipe yields 4-6 servings.

Sweet Potato Topping

Ingredients:

- 2 large Sweet Potatoes, peeled and cubed about 5 to 6 cups
- 1 tablespoon of vegan butter
- 1/2 teaspoon of chili powder
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of salt

To Make This Topping:

- You will need to Preheat your oven to 375 degrees F
- Place cubed sweet potatoes onto a cookie sheet lined with parchment paper.
- Bake the sweet potatoes for about 45 to 60 minutes. Until they are nice and tender.
- Place cooled sweet potatoes into a mixing bowl or you can use a food processor or hand mixer.
- Add all ingredients and mix until it is smooth.
- Season to taste and add topping to your root veggie mixture.
- Follow the same but follow the same techniques and instructions above. **Enjoy!**

Apple Pie Nice Cream

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To Make the NICE CREAM BASE

- 3 large bananas (cut and slice into coins and freeze for at least 2 -3 hours on a baking sheet lined with parchment paper)
- 2 tablespoons almond milk or coconut milk (add more if needed)
- 1/2 tsp of cinnamon
- 1 teaspoon vanilla extract
(optional) pinch of salt

To Make Apple Carmel Sauce

- 1 tablespoon of coconut oil or coconut butter
- 1 tablespoon of coconut milk or cream
- 6 tablespoons of coconut sugar or maple sugar
- 1 tbsp of Apple Butter
- a pinch of salt
- Add some vanilla extract

Optional Ingredients

- Pecans
- Pumpkin Spice Granola

For Nice Cream

Take frozen banana slices out of the freezer and let them thaw for about 5 -7 mins. Add all ingredients to your food processor. When it looks nice and creamy like soft serve ice cream. It is ready! Take it out and add it to your favorite serving cup.

For Apple Carmel Sauce

Add ingredients into a saucepan on low to medium heat. Whisk ingredients until they thicken to the consistency you want.

Add your “Nice” Cream to your favorite serving cup. Add apple caramel sauce on top. For added crunch, add some chopped raw pecans or pumpkin spice granola.

Enjoy!

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