

# Lentil Shepherd's Pie



**FOODSERVICE**

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SERVING SIZE: 10

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## Ingredients

- As Needed FILLING:
- 1 cup Onion, Diced
- 3 tablespoons Garlic, minced
- 2 1/2 cups **Furmano's Fully Cooked Lentils**, drained and rinsed
- 1 tablespoon Fresh Thyme
- 2 cups Frozen Vegetables (Peas, Carrots, Green Beans, and Corn)
- As Needed MASHED POTATOES:
- 5 pounds Yukon Gold Potatoes, thoroughly washed and partially peeled
- 3/8 cup Butter
- As Needed Salt & Pepper

## In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.

## Preparation

1. Slice any large potatoes in half, place in a large pot and fill with water until they're just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.
2. Once cooked, drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl. Use a ricer to mash until smooth. Add desired amount of butter and season with salt and pepper to taste. Loosely cover and set aside.
3. While potatoes are cooking, preheat oven to 425°F and lightly grease a 2-quart baking dish
4. In a large saucepan over medium heat, sauté onions and garlic in 1 Tbsp olive oil until lightly browned and caramelized - about 5 minutes.
5. Stir in lentils and thyme and combine.
6. In the last 10 minutes of cooking, add the frozen veggies, stir, and cover to meld the flavors together.
7. Taste and adjust seasonings as needed. Then transfer to your prepared oven-safe baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with another crack of pepper and a little sea salt.
8. Bake for 10-15 minutes or until the mashed potatoes are lightly brown on top.
9. Serve immediately.