

Vegetarian Shephard's Pie

Serves 4



1 # yukon gold potatoes, peeled and cut into chunks
½ C buttermilk
1T butter
¾ tsp salt
½ tsp black pepper
1 onion, finely diced
2 carrots, peeled and diced
1 T water
¾ C frozen corn or peas
1 tsp fresh thyme or ¾ tsp dried thyme
3 T flour
14 oz low sodium vegetable, chicken or beef broth
Dash of Worcestershire sauce
¼ tsp smoked paprika
1 ½ C cooked lentils

Place potatoes in a large saucepan and cover with 2 inches of water. Bring to a simmer over medium-high heat. Reduce heat to medium, partially cover and cook until tender, 10 to 15 minutes. Drain and return the potatoes to the pot. Add buttermilk, butter and ¼ teaspoon each salt and pepper. Mash with a potato masher until mostly smooth.

While the potatoes are cooking, position rack in upper third of oven; preheat broiler. Coat four 10- to 12-ounce broiler-safe ramekins (or an 8-inch-square broiler-safe baking dish) with cooking spray. Place ramekins on a broiler-safe baking sheet.

Heat oil in a large skillet over medium-high heat. Add onion, carrot and water. Cover and cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in corn, thyme and the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally, for 2 minutes. Sprinkle with flour and stir to coat. Stir in broth, Worcestershire sauce and smoked paprika. Bring to a simmer; cook, stirring, for 1 minute. Stir in lentils and cook, stirring constantly, for 2 minutes.

Divide the hot lentil mixture among the prepared ramekins (or spread in the baking dish). Top with the mashed potatoes. Broil, rotating halfway through, until the potato is lightly browned in spots, 6 to 10 minutes.