



National Commodity Supplemental Food Program

Recipe Sheet

Hearty Shephard's Pie



Ingredients

- 2/3 cup of dry lentils (or 1/3 cup dry lentils + 1 can ground beef)
- 1 15 oz can LS carrots (or 1 bag frozen)
- 1 15 oz can LS peas (or 1 bag frozen)
- 15 oz canned mushrooms
- 4 cups prepared mashed potatoes (from potato flakes)
- 1/2 onion, chopped
- 4 cups low-sodium broth (or equivalent of bouillon cubes prepared). For beef version, only use 2 cups broth
- 1 Tbsp tomato paste
- 1/2 tsp salt
- Pepper and herbs to taste

Directions

- Preheat your oven to 350 degrees.
- In a large pot, sauté the chopped onion with 1-2 Tbsp of broth until onion is soft.
- Add the lentils and the rest of the broth and bring to a boil. Let cook for 15 minutes.
- Drain the cans of veggies. Once the lentils are soft, add carrots, peas, mushrooms, tomato paste, 2 Tbsp mashed potatoes, seasoning, and ground beef if using.
- Stir to combine until the sauce is clump-free.
- Dump the veggie mixture and sauce into a 9x13 baking dish or other large, oven-safe dish. Spread the prepared mashed potatoes on top and bake in the oven for 15 minutes.
- Scoop leftover tomato paste into a baggie or small container and freeze for up to 4 months.
- Enjoy!

CSFP Food Item Spotlight: lentils

- Lentils are a good source of soluble fiber, which can help control cholesterol and blood sugar
- 8000-year-old lentils have been found in the Middle East

Nutrition Facts

8 servings per recipe	
Serving size	1 1/2 cups
Amount per serving	
Calories	266
% Daily Value*	
Total Fat 6.3g	8%
Saturated Fat 1.6g	8%
<i>Trans Fat</i> 0g	0%
Cholesterol 4g	1%
Sodium 1060g	46%
Total Carbohydrate 42.7g	16%
Dietary Fiber 13.1g	47%
Total Sugars 10.7g	
Includes 0g Added Sugars	
Protein 9.1g	
Vitamin D 1mcg	4%
Calcium 72mg	6%
Iron 2mg	11%
Potassium 601mg	13%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Source: recipe adapted from minimalistbaker.com and pinchofyum.com