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VEGAN SHEPHERD'S PIE

(Vegan/Vegetarian, Standard & Maintenance Plans)

I really love this recipe! It's a great twist on traditional Shepherd's Pie, using mashed cauliflower as a topping. Not only is it hearty and satisfying, but it's a perfect special recipe for the holiday season. The hemp hearts and walnuts add a great protein source with plenty of texture. No one flavor sticks out in the filling, rather it is a great combination of flavors that work perfectly together.

This recipe provides 6 servings. One serving covers your fat, vegetable and 12 grams of protein. (Aim for 18-22 grams of protein per meal).



INGREDIENTS

TOPPING:

- 1 medium cauliflower, cut into equally-sized florets
- 1/2 tsp. garlic powder
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. black pepper
- 1 Tbsp nutritional yeast

FILLING:

- 3 Tbsp avocado oil
- 1 medium onion, chopped



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2 cloves garlic, chopped
2 cups mushrooms, chopped
5 stalks celery, chopped
1/2 tsp. Pink Himalayan salt, or to taste
1/4 tsp. black pepper, or to taste
1 Tbsp + 1-1/2 tsp tomato paste
1 tsp. Dijon mustard
1 cup vegetable stock
1 cup walnuts, chopped
1 cup hemp hearts
1 Tbsp fresh thyme OR 1 tsp. dried thyme

INSTRUCTIONS

TOPPING:

Place cauliflower in a pan with a steamer and steam approximately 20 minutes or until very soft. Can also cook in the microwave – place florets in a deep bowl with 1/4 cup of water, cover with plastic (not touching cauliflower) and cook on high for 8-10 minutes or until very soft.

Drain and mash cauliflower using a masher or hand mixer. Add garlic powder, salt, pepper and nutritional yeast and mix well.

FILLING:

Heat oil in a large skillet over medium heat. Add onion and garlic and cook 3 minutes, until soft.

Add mushrooms, celery, salt and pepper and cook for 7 minutes, stirring occasionally. Add tomato paste, mustard and vegetable stock and cook for another 5 minutes.

Add chopped walnuts, hemp hearts and thyme. Cook 5 minutes, stirring occasionally.

ASSEMBLE:

Preheat oven to 375°F. Spoon filling into a large greased baking dish. Spoon the mashed cauliflower over filling. Bake for 25-30 minutes.