

Lentil Shepherd's pie

Serves 4

Spray oil plus 1 teaspoon

1 cup raw lentils, cooked with 2 garlic cloves

2 sweet potatoes, diced

1 tablespoon milk

½ tablespoon butter

1 16 ounce can tomato soup

¼ onion, sliced

¼ onion, diced

1 teaspoon fine thyme

2 garlic cloves, minced

1 teaspoon chopped rosemary plus whole leaves for garnish

1 tablespoon bulgur wheat

1 cup frozen mixed vegetables

Worcester or soy sauce to taste

Boil lentils with 2 garlic cloves. Boil sweet potatoes. While they are boiling, sauté sliced onion and whole rosemary leaves in oil. When onion softens, set aside to use as garnish. Test that sweet potato is tender and mash with milk and butter. Drain cooked lentils. In medium saucepan, sauté diced onion, thyme and chopped rosemary, add lentils. Add tomato soup, bulgur wheat and Worcester/soy and let simmer for 15 minutes. Pour hot water through frozen vegetables in colander to thaw slightly. In serving dish or individual ramekins spoon in the lentils as the bottom layer, add the mixed vegetables. Top with mashed sweet potato. Add the onion/rosemary garnish on top. Bake at 350 °F (180 °C) for 30 minutes. Serve with a salad.

