

# Shepherd's Pie

Prep Time: 15 minutes + cooking time

## Shepherd's Pie Recipe:

8 medium potatoes  
3 cups carrots  
1 cup onion  
1/2 tsp thyme  
3 tbsp fresh basil  
3 cups corn kernels (optional)  
1 cup green beans  
1 cup celery  
1 cup peas  
1 tsp Celtic Sea Salt (optional)  
1/2 tsp marjoram

## Instructions:

Dice potatoes and onion, and place half of each in a pan with just enough water to cover. Cook until just tender. Drain, saving the water, and set aside.

In a separate pan, place the carrots, green beans, celery, peas and other half of the potatoes and onion, with just enough water to cover, and cook until just tender. Drain and set aside.

In a dry sauce pan, dry roast 1/3 cup whole grain or unbleached flour until browned. Remove from heat and place in blender with 2-1/2 cups distilled water or vegetable soup stock, 1/2 cup nutritional yeast flakes, Celtic Sea Salt and 1/4 tsp nutmeg. Blend until mixed well. Return to saucepan and heat to boiling, reduce heat and cook for about 4 minutes, until thickened.

Combine steamed vegetables, Celtic Sea Salt, and seasonings with as much of the sauce as desired. (Refrigerate leftover sauce for up to one week). Pour into shallow baking dish.

Mash the balance of the potatoes and onion until creamy, using some of the reserved potato water, if needed. Spread over the casserole, and sprinkle with All Purpose seasoning and paprika. Bake in 400-degree oven for 15 to 20 minutes or until the crust is golden.

## Variations:

Try it as is and then mix and mess with it from there to your liking.

## Recipe Credit:

Rhonda Malkmus or Hallelujah Acres "Recipes For Life"

We get our produce from:  [www.freggies.com](http://www.freggies.com)

For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)