Blue Zones Project®

# Vegan Lentil Shepherd's Pie

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
The Blender Girl

## Ingredients:

1 yellow onion, chopped
2 garlic cloves, minced
3 carrots, peeled & chopped
3 celery stalks, chopped
8 oz cremini mushrooms, chopped
1/2 c red lentils
1 c water
15 oz can chickpeas, drained & rinsed
2 tsp fresh thyme
1 tbsp fresh rosemary, minced
1 tbsp tamari (or soy sauce)
fresh ground pepper
1 lb cauliflower, cut into florets

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## Directions:

1. Combine onion, garlic, carrots, celery, mushrooms, red lentils, water, chickpeas, thyme, rosemary, soy sauce, and several grinds of pepper in the Instant Pot and give it a stir.
2. Arrange a 2.5-in trivet over the vegetables and place a 7-in oven safe bowl on top. Add cauliflower to the bowl. Secure the lid & move the steam release valve to sealing. Select Manual to cook on high pressure for 5 min.
3. When cooking cycle is complete, let the pressure naturally release for 10 min, then move the release valve to Venting to release remaining pressure. When floating valve drops, remove lid & lift trivet and bowl out of pot.
4. Stir filling at bottom of the pot. Taste and adjust seasonings as needed. The lentils should dissolve into the sauce as you stir, thickening it. Pour the cooked cauliflower into a large bowl and use a fork or masher to mash until smooth. Generously season with pepper as desired.
5. To serve, spoon the warm filling into bowls & top with mashed cauliflower. Garnish with fresh herbs.

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