

Shepard's Pie



1 tablespoon olive oil
1 medium onion, diced
2 cloves garlic, minced
1 1/2 cups uncooked brown or green lentils, rinsed and drained
4 cups vegetable stock
2 tsp fresh thyme or 1 tsp dried thyme
1 10-ounce bag frozen mixed veggies: peas, carrots, green beans, and corn
Sea salt and fresh ground black pepper to taste

Mashed Potatoes:

3 pounds russet potatoes, peeled and cut into chunks
1/4 cup vegan butter
Sea salt and fresh ground black pepper to taste

Bring a large pot of water with a teaspoon of salt to a boil. Add the potatoes, reduce the heat to medium high and cook for about 12-15 minutes or until the potatoes are tender. Drain the cooked potatoes in a colander then put them back in the pan. Add the butter and additional salt and pepper to taste. Use a masher and mash the potatoes until they are smooth. Cover and set aside.

Preheat the oven to 425 degrees.

Heat a medium saucepan with a tablespoon of olive oil. Add the diced onion and sauté until it becomes translucent and begins to brown lightly, add the garlic and continue sautéing stirring for another minute or two. Next add the lentils, vegetable stock and thyme. Bring to a boil then reduce the heat and simmer, cover and cook for 30 minutes. Add the frozen vegetables, stir well, then continue cooking an additional 10 minutes. Test the lentils for doneness. To thicken the remaining liquid transfer about 1/4 cup of the mashed potatoes and blend it into the lentil mixture.

Lightly grease a 9x13 inch casserole dish or a comparable 2-quart baking dish. Transfer the lentil mixture to the baking dish and top with the mashed potatoes.

Vegan Irish Soda Bread

4 to 4 1/2 cups flour
1 Tbsp sugar
1 teaspoon salt
1 1/2 teaspoons baking soda
1 cup currants or raisins
4 Tbsp vegan butter, melted
1/4 cup soft tofu, drained and packed
1 3/4 cups unsweetened soy milk
2 teaspoons apple cider vinegar



Preheat the oven to 375 degrees. In a large mixing bowl combine the flour, sugar, salt, baking soda, and currants, blend well and set aside.

Combine the soy milk and apple cider vinegar in a small bowl, set it aside for 2-3 minutes until the milk has curdled.

In the jar of a blender combine the soy milk mixture, melted butter and tofu. Blend on high for 2-3 minutes until smooth.

Transfer the tofu soy milk mixture into the flour mixture. Still well scraping the sides. Use floured hands to gather the dough and shape it into a loaf. Transfer the loaf to a lightly greased or parchment lined baking sheet. Cut a cross across the top of the loaf scoring it about 1/4" deep. Bake for 40-50 minutes until you can insert a toothpick and it comes out clean. When the loaf is done it should sound hollow when tapped on. Serve hot with vegan butter and fruit preserves.