



# THE WORLD'S BEST SHEPHERD'S PIE

(DF, GF, P)

## INGREDIENTS

Gravy: 2 teaspoons coconut oil, 1/2 yellow onion: diced, 2 stalks celery: diced, 2 cloves garlic: minced or pressed, 2 tablespoons cassava flour (or all-purpose flour), One No Chick'n Bouillon Cube (I used Edwards & Sons brand), 2 cups hot water, 2 tablespoons coconut aminos (or soy sauce, liquid aminos or tamari), 1/2 teaspoon ground sage

Carrots: 1 bunch carrots (about 8 large), chopped into small (1 inch) pieces, 1 tablespoon olive oil, sea salt and pepper

Mashed Potatoes: 1 cup water, 2 pounds red potatoes: cut into 1 1/2 inch chunks, 1 cup almond milk, 3 tablespoons butter (I used a plant based butter by Miyoko's), 1 tablespoon garlic, red pepper and parsley infused olive oil (or your choice of infused olive oil), 1 1/4 teaspoon sea salt, ground pepper

Meat: 1 tablespoon olive oil, One 12 ounce bag meatless grounds (I used Quorn)

## DIRECTIONS

### How-To:

**Carrots:** Heat the oven to 425 degrees (F). Cut the carrots into finger length pieces (halved and quartered). Place on parchment lined baking tray and drizzle with the olive oil, a pinch of sea salt and pepper. Roast 15 minutes, toss and roast 15 minutes more or until softened. Set aside.

**\*Mashed Potatoes:** Cut the potatoes into 1 1/2 inch pieces. Pour 1 cup water into an Instant Pot. Place the trivet inside. Place the cut potatoes onto the trivet, layering them as you fill the pot. Close the lid. Set the valve to SEALING. Press the "Pressure Cook" or "Manual" button. Set the timer for 10 minutes. Once the cooking cycle has completed, hit the "Cancel" button, quick release the pressure (I use a wooden spoon handle to do a quick release to keep my hands free of it), and remove the lid. Carefully transfer the potatoes (I used a large spoon) to a mixing bowl. Add the butter, oil, and sea salt and pepper. Either use a potato masher OR a hand mixer and begin to beat the potatoes (on a low setting). Start adding the milk as they start to mash. Continue to beat until they are creamy and smooth. Cover (with a clean kitchen towel or plate) and set aside.

**Gravy:** Place the hot water in a medium mixing bowl. Add the bouillon cube. Whisk to dissolve the cube. Set aside. Heat the coconut oil over medium heat in a medium saucepan. Add the onion, celery, and garlic. Saute for 2-3 minutes or until the onion is translucent. Reduce heat to low and stir in the flour. Cook for 3 minutes, stirring frequently. Increase the heat to high and add in the "broth" (dissolved bouillon cube in the water) and coconut aminos. Whisk to combine. Bring to a boil, stirring often. Reduce heat to low, add sage and simmer 10 minutes. Once thickened, remove from heat. Cover and set aside.

**Meatless Grounds:** Add one tablespoon olive oil to a large skillet and heat to medium heat. Add the frozen grounds and cook until browned, about 10-15 minutes. Set aside.

**How to Put It All Together:** Reduce your oven temperature to 400 degrees (F). Grease your casserole dish: Pour about 1 tablespoon olive oil into a 4 quart casserole dish. Use a clean paper towel to spread it all over the dish. Add the cooked carrots and top them with the cooked meatless grounds. Top the grounds with the prepared gravy. Spoon the mashed potatoes on top and spread them out evenly onto the grounds using the back of a spoon. Drizzle with additional seasoned olive oil if desired. Bake for 10-15 minutes or until the dish is warmed through and the gravy is bubbling slightly up from under the mashed potatoes. Eat and enjoy!

**Tips and Tricks:** I found my ingredients at Whole Foods and a local health food store but the ingredients could be found at most grocery stores and online. Use sweet potatoes instead of red potatoes and ground beef instead of the meatless grounds to make it paleo. Need to make it vegan or vegetarian? Use a meat substitute or 2 cans of beans instead of the Quorn grounds. \*Don't have an Instant Pot? No problem! Cut the red potatoes into large chunks, place them in a medium sized pot and fill with water OR milk (enough to cover the potatoes). Boil on high heat until potatoes soften and can be easily pierced with a fork (10-20 minutes). Drain the water. Finish the potatoes as the recipe calls for. I use a steam diverter with my Instant Pot to divert the steam away from my cabinets and countertop. See the Amazon links below for some of the items I have ordered and now love to use with my Instant Pot.

**PREP TIME: 30 MIN**

**COOK TIME: 60 MIN**

**TOTAL TIME: 1 HR. 30 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

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