

VEGETARIAN SHEPHERD'S PIE WITH LENTILS AND MUSHROOMS

A hearty vegetarian entree made of chopped mushrooms, lentils, corn, peas, carrots, and a mashed potato topping. This dish has all the classic flavors of Shepherd's pie - minus the meat.

ONE PORTION PROVIDES: 1 cup vegetable and 2 oz. eq. meat/meat alternate



INGREDIENTS	24 SERVINGS	48 SERVINGS	DIRECTIONS
Lentils, dry	24 ounces	3 pounds	<ol style="list-style-type: none"> 1. Preheat the oven to 400 °F. 2. Add lentils, mushrooms, corn, onions, and peas and carrots to a 2-inch full size steamtable pan. (Use one 2-inch, full-size, steamtable pan for 24 servings)
Mushrooms, fresh, sliced	46 ounces	5 ¾ pounds	
Corn, frozen	18 ounces	2 ¼ pounds	
Onion, diced	24 ounces	3 pounds	
Peas and carrots, diced, frozen	36 ounces	4 ½ pounds	
Vegetable stock, low sodium	64 ounces	1 gallon	<ol style="list-style-type: none"> 3. In a large container, mix vegetable stock, tomato paste, soy sauce, salt, pepper, garlic, granulated onion, and thyme. 4. Pour vegetable broth mixture over the lentil mixture. 5. Cover tightly and bake for 90 minutes.
Tomato paste, no salt added	4 ounces	8 ounces	
Soy sauce, less sodium	4 ounces	8 ounces	
Salt, kosher	2 teaspoons	4 teaspoons	
Pepper, black, ground	1 teaspoon	2 teaspoons	
Garlic, granulated	2 tablespoons	¼ cup	CCP: Heat to 135 F or higher for at least 15 seconds.
Onion, granulated	2 tablespoons	¼ cup	
Thyme, dried	2 tablespoons	¼ cup	

Potatoes, fresh, quartered	6 pounds	12 pounds	<p>To make mashed potatoes:</p> <ol style="list-style-type: none"> 1. Steam the potatoes until tender. Drain well. 2. Heat milk and butter until butter is melted. 3. Place the potatoes in a commercial mixer (batch as needed). Using a wire whip attachment, mix on low speed. Slowly add milk mixture until potatoes are smooth and free of lumps. 4. Remove the lentil bake from the oven. 5. Add the mashed potatoes in an even layer on top. 6. Return to oven and bake for 20 minutes. <p>CCP: Heat to 135 °F or higher for at least 15 seconds.</p>
Butter, unsalted	4 ounces	8 ounces	
Salt, kosher	1 teaspoon	2 teaspoons	
Milk, 1%	2 cups	1 quart	
Cheese, cheddar, shredded, low sodium	$\frac{3}{4}$ pound	1 $\frac{1}{2}$ pounds	<p>Remove from the oven and immediately add cheese.</p> <p>CCP: Hold for hot service at 135 °F or higher.</p>

NUTRITION INFORMATION:

1 serving = 3 x 3 inch square

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	360		Total Carbohydrate	57	(g)
Total Fat	10	(g)	Dietary Fiber	8	(g)
Saturated Fat	6	(g)	Added Sugars	0	(g)
Cholesterol	25	(mg)	Vitamin D	.4	(mcg)
Sodium	500	(mg)	Calcium	180	(mg)
Protein	18	(g)	Iron	4.2	(mg)

NOTES

SOURCE

Chef Samantha Gasbarro, HealthySchoolRecipes.com