

# Hearty Lentil and Mushroom Shepherd's Pie

Can be made GLUTEN-FREE by making breadcrumbs from specialty gluten-free bread. Can be made SOY-FREE by replacing margarine with olive oil  
NUT-FREE

## 8 OR MORE SERVINGS

*There are no words to describe this recipe other than "a deep dish of absolute comfort."*

8 large or 10 medium potatoes  
2 tablespoons Earth Balance or other non-hydrogenated margarine  
1/2 cup rice milk  
Salt to taste  
2 tablespoons olive oil  
1 large onion, finely chopped  
2 cloves garlic, minced  
6 ounces cremini or baby bella mushrooms  
2 15-ounce cans lentils, drained but not rinsed  
2 tablespoons dry red wine, optional  
1 to 2 tablespoons reduced-sodium soy sauce or Bragg's Liquid Aminos  
2 to 3 teaspoons all-purpose seasoning blend (see sidebar on page 31)  
1/2 teaspoon dried thyme  
Freshly ground pepper to taste  
3 tablespoons cornstarch or arrowroot  
8 to 10 ounces baby spinach or arugula leaves  
1 cup fresh breadcrumbs (see sidebar on page 30)

1. Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and continue to simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.
2. Stir the margarine into the potatoes until melted, then add the rice milk and mash until fluffy. Season with salt, cover, and set aside until needed. Preheat the oven to 400° F.
3. While the potatoes are cooking, heat the oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.
4. Add the lentils and their liquid and bring to a slow simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small bowl. Stir into the lentil mixture.
5. Add the spinach or arugula, a little at a time, cooking just until it's all wilted down. Remove from the heat, taste, and adjust seasonings to your liking.
6. Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture, then spread the potatoes evenly over the top. If using two pie plates, divide each mixture between them.
7. Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then cut into wedges to serve.