

Easy Shepherdess Pie

Makes 3 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

1 c dry textured vegetable protein (TVP)
1 ⅓ c potato flakes (+ 2 c boiling water)
½ t black pepper
1 T nutritional yeast (optional)
1T reduced-sodium Better Than Bouillon vegetable base
2 T cornstarch
1 t dried or 1 T fresh thyme
1 c water
16 oz mixed frozen vegetables
Cooking spray (optional)

1. In a medium bowl, cover TVP with boiling water and allow to expand for at least 5 minutes. In a separate medium bowl, combine potato flakes, boiling water, pepper, and nutritional yeast.
2. In a medium saucepan, combine vegetable base, cornstarch, thyme, and water. Whisk over medium-high heat until thickened. Stir in vegetables and TVP (including any extra soaking liquid) and heat until simmering.
3. Pour filling in a single 8"x8" or individual baking dishes and top with potatoes. Coat potatoes in cooking spray, if desired. Broil for 10 minutes or until potatoes start to brown.



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Nutrition Facts	
Servings 3.0	
Amount Per Serving	
calories	354
% Daily Value *	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 515 mg	21 %
Potassium 1117 mg	32 %
Total Carbohydrate 59 g	20 %
Dietary Fiber 10 g	42 %
Sugars 12 g	
Protein 23 g	46 %
Vitamin A	117 %
Vitamin C	16 %
Calcium	14 %
Iron	28 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	