



If so, Unlock the magic of your appliances!

[www.larissataborski.com](http://www.larissataborski.com)

LARISSA TABORSKI

## SHEPHERD'S PIE WITH SEITAN

### Ingredients:

- 2 - tablespoons oil
- 1 - yellow onion, diced
- 3 - cloves garlic, minced
- 1 - teaspoon thyme
- 2 - carrots, finely diced
- 1 - rutabaga, finely dice
- 1 - pound seitan, ground in a food processor or meat grinder
- 2 - tablespoons tomato paste
- 1 - tablespoon vegan Worcestershire sauce
- 1 ½ - teaspoons salt ¼ t-easpoon pepper
- 2 - cups water mixed with 2 tablespoons vegetable powder
- 1 - tablespoon cornstarch dissolved in 2-3 tablespoons cold - water ½ - cup fresh or frozen peas
- 3 - large baking potatoes, peeled and cut into small chunks

Another dish on the list of popular comfort foods, this version from Susanne Jensen will show you just how delicious a plant based version of this dish can be. If you don't have a big group to feed you can easily portion this casserole into smaller portions and freeze some for later use.

### Preparation:

1. Heat oil in a frying pan and add onion and garlic. Sauté for 3-4 minutes.
2. Add rutabaga and carrot and sauté for another 3-4 minutes.
3. Add thyme, seitan, tomato paste, Worcestershire sauce, salt, pepper, water with vegetable powder and cook for 6-8 minutes.
4. Add dissolved cornstarch and cook until vegetable seitan mixture has slightly thickened, approximately 1 minute.
5. Stir in peas.
6. Meanwhile steam the potatoes in 1 cup of water over moderate heat until very tender. Mash with some butter and milk until creamy.
7. Assemble shepherd's pie by adding vegetables to a baking pan and cover with mashed potatoes.

## CONVECTION BAKE MODE



8. When ready to serve, preheat the oven in the Convection Bake Mode 400 degrees and bake uncovered for 20 minutes until the potatoes begin to brown (40 minutes if the casserole has been refrigerated.)

**Serves 6 - 8**

WRITE YOUR NOTES: