

Cozy Shepherd's Pie

4-5 Large Potatoes
3 Carrots
3 Stalks Celery
½ Yellow Onion
2 Cups chopped Mushrooms
1 TBSP Arrowroot Flour
1 TBSP Tomato Paste
1 tsp Fresh Thyme
1 tsp Fresh Sage
4 cloves of Garlic
2 Cups of Vegetable Broth
Salt, to taste
Pepper, to taste
Almond milk as needed
Coconut Oil

Peel, chop and boil potatoes for 10-15 minutes until soft. Meanwhile, chop the carrots, celery and onion, sauté in coconut oil for a few minutes. Add the mushrooms, and cook until the edges begin to darken. Add the garlic and season with salt and pepper. Add the tomatoes paste, arrowroot powder, thyme and sage. Slowly add the veggie broth stirring continuously. Let simmer for a few minutes to thicken. Mash the potatoes and add the almond milk and coconut oil. Add more if needed until smooth. Season with salt and pepper to taste. Ladle the veggie filling into a baking dish, then spread the mashed potatoes over top. At this time you can get creative with designs and patterns for the top. The rougher the surface the crispier it will turn out. Spray the surface with avocado oil. Broil 10-15 minutes, or until the top is crispy.