

# Hungry Shepherd's Pie (vegan)



## Ingredients

1 medium	onion, diced
2 cloves	garlic, minced
1 20-oz can	vegetarian burger of your choice
¼ tsp.	salt
⅛ tsp.	cayenne pepper
1 Tbs.	ketchup
1 cup	Italian bread crumbs
1½ cups	water
1½ tsp.	Better Than Bouillon Vegetable Base
⅛ tsp.	thyme
1 tsp.	oregano
1 15.5-oz	can white corn, drained
1 cup	carrots, thinly sliced
1 cup	green peas, frozen
8 cups	(or 6 medium) potatoes, peeled, diced, and cooked (add 1 teaspoon salt when cooking)
½ cup	original unsweetened almond milk
2 Tbs.	soy margarine (or butter)
	salt to taste

## Toppings

3 Tbs.	soy margarine
2 cups	whole wheat bread, crumbled
½ tsp.	Italian seasoning
⅛ tsp.	thyme

**For Topping:** Heat soy margarine (or butter) in a skillet over low heat. Add crumbled bread, Italian seasoning, and thyme, and sauté until golden brown.

## Directions

Spray a skillet with nonstick cooking spray. Sauté onion, garlic, and vegetarian burger over medium high heat until onion is clear. Add salt, cayenne pepper, ketchup, bread crumbs, water, Better Than Bouillon Vegetable Base, thyme, and oregano. Mix thoroughly.

Spray a 9 x 13-inch casserole pan with nonstick cooking spray. Press burger mixture evenly on the bottom. Layer with corn, peas and carrots.

Place potatoes in a medium-sized bowl and add butter (or margarine), milk, and salt. Mash to desired consistency. Layer potatoes on top of corn, then finish with the topping.

Bake at 375 degrees for 1 hour. After 45 minutes, cover with foil to prevent the bread crumbs from burning.

**Yields:** 12 servings