

## Vegan Shephards Pie

Adapted from Nadia G Sirloin Shephards Pie

### For Potato Topping

2 yams, sliced into equal-size chunks  
2 russets, sliced into equal-size chunks  
1 heaping tablespoon non-dairy margarine  
Splash non dairy milk  
Pinch sea salt

2 Tbsp of Minced chives / or use a bunch of fresh minced chives.  
 $\frac{2}{3}$  cup non dairy milk.  
Potato topping: Boil the yams and russet potatoes until tender.

### Meatless Filling

In a non-stick pan on med-low temperature add a small amount of Pam. Then add the red onion & garlic and sauté for 8 minutes. Cover the pan and allow the steam to cook the onion. Uncover, if dry add a bit of water. Next add approximately 4 vegiburger patties around a cup, or vegi-burger crumbles. Or use your own homemade vegi-burgers.

### Creamed Corn

Boil the corn for about 5 minutes. Cut off the corn niblets. Saute the corn with a bit of Pam over medium heat for a few minutes. Pour unsweetened, unflavored almond milk or non

### Ingredients

#### For Vegi-burger Layer

About 1 cup crumbled. 4 vegiburgers,  
 $\frac{1}{2}$  cup of chopped red or white onion  
1-2 garlic cloves minced (or 1 Tbsp dried minced garlic)  
Splash non dairy milk  
Pinch sea salt

#### Corn Layer

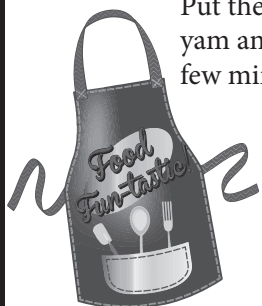
Aproximately 15 minutes. Strain the potatoes and add to a large bowl.  
Add salt, dairy free margarine, almond milk (or your favorite plant based milk).

Add parsley, smoked paprika ,and chopped garlic. Cook for about 5 minutes.

\* You can use your own homemade Food-Funtastic burger, Gardien brand has a good vegiburger, regular and gluten free. Boca Burgers, Gardenburgers & Morningstar Farms have burgers also.

dairy milk and bring to a boil. Cover the pan and reduce on low heat for 8-10 minutes. Transfer this to a food processor and add a handful of minced chives and process.

Put the vegimeat mixture on the bottom of a baking dish. Cover with a layer of creamed corn, top it off with the yam and russet mixture. Use a  $\frac{1}{2}$  cup of breadcrumbs.\* Sprinkle these on top of the potatoes after cooking for a few minutes. Broil for 5-10 min (Check in 5 mins) broil until edges are golden and crispy.



### Food Funtastic

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\*Breadcrumbs in a container or bag are available at supermarkets and health food stores.

