



# Bean Shepherd's Pie

Makes: 8 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
Beans:		
1 tbsp	vegetable oil	15 mL
3 cups	mixed beans (i.e. chickpeas, lentils, kidney beans), measured cooked and then mashed <b>OR</b> canned beans, rinsed and drained	750 mL
½	onion, diced	½
1 clove	garlic, minced	1 clove
¼ tsp	salt	1 mL
Optional:	Pepper	
Filling:		
1 tbsp	vegetable oil	15 mL
½	onion, diced	½
1 stalk	celery, diced	1 stalk
2 cups	vegetables – combination of corn, peas (frozen), and diced carrots (fresh or frozen)	500 mL
1	red pepper, finely chopped	1
pinch	salt	pinch
3 cups	potatoes, mashed with margarine and warm milk	750 mL
Optional:	Filling: herbs, sliced leeks, sliced mushrooms, green peas, frozen mixed vegetable Topping: replace part of potatoes with mashed sweet potato or butternut squash.	

Note 1: Instructions are on page 2.

Note 2: Nutrition Information is on page 2.

## Instructions

1. Preheat oven to 350°F (180°C).
2. In medium bowl, mash beans with potato masher (can also be done in a food processor). Add extra water if mashed beans are too dry.
3. Heat oil in a large frying pan over medium-high heat. Add onion and sauté until soft.
4. Add garlic. Continue to cook for 2 minutes.
5. Add mashed beans to pan. Mix gently. Season with salt and pepper (if using).
6. Spread bean mixture in bottom of baking dish.
7. Heat remaining oil in a large frying pan. Add onions and cook until soft.
8. Add garlic and cook for 2 minutes.
9. Add celery and peppers and sauté until tender.
10. Add vegetables, and herbs (if using). Heat until corn is heated through. Season with salt and pepper (if using).
11. Spread mixture on top of beans.
12. Finally, spread mashed potatoes on top of the corn mixture.
13. Bake in oven for 20 – 30 minutes until bubbling and golden.

<b>Nutrition Information</b>	
Serving 250 g ( $\frac{1}{8}$ recipe)	
<b>Calories</b>	280
<b>Fat</b>	7 g
Saturated 1 g + Trans 0 g	
<b>Sodium</b>	270 mg
<b>Carbohydrates</b>	45 g
Fibre 10 g Sugars 3 g	
<b>Protein</b>	12 g
Calcium 70 mg Iron 4 mg	

<b>Food Guide Servings</b>
1 $\frac{1}{2}$ Vegetable & Fruit $\frac{1}{2}$ Meat & Alternative