



Makes one (9×13-inch) pot pie
Cook Time: 1 hours 30 minutes

INGREDIENTS:

4 large russet potatoes (about 2 pounds), peeled and cut into large chunks

Sea salt

2 large yellow onions, finely diced

3 large carrots, diced

3 cups frozen peas

3 cups frozen corn

4 cups frozen broccoli florets

6 tablespoons arrowroot powder

4 cups unsweetened, unflavored plant milk

1/4 cup nutritional yeast

Freshly ground black pepper

Chopped fresh chives, for serving (optional)

Shepherd's Pot Pie

A close friend of mine loves to eat my vegetable pot pie with mashed potatoes on top. This recipe is a great way to find out why.

From *The Forks Over Knives Plan*

https://www.youtube.com/watch?v=dea_2B79eEw

By Del Sroufe

- 1 Preheat the oven to 350°F.
- 2 Place the potatoes in a large pot and add water to cover. Bring to a boil over high heat. Reduce the heat to medium, cover the pot, and cook until the potatoes are tender when pierced with the tip of a sharp knife, 12 to 14 minutes. Remove the pot from the heat and drain off all but 2/3 cup of the cooking water. Use a masher to mash the potatoes well. Season with salt to taste, and set aside.
- 3 Cook the onions and carrots in a large sauté pan over medium-high heat, stirring occasionally, until the onions are translucent and beginning to brown, 8 to 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking.
- 4 Add the peas, corn, and broccoli. Cook until heated through, about 5 minutes.
- 5 Meanwhile, combine the arrowroot powder with the plant milk in a medium bowl, and whisk until well blended. Add the mixture to the vegetables along with the nutritional yeast, and cook until thickened, about 5 minutes. Season with salt and pepper to taste.
- 6 Transfer the vegetable mixture to a 9×13-inch pan. Spoon the mashed potatoes evenly over the top.
- 7 Bake until bubbly and lightly browned, about 1 hour. Sprinkle with the chopped chives, if desired, and serve hot.