



Soyrizo Shepherd's Pie

NIBBLEDISH CONTRIBUTOR

Ingredients

1 yellow onion, diced
1 cup loosely packed Soyrizo
2-3 cloves garlic
2 carrots, chopped
1 celery stalk, chopped
1/3 cup frozen peas
1/4 cup frozen corn
2 cups mashed potatoes (fresh or instant)
1/2 tsp chili powder
1 pinch of cumin
oil
breadcrumbs
Asiago cheese

Instructions

This was inspired by my friend's husband who cooked mashed potatoes for his (meaty) shepherd's pie with chillies. It's delicious and a bit healthier for you than traditional shepherd's pie.

To save time, I used a pack of instant roasted garlic mashed potatoes (I know, I know), but fresh is always better.

To begin, turn your oven to broil.

Then, brown onions slightly over medium heat in a non-stick skillet with some vegetable

oil. This will take about 10-15 minutes. When browned, place them in an even layer in a shallow 8x8 baking dish.

Cook soyrizo in a bit of oil until heated through (about 4 minutes). Layer 1/2 of the soyrizo over the onions. Set other 1/2 aside.

Heat more oil in the same skillet. Add carrots, celery, and garlic. Season with cumin. Cook until mostly soft, adding a bit of water to steam the vegetables quicker. When vegetables are also done, add the peas and corn. Cook until heated. Layer this on top of the 1st layer of soyrizo, and then top with more soyrizo.

For the mashed potatoes, stir in the chili powder. Taste, and add more as needed. Spread the potatoes in an even layer across the top layer of soyrizo. Top with breadcrumbs and shredded Asiago cheese. Bake until golden brown.

I served mine with a hearty salad and topped with a few green onions. Enjoy!