

Shepherd's Pie (Vegan)

Ingredients (serves 12)

- 3 large sweet onion - diced
- 12 cloves garlic - minced
- 3 lb brown mushrooms - sliced
- 3 cup frozen green peas - rinsed under warm water
- 3 large carrot - diced or sliced into rounds
- 6-9 tbsp cornstarch
- 6 cups vegetable stock
- 1.5 cup balsamic vinegar
- 9 whole cloves
- 6 leaves bay
- 3 tbsp smoked sweet paprika
- 3 tsp onion powder
- 1.5 red chili pepper - diced & Optional
- 15 sprigs thyme - leaves only
- 3 pinch sea salt + more to taste
- 6 tsp olive oil or a splash of water

Mashed Potatoes:

- 9 lb Yukon gold potatoes diced
- 12-18 tbsp extra virgin olive oil (omit for WFPB & Planttricious diets)
- 1.5 cup soy milk - plain unsweetened
- 6-9 tbsp nutritional yeast
- 12 cloves garlic minced
- 6 leaves bay
- sea salt + black pepper to taste

Instructions

Mashed Potatoes

1. Boil and simmer, clean, 1' cubed potatoes with 2 bay leaves, salt and 4 cloves minced garlic until tender, about 12 minutes.
2. Mash with olive oil, soy milk and nutritional yeast until creamy. Set aside to cool until needed.
3. Preheat your broiler. If you'd rather just bake this then preheat the oven to 350°F.

Make the Gravy Filling

1. Preheat the pot over medium heat. Saute onion in olive oil and salt ~ 5 mins. Add carrots until softened.
2. Add 2 bay leaves, thyme leaves, whole cloves, chili pepper and garlic. Give everything a good stir then add the paprika, onion powder and cornstarch. Stir again then whisk in the balsamic vinegar and vegetable stock. Keep whisking until everything is smooth.
3. Cook on low heat for about 10 minutes until slightly reduced and thickened.
4. Stir in the green peas and warm through. Taste and adjust seasonings to your taste with sea salt.
5. 3 cup frozen green peas

Cook the Mushrooms

1. Fry up remaining onion 5 mins then add mushrooms and salt until most of the liquid has evaporated.
2. Transfer cooked mushrooms to gravy, stir and taste again. Allow the filling to cool off.

Assemble the Shepherd's Pie

1. Bake it in a preheated oven at 350°F for 25 minutes, broil to brown the top.

Reference: <https://veggiesociety.com/>

Tomato Onion Cucumber Salad

Ingredients

- 5.5 lb heirloom tomatoes
- 2.75 English cucumber (or 4 small Persian cucumbers)
- 16.5 green onions, red scallions or 1/2 cup red onion - sliced
- 5.5-8.25 tbsp apple cider vinegar
- 0.69 cup extra virgin olive oil (cold pressed)
- 1.38 tsp sea salt +more to taste
- 0.69 cup fresh basil leaves, dill or oregano
- 5.5 tbsp fresh thyme leaves

- 2.75 pinch black pepper - freshly cracked

Instructions

1. Whisk together the olive oil and vinegar in a large bowl then season with salt and pepper.
2. Slice tomatoes into wedges then toss them in the salad dressing.
3. Set aside and slice the cucumber and onion then add them to the salad.
4. Toss again, taste and adjust seasonings with more sea salt and vinegar until your taste buds are happy.
5. Sprinkle with the basil leaves
6. Allow the salad to sit at room temperature for at least 5 minutes.

Reference: <https://veggiesociety.com/>

Festive Fruit Salad with Cream (no Cheese) drizzle

12 servings

Peeled, washed and prepared fruit melody (such as pomegranates, clementines, grapes, berries etc...)

3 13.5-ounce can coconut cream

24 ounces vegan cream cheese

1 ½ teaspoon maple syrup

1 ½ teaspoon vanilla extract

1 ½ tsp almond extract

Shredded coconut

Slivered almonds

How to make Fruit Dip

1. Prepare fruit in large bowl.
2. Using a mixer, food processor or high speed blender, combine the coconut cream, cream cheese, maple syrup, vanilla extract and almond extract.
3. Blend everything until you have a smooth and creamy dip.
4. Drizzle over fruit salad & top with slivered almonds (optional)

Reference: <https://moonandspoonandyum.com>