

# Shepherd's Pie

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD:** ½ hotel pan

**11 Servings**

Ingredients	Qty	Measure
Zucchini (sliced)	2	cups
Yellow Squash (sliced)	2	cups
Carrots (sliced)	2	cups
Red onion (sliced)	1	cup
Fresh garlic	2	Tbsp.
Potatoes (for mashing)	2.5	pounds
Earth Balance	4	Oz.
Soy milk	2	cups
Mushrooms (sliced)	1	pound
Olive oil (divided)	2	Tbsp.
Salt	2	Tsp.
Pepper	2	Tsp.

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Sauté zucchini, yellow squash, carrots, red onions and garlic in 1 tbsp. of olive oil. Set aside.
2. Cook potatoes till tender, mash with Earth Balance and soy milk
3. Sauté mushrooms in 1 tbsp. olive oil
4. Finish by layering vegetables in bottom, mushrooms next and mashed potatoes on top
5. Put in 400 degree oven and bake until potatoes are golden brown

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

6 oz. garnish with chopped fresh parsley

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 94 Total Fat: 0 Saturated Fat: 0 Carbohydrate: 21 Protein: 3 Sodium: 511

Vitamin A: 159µg Vitamin C: 20mg Calcium: 30mg Iron: 1mg Folic Acid: 40µg