

Savory Shepherd's Pie

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

| Ingredients | Weight | Measure | Weight | Measure |
|--|--|-----------------------------|---|-------------------------------|
| Black beans, prepared | | 1-½ quarts + ¼ cup | | ¾ gallon + ½ cup |
| Lentils, prepared | | ¾ gal + ½ cup (prepared) | | 1-½ gal + 1 cup (prepared) |
| Garbanzo beans, prepared OR Beefless crumbles like Beyond Meat | 1 lb. 10 oz. | 1-½ quarts + ¼ cup | 3 lbs. 4 oz. | ¾ gallon + ½ cup |
| Vegetable or olive oil | | ¼ cup | | ½ cup |
| Onions, chopped | | 1 cup | | 2 cups |
| Celery, chopped | | 1 cup | | 2 cups |
| Mushrooms, fresh, sliced (optional) | 1 lb. | | 2 lbs. | |
| Garlic, minced OR Garlic powder | 2 ounces OR | ½ Tbsp. | 4 ounces OR | 1 Tbsp. |
| Corn, tempered | 2 lbs. 4 oz. | | 4 lbs. 8 oz. | |
| Vegetable stock | | ½ gallon | | 1 gallon |
| Flour | | 1 cup | | 1 pint |
| Water | | 1 cup | | 1 pint |
| Salt | 1 oz. | | 2 oz. | |
| Pepper, red or cayenne | | ¼ cup | | ½ cup |
| Mashed potatoes, flakes or granules OR Mashed potatoes, frozen OR Fresh mashed potatoes (recipe below) | 1 lb. 8 oz. (dry) OR 10 lbs. 4 oz. OR | 1 gallon (reconstituted) | 3 lbs. (dry) OR 20 lbs. 8 oz. OR | 2 gallons (reconstituted) |
| Potatoes, fresh, boiled & mashed | 9 lbs. | | 18 lbs. | |
| Dairy-free margarine, like Earth Balance | | ½ cup | | 1 cup |
| Soy milk, plain, unsweetened | | 1 pints | | 1 quart |

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

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Preparation

1. Prepare potatoes and set aside.

*If preparing fresh potatoes, boil potatoes for 15-20 minutes, until tender. Mash and mix with the dairy-free margarine and soy milk.

2. Heat oil in tilt skillet or steam jacketed kettle. Add onions, celery and garlic and cook until translucent, about 3-5 minutes.

3. Add black beans, lentils and garbanzo beans (if using). Cook for five minutes, stirring often.

4. With a potato masher, roughly mash about ½ of the bean mixture to thicken.

5. Add the corn and beefless crumbles (if using) to the bean mixture and cook for another 5 minutes.

6. Add vegetable stock and continue cooking for another 3 minutes.

7. In a small pan, make a slurry with the flour and water. Add the slurry to the bean mixture and cook until thickened.

8. Portion approximately ¾ gallon mixture into each hotel pan, preparing four total pans.

(If preparing 50 servings, only use 2).

9. Top each pan with ½ gallon mashed potatoes spread on top.

10. Bake at 350°F for approximately 15-20 minutes until the internal temperature reaches 150°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.

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Serving Information

Cut each pan 5x5 for serving, to provide 25 servings per pan.

Each serving provides 2 ounces meat/meat alternates, ½ cup starchy vegetable (3/8 cup potatoes, 1/8 cup corn)

Nutrition Information *From USDA Nutrient Database

Calories: 281 Total Fat: 7g Saturated Fat: 1.5g Carbohydrate: 45g (9g Fiber) Protein: 10g Sodium: 705mg