

Vegan Shepherd's Pie



Ingredients

- 5 medium potatoes, diced
- 1 brown onions, diced
- 4 garlic cloves, minced
- 1 can of diced tomatoes
- 1 carrot, diced
- 1 cup of green peas
- 1 can of black beans, drained and rinsed
- 1/2 cup of quinoa
- 1/2 cup of water
- 4 tbsp of gravy powder
- Handful of nutritional yeast

Method

- Dice potatoes and boil. Mash and set aside
- In a fry pan cook onion and garlic until soft. 4-5 minutes
- Add in diced tomatoes, carrots, black beans, quinoa and water. Stir in gravy powder and mix until thickened
- Add mixture to oven dish and top with mash potato. Sprinkle nutritional yeast over the top.
- Put in oven at 160c for about 20 minutes or until the top begins to brown

