

Hungry Shepherd's Pie (vegan)



Ingredients

1 medium	onion, diced
2 cloves	garlic, minced
1 20-oz can	Worthington® Vegetarian Burger
¼ tsp.	salt
⅛ tsp.	cayenne pepper
1 Tbs.	ketchup
1 cup	Italian bread crumbs
1½ cups	water
1½ tsp.	Better Than Bouillon Vegetable Base
⅛ tsp.	thyme
1 tsp.	oregano
1 15.5-oz	can white corn, drained
8 cups	(or 6 medium) potatoes, peeled, diced, and cooked (add 1 teaspoon salt when cooking)
½ cup	original unsweetened almond milk
2 Tbs.	
salt to taste	

Toppings

3 Tbs.	soy margarine
2 cups	whole wheat bread, crumbled
½ tsp.	Italian seasoning
⅛ tsp.	thyme

For Topping: Heat soy margarine in a skillet over low heat. Add crumbled bread, Italian seasoning, and thyme, and sauté until golden brown.

Directions

Spray a skillet with nonstick cooking spray. Sauté onion, garlic, and Worthington® Vegetarian Burger over medium high heat until onion is clear. Add salt, cayenne pepper, ketchup, bread crumbs, water, Better Than Bouillon Vegetable Base, thyme, and oregano. Mix thoroughly.

Spray a 9x13-inch casserole pan with nonstick cooking spray. Press burger mixture evenly on the bottom. Layer with corn.

Place potatoes in a medium-sized bowl and add margarine, milk, and salt. Mash to desired consistency. Layer potatoes on top of corn, then finish with the topping.

Bake at 375 ° for 1 hour. After 45 minutes, cover with foil to prevent the bread crumbs from burning.

Yields: 12 servings