



INGREDIENTS

- Nonstick cooking spray
- 4 parsnips, roughly chopped
- 2 large waxy potatoes like Yukon Gold, roughly chopped
- $\frac{1}{4}$ cup plant-based milk of choice
- 3 tablespoons plant-based butter
- 1 teaspoon kosher salt, divided
- 2 tablespoons extra-virgin olive oil
- 10-ounce bag frozen carrots, celery, and onion (often labeled "mirepoix")
- 2 teaspoons fresh thyme, or 1 teaspoon dried
- 8 ounces sliced mushrooms, like shiitake or cremini
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $2\frac{1}{2}$ cups cooked brown or green lentils*
- 2 tablespoons cornstarch or arrowroot starch
- 2 tablespoons Marmite (or 3 tablespoons soy sauce or liquid aminos)
- 1 14-ounce can crushed tomatoes
- 1 cup vegetable stock

NOTES & SUBSTITUTIONS

- *To cook the lentils from scratch, add 1 cup green or brown lentils to a large saucepan filled with water and bring to a boil. Cover and simmer for 17 to 20 minutes, stirring occasionally, until tender but not mushy. Strain.*
- *To reheat the pie from frozen, bake at 400 degrees F for 40 minutes or microwave for 5 to 6 minutes.*

PROCEDURE

PREHEAT the oven to 400 degrees F and lightly grease a 2-quart baking dish or pan with **cooking spray** or **plant-based butter**.

IN A LARGE POT, cover 4 roughly chopped parsnips and 2 roughly chopped potatoes with water by 1 inch and bring to a boil. Cook until tender, 10 to 12 minutes. Drain, place back in the pot, and mash with **$\frac{1}{2}$ cup plant-based milk**, **2 tablespoons plant-based butter**, and **$\frac{1}{2}$ teaspoon salt**.

MEANWHILE, add 2 tablespoons olive oil to a large, deep skillet on medium heat. Add a **10-ounce bag of frozen carrots, celery, and onions** and **2 teaspoons fresh thyme** and cook until the vegetables start to soften, 3 to 4 minutes. Add **8 ounces sliced mushrooms** with **$\frac{1}{2}$ teaspoon each salt and pepper** and cook 3 minutes more.

ADD 2 1/2 cups cooked brown or green lentils and **2 tablespoons cornstarch**, stirring well. Stir in **2 tablespoons Marmite** and a **14-ounce can of crushed tomatoes**. Add **1 cup veggie stock** and bring to a simmer. Remove from heat and season to taste with **salt and pepper**.

TRANSFER the lentil filling to the prepared baking dish. Spoon and spread the parsnip mash over the top to cover. Use a fork to scrape lines across the surface, if desired. (I like to do this because it gets crispier!) Bake for 30 minutes, then broil for 1 to 2 minutes until golden and crispy on top.