

# Shepherd's Vegetarian Pie

Yield: 10 min  
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/marie-s-shepherd-s-pies-recipes>

## Ingredients:

- 2 tablespoons olive oil
- 1 onion large, finely diced
- 4 stalks celery finely diced
- 4 small carrots finely diced
- 2 cloves garlic minced
- 1 1/2 cups corn frozen
- 1 1/2 cups green peas frozen
- 16 ounces veggie crumbles Morning Star, or your favourite brand
- 1/4 cup tomato paste
- 1/4 cup water
- 4 cups vegetable stock
- 1/2 cup butter
- 1/4 cup all purpose flour
- 2 tablespoons soy sauce
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- 3 pounds potatoes peeled, chopped, and boiled until fork tender
- 1/4 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 25 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams

8. Sodium: 830 milligrams
  9. Sugar: 7 grams
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