

# Vegan Shepherd's Pie

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/soy-italian-sausage-recipe>

## Ingredients:

- 1 onion chopped
- 1 tablespoon crushed garlic
- 1 tablespoon olive oil
- 12 ounces soy Mince\*
- 2 button mushrooms Packs, 18oz/500g total, finely chopped
- 2 tablespoons soy sauce
- 1 tablespoon maple syrup
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 cup tomato paste
- 2 cups frozen peas and carrots
- 4 large potatoes ~1100g/2.5lb
- 4 tablespoons vegan butter plus more for the top
- 1/2 cup soy milk or other non-dairy milk\*
- sea salt
- black pepper

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 96 grams
3. Fat: 10 grams
4. Fiber: 16 grams
5. Protein: 24 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1000 milligrams
8. Sugar: 13 grams

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