

untagged, needs pic, incomplete



This recipe is tagged as incomplete, use at your own risk!

Recipe Name

Date added: 20XX/MO/DA

Ingredients

Sublist 1

- 1 lb portabello mushrooms, chopped fine
- 1/2 yellow onion, finely diced
- 1 carrot, chopped fine
- 1/2 tsp thyme
- 1 teaspoon smoked parika
- 1/8 tsp liquid smoke
- 1 T bacon fat
- 1 T tomato paste
- 1/2 cup frozen peas
- mashed potatos

Ground Beef TVP

- 1/2 cup tvp
- 1/2 cup water
- 1 T nutritional yeast
- 2 tsps beef btb
 - heat water in microwave
 - combine all ingredients in measuring cup
 - set aside to rehydrate for about 10 mins

Method

1. Add 1T of olive oil to a 12-inch cast iron skillet on high heat. Add diced mushrooms. Saute over high heat, stirring frequently, until mushrooms are dark golden brown. They will shrink down a lot.
2. When mushrooms are done, add 1 tbsp of bacon fat, and reduce heat to medium. Add finely diced onion, saute until onion is translucent. Add finely chopped carrots. Sprinkle with 1/2 tsp salt.
3. Once carrots are soft, add prepared TVP. Saute over medium heat to reduce water out of TVP slightly.
4. Add sherry to pan to deglaze. Add thyme, smoked paprika, liquid smoke, and tomato paste, stir to combine.

5. Add peas. Sprinkle mixture with flour. Add beef borth, reduce heat to medium low and simmer until slightly thickened.
6. Top with mashed potatoes. Bake in the oven for about 10 minutes or until peaks of potatos start to brown.

Notes

Inspired by: *original recipe link*

From:

<https://wiki.cookie mountain.org/> - **Recipe Book**

Permanent link:

https://wiki.cookie mountain.org/doku.php?id=recipes:tvp_shepard_s_pie

Last update: **2025/01/09 01:48**

