

shepherds' pie

2 cans tomato sauce
3 cloves garlic - minced
1/2 yellow onion - chopped
2 carrots - sliced
1 1/2 cups green beans - cut
2 cups peas
1 cup fresh tvp (textured vegetable protein)
1/2 teaspoon thyme
1/2 cup red wine
olive oil
mashed potatoes (see recipe sans chives)
salt and pepper to taste

heat skillet to medium, add 2 tablespoons olive oil. add garlic and onion. cook until onion is translucent. add tomato sauce, red wine, thyme, salt and pepper.

allow the sauce to cook for 15-20 minutes on simmer. in a separate pot, bring 4 cups water to boil. add carrots and beans. cook until tender. add peas the last 2-3 minutes. drain.

combine the veggies with the sauce. add tvp.

layer on the bottom of individual crocks or 1 large crock. top off with 1 inch layer of mashed potatoes. sprinkle with smoked paprika. put in 375 degree oven for 15 minutes.

serve with a glass of stout beer.

enjoy!