



Budget-Friendly Shepherd's Pie

Ingredients

- 2 lb. potatoes cut into large pieces
- 2 cups unsweetened, unflavored plant-based milk or skim milk
- Sea salt, black pepper, to taste
- 1 cup coarsely chopped onion
- 1 cup coarsely chopped carrots
- 1 cup coarsely chopped celery
- 1 cup frozen corn
- 3 cloves garlic, minced
- 1½ teaspoon dried Italian seasoning, crushed
 - ¼ cup certified gluten-free rolled oats
 - 1 tablespoon white wine vinegar

Instructions

1. Preheat oven to 425°F.
2. Boil or steam potatoes until tender. Transfer potatoes to a large bowl & mash. Add 1 cup of milk, season with salt and pepper.
3. In a large skillet combine the next six ingredients (through Italian seasoning) and ¼ cup water. Cook for about 10 minutes, stirring occasionally.
4. Place oats in blender until you have a flour-like consistency. In a small bowl whisk oat flour into the remaining 1 cup of milk. Stir flour mixture and vinegar into skillet with vegetables. Cook until mixture thickens, stirring occasionally.
5. Transfer vegetable mixture to a 2-qt dish. Top with mashed potatoes, spreading evenly.
6. Bake 20 minutes or until potatoes are lightly browned on top. Let cool 10 minutes.