

# CHEF MIKE'S HONEY ROASTED ROOT VEGETABLE SHEPHERD'S PIE

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## PREP TIME

45 mins

## COOK TIME

1 hour

## SERVINGS

8 - 10

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## INGREDIENTS

2 cups cooked brown lentils  
1 T Barr Hill honey  
2 1/2 T Worcestershire sauce  
3 T olive oil  
1/3 cup water

2 cups baby bella mushrooms  
2 cups Dog River butternut squash  
1 head Harlow Farm cauliflower  
1 cup sweet peas

2 cups Cate Farm rainbow carrots  
1/2 t FEAST Farm rosemary  
1/2 t FEAST Farm thyme  
1 T chopped garlic  
5 FEAST Farm shallots  
1/2 t black pepper  
1 T King Arthur flour  
1 cup local goat cheese  
1/3 cup Sweet Rowen milk  
1 cup parmesan cheese

## INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Line baking sheet with aluminum foil
3. Add chopped squash, carrots, shallots, olive oil, a few pinches of salt and the black pepper
4. Toss until coated
5. Bake 25 minutes or until vegetables are cooked
6. Drizzle with honey, add peas and gently mix
7. In saute pan heat some olive oil, mushrooms, garlic, shallots
8. Cook until translucent, then add thyme, rosemary, and lentils
9. Add flour, Worcestershire sauce, and cook to thicken
10. Bring a pot with the 1/3 C water to boil and add cauliflower to steam for 10-13 minutes until tender and mash. Add goat cheese
11. In a large baking dish spoon lentil mixture, then layer vegetable mix, next top with cauliflower/goat cheese mix, sprinkle with parmesan
12. Cook for 25 minutes at 400 degrees
13. Let rest for 10 minutes

**Enjoy!**

**Share this recipe with a friend, or ask a loved one  
to prepare for you!**

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**FEAST**  
Senior Meals

