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Our Heart "Beets" Plant Strong

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Shepherd's Pie

Ingredients for cooking lentils:

- 1 ½ cup dry lentils
- 3 cups water
- 2 tsp low sodium tamari
- 1 ½ tsp smoked paprika
- 1 ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp cayenne pepper
- ½ tsp black pepper

Directions for cooking lentils:

1. Rinse lentils
2. Place all ingredients in your Instant Pot
3. Make sure pressure valve is sealed
4. Select high pressure and a manual cooking time of 12 minutes
5. Allow lentils to cook fully and release pressure naturally

Ingredients for Shepherd's Pie:

- Cooked lentils (from above method)
- 1 onion, chopped fine
- 3-4 cups collard greens, chopped fine
- 3-4 large carrots, chopped fine
- 1 cup frozen peas
- 2 Tbsp tomato paste
- ½ tsp cayenne pepper
- 1 tsp smoked paprika
- ½ tsp garlic powder
- 2 tsp low sodium tamari
- Black pepper to taste

(mashed potatoes)

- 4-5 white potatoes
- 1- 1.5 cup water
- 2 tsp garlic powder
- Soy milk to thin
- Black pepper to taste
- 2 Tbsp nutritional yeast
- Optional spices: rosemary, onion powder, etc.

Directions:

1. Preheat oven to 400°F
2. Chop potatoes and add to instant pot with water, on manual steam setting for 8 minutes
3. Once done, use immersion blender to blend until smooth while adding in above spices
4. While potatoes are cooking, add onion and carrots to a skillet with a small amount of water and begin to sauté on the stove
5. Once these vegetables begin to soften, add in collard greens and cook until soft
6. Add in peas, lentils and other ingredients, mixing together well
7. In a baking dish, plate a thick layer of the vegetable and lentil mixture from your skillet – top with a thick layer of mashed potatoes
8. Garnish with a dusting of smoked paprika and nutritional yeast
9. Bake, uncovered, for 20-25 minutes
10. Remove from oven, allow to slightly cool and serve