

Layered White Bean, Lentil and Kohlrabi Shepard's Pie

Ingredients

For the Lentils

- Oil, for cooking
- 2 cloves garlic, minced
- ½ onion, diced
- ½ tsp. dried cumin
- 1 ½ tsp. green chili powder
- 2 tsp. nutritional yeast
- 1 cup dry green lentils
- ½ white wine
- 1 cup water

For the Beans

- Oil, for cooking
- 1-2 cloves garlic, minced
- ½ onion, diced
- 1 15 oz. can diced tomatoes
- 1 tsp. dried parsley
- 1 tsp. dried basil
- ½ tsp. dried oregano
- 2-3 cups of cooked white beans (I used [cassoulet](#)) (start with 1 cup dried beans)
- Salt and pepper, to taste

Other Ingredients

- One large kohlrabi, or several smaller ones, about 1.5 lbs. in total. Skinned, diced, and boiled until soft.
- 2 tbsp. vegan butter
- ½ tsp. dried thyme
- Salt and pepper, to taste
- ½ cup vegan cheese (optional)



Steps

1. Start by cooking the lentils. Heat a small amount of oil in a large skillet, and add the onions and garlic, sautéing until they become fragrant. Add the spices (without the salt), and toast gently, stirring well, for a minute or two. Next add the dry lentils, and stir until they're all coated in the spices. Finally, add the water and wine, bring to a boil and reduce to a simmer and cover. Cook until soft, checking occasionally, and adding more water if needed. Set aside.
2. While this is cooking, start the beans. Heat oil and add onions and garlic. Add the spices and tomatoes, and stir before gently folding in the beans. Bring to a simmer, for 5-10 minutes, before setting aside.
3. Combine the cooked kohlrabi, vegan butter, thyme, and salt (to taste), and mash well with a potato masher, until it is fairly smooth.
4. Preheat the oven to 375°F (190°C), and begin to assemble the pot pie. In found single-sized pieces of oven-safe crockery, first layer the lentils, then the beans, then a small amount of vegan cheese (optional), and finally the mashed kohlrabi. Cook in the oven for 30 minutes. If you would like a little more color on your kohlrabi, turn on the broiler and watch until it's reached the desired shade.