

Sweet Potato & Black Bean Shepherd's Pie

What kind of shepherd makes a shepherd's pie without lamb? Maybe one who takes the whole caretaking aspect of the job to heart. This dish gets its protein from a combination of black and red beans and its distinctive color from a coating of sweet potatoes. Serve with chunks of crusty bread and pour yourself a shiraz/syrah to celebrate protecting Mary's little lamb from the big bad wolf. *Ya mas!*



Ingredient list for 4 servings:

3 large sweet potatoes, about 3 lb - peeled and cut into small cubes

¼ cup evaporated milk mixed with ¼ cup water

1 tablespoon olive oil

1 large red onion - finely diced

2 garlic cloves - finely diced

1 teaspoon smoked sweet paprika

4 spring onions - sliced

½ lb mushrooms - sliced

1 tablespoon maple syrup

¼ teaspoon white pepper

Juice of 1 lime or 2 tablespoons lime juice

1 can black beans - drained and rinsed

1 can red kidney beans - drained and rinsed

1 can diced tomatoes [14.5 oz] - drained

Salt and pepper to taste

- Boil the peeled sweet potatoes until tender, about 30 minutes. Drain cooking water. Mash the sweet potatoes with the milk and a pinch of salt. Cover and set aside.
- Sauté the onions, garlic and a pinch of salt, in olive oil over medium heat in medium saucepan for 5 minutes, until the onion softens. Add the paprika and slices of spring onion, sauté for 2-3 minutes, ensuring they are coated in the paprika, before adding the mushrooms and mixing again.
- Add the black and red beans, and cook for 5 minutes. Then add the tomatoes, maple syrup and lime juice, mixing everything well.
- Spoon the bean mixture in the bottom of a 9x13 baking pan and top with the sweet potato mash. Place in the oven set to broiler option until it starts to brown on the top, about 20-25 minutes.

Note: Reheat leftovers in the microwave at 70% until warmed through.