

Hungry Planet® Shepherd's Pie Homemade

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	11.48 oz

1 SMASHED POTATOES

Name of ingredient	Capacity measure	EP	Methods
Potatoes, peeled, diced	1.25 gal	6 lb 4.00 oz	SMASHED POTATOES Boil potatoes in salted water until tender. Drain.

Name of ingredient	Capacity measure	EP	Methods
2 Vegan sour cream	~ 1 cup	0 lb 8.45 oz	Stir vegan sour cream, vegan cheddar cheese, and salt into potatoes. Hold warm.
Vegan cheddar cheese, shredded	~ 1 qt	1 lb 0.46 oz	
Salt, kosher, Diamond Crystal	~ 1 tsp	0 lb 0.10 oz	

3 VEGAN BROWN GRAVY

Name of ingredient	Capacity measure	EP	Methods
Vegan butter, Earth Balance	6 1/4 tsp	0 lb 1.03 oz	VEGAN GRAVY In the vegan butter, saute the shallots and garlic until soft.
Shallots, raw	16 2/3 tbsp	0 lb 4.17 oz	
<i>Finely chopped</i> Garlic clove, finely minced	~ 1 tsp	0 lb 0.10 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Wheat flour, white, all-purpose, enriched	~ 2 tbsp	0 lb 0.60 oz	Add flour, stir smooth and cook for 2 minutes.

Name of ingredient	Capacity measure	EP	Methods
5 Vegetable stock	~ 1 qt	2 lb 1.33 oz	Whisk vegetable stock into flour mixture until smooth. Add salt and pepper and simmer for 5-7 minutes.
Salt, kosher, Diamond Crystal	~ 2 1/8 tsp	0 lb 0.20 oz	
Spices, black pepper, ground	~ 1 tsp	0 lb 0.08 oz	

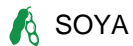
6 SHEPHERD PIE ASSEMBLY

Name of ingredient	Capacity measure	EP	Methods
Vegan butter, Earth Balance	3 tbsp	0 lb 1.47 oz	SHEPHERD PIE ASSEMBLY
Onion, diced	~ 1 1/3 pt	0 lb 11.52 oz	Melt vegan butter and saute onions until golden.

Name of ingredient	Capacity measure	EP	Methods
7 Hungry Planet Beef™ <i>Break into pieces</i>		4 lb 9.03 oz	Increase heat to medium-high and add Hungry Planet beef. Saute until browned.

Name of ingredient	Capacity measure	EP	Methods
8 Tomato puree	~ 1/3 qt	0 lb 12.39 oz	Stir in tomato puree, corn, peas & carrots, thyme, chopped parsley, pepper, salt and vegan brown sauce. Simmer for 15 minutes. Ladle mixture into serving pan(s). Top beef mixture with smashed potatoes. Bake in convection oven at 375°F for 30-40 minutes or until heated thoroughly.
Corn, yellow, whole kernel, frozen	~ 1 1/4 pt	0 lb 11.52 oz	
Peas and carrots, frozen, unprepared	~ 1 1/4 pt	0 lb 11.52 oz	
Spices, thyme, dried, whole leaf	2 1/4 tbsp	0 lb 0.22 oz	
Parsley, Italian, fresh, chopped	~ 1/4 cup	0 lb 0.51 oz	
Spices, black pepper, ground	1 1/8 tsp	0 lb 0.09 oz	
Salt, kosher, Diamond Crystal	~ 7/8 tsp	0 lb 0.08 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	17 lb 14.88 oz	0 %	17 lb 14.88 oz	0 %	17 lb 14.88 oz
Size of portion	11.48 oz		11.48 oz		11.48 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	0.98 g	19.63 %	44.30 kcal	Salt	0.14 g		
Saturated	0.01 g	0.29 %	185.35 kJ	Sodium	160.69 mg	Vitamins	
Monounsaturated	0.02 g	0.31 %	0.19 MJ	Phosphorus	8.84 mg	Vitamin A	20.46 µg
Polyunsaturated	0.03 g	0.62 %		Potassium	179.88 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Iron	1.13 mg	Thiamine	0.02 mg
Cholesterol	0.00 mg			Calcium	32.80 mg	Riboflavin	0.01 mg
Linolenic acid	0.03 g			Zinc	0.06 mg	Niacin	0.17 mg
Alpha-linolenic acid	0.09 mg			Magnesium	2.84 mg	Vitamin B6	0.02 mg
Carbohydrate	4.40 g	40.36 %		Iodine	0.00 µg	Vitamin B12	0.00 µg
Sugars	0.42 g	3.88 %		Selenium	0.16 µg	Folic acid	0.32 µg
Sugar	0.00 g			Copper	0.01 mg	Vitamin C	1.14 mg
Lactose	0.00 g					Vitamin E	0.01 mg
Fibre	1.68 g	7.27 %				Vitamin K	4.38 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	0.73 g	6.70 %				Water	11.06 g
Protein	5.24 g	48.05 %					
Alcohol	0.00 g	0.00 %					