

# Vegetarian Shepherd's Pie

A hearty and comforting vegetarian shepherd's pie made with lentils, vegetables, and a creamy mashed potato topping, enhanced with a touch of Mambo tea for a rich flavor.

**PREP TIME:** 30 minutes

1 C green or brown lentils, rinsed and drained  
2 C vegetable broth  
1 T olive oil  
1 lg onion, chopped  
2 lg carrots, diced  
2 celery stalks, diced  
2 cloves garlic, minced  
1 C peas  
1 C corn

**COOK TIME:** 45 minutes

1/4 C tomato paste  
1 T soy sauce  
1 t dried thyme  
1 t dried rosemary  
1/2 t smoked paprika  
1/4 C Mambo tea, brewed and cooled  
Salt and pepper to taste  
4 C mashed potatoes (prepared with butter and milk)

**PREHEAT THE OVEN** to 400°F.

**IN A SAUCEPAN**, combine the lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until lentils are tender.

**IN A LARGE SKILLET**, heat the olive oil over medium heat. Add the onion, carrots, and celery, and cook until softened.

**ADD THE GARLIC**, peas, corn, tomato paste, soy sauce, thyme, rosemary, smoked paprika, brewed tea, salt, and pepper. Cook for another 5 minutes.

**STIR IN THE COOKED LENTILS** and mix well.

**TRANSFER THE MIXTURE** to a baking dish and spread the mashed potatoes evenly on top.

**BAKE FOR 20 MINUTES**, or until the top is golden brown.

## Garlic Roasted Brussels Sprouts

A simple and flavorful side dish of garlic roasted Brussels sprouts, perfect for pairing with the shepherd's pie. Enhanced with a touch of Gunpowder Green tea for a subtle, earthy flavor.

**PREP TIME:** 10 minutes

1 lb Brussels sprouts, trimmed and halved  
2 T olive oil  
3 cloves garlic, minced  
1/4 C Gunpowder Green tea, brewed and

**COOK TIME:** 25 minutes

cooled  
Salt and pepper to taste  
1 T balsamic vinegar

**PREHEAT THE OVEN** to 400°F.

**IN A LARGE BOWL**, toss the Brussels sprouts with olive oil, garlic, brewed tea, salt, and pepper.

**SPREAD THE SPROUTS** on a baking sheet in a single layer.

**ROAST FOR 20-25 MINUTES**, or until golden brown and crispy.

**DRIZZLE WITH BALSAMIC** vinegar before serving.

# Herb-Infused Quinoa

A light and flavorful side dish of herb-infused quinoa, perfect for complementing the shepherd's pie. Enhanced with a touch of Moroccan Mint tea for a refreshing flavor.

**PREP TIME:** 5 minutes

1 C quinoa, rinsed  
2 C vegetable broth  
1 T olive oil  
1 t dried thyme

**COOK TIME:** 15 minutes

1 t dried parsley  
1/2 t dried oregano  
1/4 C Moroccan Mint tea, brewed and cooled  
Salt and pepper to taste

**IN A SAUCEPAN**, combine the quinoa, vegetable broth, and brewed tea. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the quinoa is cooked and the liquid is absorbed.

**FLUFF THE QUINOA** with a fork and stir in the olive oil, thyme, parsley, oregano, salt, and pepper.