

## Lentil Mushroom Stew Over Mashed Potatoes

### Instructions

1. Peel and cube the potatoes. Add the cubed potatoes to a large pot of boiling water, and cook for 15–20 minutes or until soft.
2. Add 1 tablespoon of olive oil to a large saucepan. Add the diced onion and garlic to the pan, and sauté for 2 minutes. Add the soy sauce and mushrooms, and cook until soft, about 5 minutes.
3. Add the lentils, 2 cups of broth, tomato paste, and thyme to the saucepan. Bring to a boil, then reduce the heat to low and cook for 20 minutes or until the lentils are soft. Add more broth as needed to avoid scorching.
4. Drain the potatoes and mash with salt, pepper, and 1/2 tablespoon of olive oil. If needed, you can thin the mashed potatoes with broth or unsweetened soy or nut milk.
5. Add 2–3 tablespoons of mashed potatoes to the soup and stir.
6. Serve the stew over the mashed potatoes. Top with Parmesan cheese or nutritional yeast, and enjoy!

### Ingredients

- 1 lb of Yukon gold potatoes (about 3-4 potatoes)
- 2–3 tablespoons of olive oil, divided
- 1 white onion, diced
- 2 cloves of garlic, minced
- 1 tablespoon of soy sauce
- 2 packages of mushrooms
- 2/3 cup of dry lentils
- 3 cups of vegetable broth
- 1 tablespoon of tomato paste
- Fresh thyme
- Salt
- Pepper
- Parmesan cheese or nutritional yeast

### Grocery List

#### Produce

- 3–4 Yukon gold potatoes
- 1 white onion
- 1 bulb of garlic
- 2 packages of mushrooms
- Fresh thyme

#### Pantry

- Olive oil
- Soy sauce
- Salt
- Pepper

#### Canned Goods

- Lentils
- Vegetable broth
- Tomato paste
- Nutritional yeast

#### Dairy

- Parmesan cheese