

Mushroom & Sweet Potato Shepherd's Pie

with Fresh Green Garbanzo Beans

There's a world of difference between fresh and canned (or dried) garbanzo beans. For this delicious update of a classic, we're providing garbanzos fresh from the vine, still in their pods. Lightly sautéing the beans brings out their mild flavor and preserves their delightful crunch. Combined with mushrooms, herbs and aromatics, these beans provide a tasty base for this hearty, sweet potato crust.



Ingredients

- 3 Ounces Cremini Mushrooms
- 3 Ounces Shiitake Mushrooms
- 3 Ounces Fresh Green Garbanzo Beans
- 2 Cloves Garlic
- 2 Stalks Celery
- 1¼ Pound Sweet Potatoes
- 1 Lemon
- 1 Yellow Onion
- 2 Tablespoons Butter
- 3 Tablespoons Vegetable Demi-Glace

Makes 2 Servings
About 580 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off and discard the stems of the mushrooms, then cut the caps into bite-sized pieces. Shell the garbanzo beans; discard the shells. Peel and thinly slice the garlic. Small dice the celery. Peel and cut the sweet potatoes into large pieces. Quarter the lemon and remove the seeds. Peel and small dice the onion.



Cook the sweet potatoes:

Once the water is boiling, add the **sweet potatoes** and cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Add the **butter** and, using a whisk or fork, mash the sweet potatoes until smooth; season with salt and pepper to taste. Set aside as you continue cooking.



Start the filling:

While the potatoes cook, in a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **onion, celery, garlic** and **garbanzo beans** and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened.



Finish the filling:

Add the **mushrooms** to the pan and increase the heat to medium-high. Add a drizzle of olive oil and season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until the mushrooms have browned. Stir in the **vegetable demi-glace** and $\frac{1}{2}$ **cup of water**, scraping up any browned bits from the bottom of the pan. Simmer, stirring occasionally, 2 to 3 minutes, or until thickened; season the mixture with salt and pepper to taste. Remove from heat and stir in the **juice of 2 lemon wedges**.



Assemble the pie:

Transfer the **vegetable and mushroom filling** to a 10-inch by 7-inch (or similar-sized) baking dish, then evenly top with the **mashed sweet potatoes**. (If you'd like, use a fork or spoon to make a decorative pattern in the potatoes.)



Bake the pie:

Place the pie in the oven and bake 10 to 12 minutes, or until lightly browned on the edges. Remove from oven and let stand for at least 2 minutes before serving. To plate your dish, divide the **pie** between 2 plates. Garnish with the **remaining lemon wedges**. Enjoy!