

Crispy impossible black bean Shepherd's pie

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For impossible bean crumble

- 1 cup canned black beans, drained and rinsed
- 1 1/2 cups Impossible Burger vegan meat
- 1/2 tsp kosher salt
- 1/2 tsp black pepper, table grind
- 1/4 cup ground cumin
- 2 tsp canola oil
- 1/2 cup white onions, diced small
- 2 tsp garlic cloves, peeled and minced

For stew

- 2 cups low-sodium vegetable stock
- 4 tsp red wine vinegar
- 4 tsp canned tomato paste
- 1 each whole dried bay leaves
- 2/3 tsp whole dried thyme leaves
- 2 cups frozen peas and carrots mixture

For croquette

- 1 1/3 cups water
- 2 tbsp non-dairy butter
- 1/2 tsp kosher salt
- 2/3 cups unsweetened non-dairy soy milk
- 1 1/3 cups potato flakes
- 2 tbsp all-purpose flour

or

- 2 cups frozen Tater Tot potatoes as an alternative to croquettes

For breading

1/2 cup all-purpose flour

1/2 cup unsweetened non-dairy soy milk

1/2 cup dry, plain breadcrumbs

Instructions

For impossible bean crumble

1. In a large mixing bowl, smash beans with a potato masher or fork until broken down but not into a paste. Add vegan meat crumbles and seasoning and mix well.
2. On a flat-top grill heat oil over medium heat. Sauté onions for 3-5 minutes. Add garlic and cook for 1 minute. Add bean mixture and cook for another 9-10 minutes or until cooked through and meat is browned. Crumble can be held in hotel pans in hot box until ready to add to stew.

For stew

Combine stock, vinegar, tomato paste, dried herbs and frozen vegetables in a stock pot over medium high heat and bring to a simmer. Once simmering, add in crumble, simmer for 20-30 minutes until thickened. Stew can be held in hotel pans in hot box or hot well until ready for service.

For croquette

Bring water, butter and salt to a boil. Remove from heat and stir in soy milk and flakes until combined. Stir in flour. Let cool before handling. Scoop into 1 ounce portions and roll into balls. Place in parchment lined hotel pans, wrap and freeze at least one hour or overnight. (Can be prepped the day before).

For breading

Set up breading station with separate bowls of flour, soy milk and bread crumbs. Toss potato balls in flour, then submerge in soy milk until fully covered, finally coat with bread crumbs. Immediately fry at 350°F 5 minutes or until golden brown. Drain on paper towel lined hotel pan. Croquettes can be held in hotel pans in hot box or hot well until ready for service.

*Alternative to making croquettes: Prepare Tater Tots according to package. Tots can be held in hotel pans in hot box or hot well until ready for service.

For service

Portion 1 1/2 cup stew in a bowl and top with 5 croquettes (or 1/2 cup tots).

Notes

Each serving provides 2 meat/meat alternate, ½ cup starchy vegetable and 1/4 cup other vegetables.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 18.4oz | Calories: 487kcal | Carbohydrates: 73g | Protein: 25g | Fat: 13g | Saturated Fat: 2g | Trans Fat: 1g | Sodium: 982mg | Fiber: 10g | Sugar: 7g