

VEGETARIAN GLUTEN-FREE SHEPHERD'S PIE

2 lbs sweet potatoes, scrubbed well and pierced all over with a fork (I used yams)
1 Tbsp canola oil
1 medium onion, chopped
1 red pepper, diced
2 cloves garlic, minced
2 tsp ground cumin
1 can black beans, well rinsed and drained
1 cup cooked quinoa (made with water) (I cooked ½ cup dry - made more than 1 cup)
1 cup frozen corn, no need to thaw (I used my own frozen peas plus 2 chopped carrots)
1 cup mild or medium salsa, deli style (I used Paul Newman's original medium)
¾ cup sour cream
¼ cup finely chopped cilantro
¼ tsp fresh ground pepper
¼ cup thinly sliced green onion (didn't have any so omitted this)

- Preheat the oven to 350F and bake the sweet potatoes for 60 minutes or until tender. Alternatively, microwave on high for 8 to 15 minutes. Cool until easy to handle.
- Lightly grease an 8-cup (2-L) baking dish with oil and set aside
- In a large soup pot or Dutch oven, heat the oil over medium heat. Add the onion, red pepper, garlic and cumin. Cook, stirring often, 5 – 7 minutes/ Stir in the black beans, cooked quinoa, corn (or veg), cilantro and salsa until well combined. Remove from heat.
- Pour into the prepared pan. If you used a microwave to cook the sweet potatoes, at this point preheat the oven to 350F.
- Meanwhile, cut the cooled sweet potatoes in half and scrape out the flesh. Discard the skins. Mash the sweet potato well with the sour cream. Season with pepper if desired.
- For a rustic look, spoon the sweet potato mixture over the quinoa mixture in heaping teaspoonfuls, otherwise spoon on and spread out.
- Bake for 30 – 40 minutes, or until heated through and bubbly. Sprinkle with green onion to garnish.