Vegan Shepherd's Pie Soup

by Elizabeth Varga Makes 6 servings



Ingredients

- 3 Medium Carrots peeled and small diced
- 2 Stalks Celery small diced
- 1 Medium Yellow Onion small diced
- 4 Ounces Cremini Mushrooms small diced
- 4 Cloves Garlic minced
- 1 Pound Russet Potatoes peeled and diced
- ½ Teaspoon Liquid Smoke
- ½ Teaspoon Dried Thyme Leaves
- ½ Teaspoon Dried Rosemary
- ½ Teaspoon Cumin
- ½ Teaspoon Paprika
- ¼ Teaspoon Black Pepper
- Pinch Allspice
- 4 Cups Vegetable Broth
- 1 Cup Non-Dairy Yogurt or Sour Cream (I used Kite Hill's plain unsweetened Greek yogurt; you can also use a creamy milk like oat milk, but it won't be as thick)
- 2 15 Ounce Cans Lentils drained and rinsed
- ½ Cup Frozen Peas
- ½ Cup Frozen Corn

Directions

- Heat a large pot over medium heat, add the onion, carrot, celery, mushrooms, and garlic. Cook, stirring often, for 4-6 minutes until the vegetables are starting to soften.
- Add the potatoes and spices and stir to coat.
- Add the broth and yogurt. Stir well, then bring to a simmer. Cook for 15 minutes, until the potatoes are tender.
- Stir in the lentils, peas, and corn. Heat for another 2 minutes until the veggies are warm. Serve.

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