

Butternut Squash Lentil Pie

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

TOPPING

- 4-5 cups butternut squash, cubed
- 2 tbsp extra-virgin olive oil
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp garlic powder
- 4 tbsp melted ghee or coconut oil*
- 1 can (400mL) full fat coconut milk**
- Sea salt and pepper to taste
- Fresh parsley for garnish

BOTTOM

- 1 cup dry green lentils
- 2.5 cups water
- 2 tbsp extra-virgin olive oil
- 1 small white onion, finely chopped
- 1 1/2 cups carrots, chopped
- 1 cup celery, chopped
- 1 sweet red pepper, chopped
- 1 cup frozen peas, thawed
- 1 tbsp dried Italian seasoning
- 1 tbsp dried rosemary
- 2 garlic cloves, finely chopped
- 1 can (156mL / 5.5 fl oz) tomato paste
- 1 cup veggie stock

Instructions:

1. Preheat oven to 350F (180C).
2. Rinse lentils under water. Bring pot of 2.5 cups of water and lentils to a boil. Reduce to a simmer and cook lentils until soft (about 25 minutes). All the water should have absorbed or evaporated. If the lentils are cooked and there's still more water to be absorbed, just drain out water and then set aside.
3. While the lentils are cooking, place butternut squash evenly on a baking sheet. Drizzle with olive oil and bake for 25 minutes or until tender. Once done, set aside.
4. Transfer butternut squash to a high power blender and add cinnamon, nutmeg, garlic powder, ghee or coconut oil, coconut milk and sea salt and pepper to taste. Blend until smooth and creamy. Give a taste test and add more seasoning if needed.
5. Now it's time to make the bottom, pie part. In a large fry pan on the stove, heat olive oil and saute onions for 5 minutes. Add carrots, celery, red pepper, peas, seasoning, rosemary and garlic. Add more olive oil if needed.
6. Next add the lentils, tomato paste and veggie stock. You should have a somewhat pasty texture -- this is normal. Give it a taste test!

7. Using a 9 inch pie plate, spread bottom mixture on to pan. Then spoon butternut squash topping mixture on top. Place in oven for 25 minutes.
8. Once cooked, remove from oven and garnish fresh parsley.
9. This will freeze well so cover it and freeze for up to 2 months or refrigerate for 1 week and reheat in oven as needed. Enjoy!

Notes:

Serves 6 NOTE: I have labelled this vegan because I want you guys to be able to easily find this recipe if you're searching "vegan" recipes on my blog. You will see that you can easily use coconut oil in place of ghee -- up to you! *I prefer the richness of ghee for this recipe but if you want this to be vegan then use coconut oil. **I used Cha's Organic full fat coconut milk. Make sure you buy "FULL FAT" and if it's mostly liquid, the topping will be too watery. Do not sub in liquid coconut milk from a carton, it's too liquidy because you want the creamy fat from the full fat coconut milk for a nice and creamy topping.