



BEANY SHEPHERD'S PIE

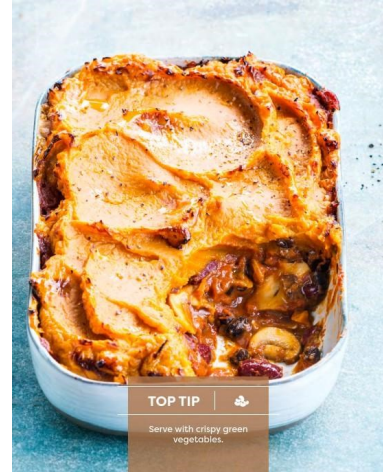
Recipe from [Knorr Future 50 Foods Cookbook](#)

Serves 4 – Vegan – Easy – 1hour 20minutes



Ingredients:

- * 600g sweet potato, cut into small cubes
- * 1 red onion, finely chopped
- * 2 garlic cloves, crushed
- * ½ tbsp olive oil
- * 1 ½ tsp smoked sweet paprika
- * 1 tbsp ground cumin
- * 150g chestnut mushrooms, sliced
- * 1 tin (400g) of adzuki beans, drained and rinsed
- * 1 tin (400g) of red kidney beans, drained
- * 1 tin (400g) of chopped tomatoes
- * 1 tbsp tomato purée
- * 1 Knorr Vegetable Stock Pot
- * Green vegetables (serving tip)



Method:

1. Pre-heated oven to 250°C. Boil the sweet potatoes until tender, approximately 25 minutes. Drain and set aside.
2. While the sweet potatoes cook, fry the onion and garlic in olive oil over medium heat for 5 minutes, until the onion softens. Stir in the paprika and cumin and cook for 2–3 minutes more. Add the mushrooms and stir well to coat with the spices.
3. Add the beans and saute for another 5 minutes. Add the tin of tomatoes, tomato puree, black pepper and Knorr Vegetable Stock Pot. Mix it all together.
4. Once the sweet potatoes are cooked, drain and mash using a potato masher until smooth.
5. Spoon the bean mix into an ovenproof dish and top with the sweet potato mash. Cook for 20–25 minutes. Allow to cool and serve with crispy green vegetables.



Greenhouse Gasses

Total overall recipe **4.5kg CO2e**

Total per serving **1125g CO2e**

CO2e per serving is equivalent to driving **3.77 miles** in an average UK petrol car

