

INGREDIENTS

- 1 Large Onion
- 2 Carrots
- 1 Head of Green Cabbage
- 2 tbsp Wheat Flour, plus some for dusting
- 1 ½ cup Vegetable Broth
- Sea Salt and Pepper
- 1 tsp Mustard
- ¼ cup Soy Milk
- Rolls (like Pillsbury Flaky)
- 1 Large Egg

DIRECTIONS

1. Preheat oven to 350 F.
2. Slice vegetables, dice onion, shred carrot, chop cabbage.
3. Place vegetables in a pan with olive oil and cook until soft. Remove from heat and pan and set aside.
4. In the same pan, place milk and flour and cook for 1 minute. Whisk continually.
5. Slowly add the vegetable stock until it thickens. If there are lumps, whisk aggressively until it smooths.
6. Reduce heat and let simmer for 3-4 minutes. Add seasonings and mustard.
7. Add vegetables and 1 egg (scrambled) to sauce.
8. Spray a muffin tin with oil, open rolls and place in muffin tin. Form the rolls into little bowls. If you want to add a top to your mini pies, cut ¼ of the roll off and flatten.
9. Add vegetable mixture to mini bowls and if you had the roll lids, place on top. Cook in oven for 15 minutes or until rolls are golden brown. Remove and let cool before serving.



Mini Veggies Only Sheppard's Pie

Dairy-Free | Vegetarian |

Yield:
6 Servings

Prep Time:
15 Min

Cook Time:
25 Min