

Shepherd's Pie

(Serves 4)



1 tbsp Marca Leon Corn oil
1/3 cup diced carrots
1/3 cup diced celery
1/3 cup diced onion
1/3 cup vegetable broth
1 can tuna flakes, drained well
1/4 cup grated parmesan cheese
1 cooked Potato – peeled and mashed
1 cooked Sweet Potato – peeled and mashed
2 tbsp soy milk
1 tbsp canola butter
A pinch of paprika

To make your vegetable broth, first boil the celery stems and discarded celery leaves in a ½ cup of water, then strain to make 1/3 cup of vegetable broth. Set aside. Heat Marca Leon Corn Oil in a non-stick pan and sauté carrots for one minute. Add celery and cook for another minute. Then add the onions and sauté for another 3-5 minutes. Marca Leon Corn Oil is a great addition in any dish because it contains Omegas 3 and 6— essential fatty acids, which are necessary for brain development. Deglaze by adding vegetable broth, then boil for about 8 minutes, or until it's reduced by half. Remember not to let it get too dry! Then flake the tuna in a casserole dish. Mix in the cooked vegetables, and top with cheese. Whip the potatoes together with soy milk and healthy butter. Spread the potato mixture on top of the tuna. Sprinkle with paprika. Bake at 350OF for 30 minutes, or until light brown. Now enjoy this heartwarming comfort food with family and friends!