



Vegan Pot Pie with Garam Masala

2 T olive oil
4 carrots, peeled and diced
1 onion, diced
1 lb. potatoes , chopped
2 t ground garam masala
2 c cashews, soaked (6-12 hours)
1 c vegetable broth
1 T apple cider vinegar
1 t salt
2 t cinnamon
1/4 c coconut oil

60 g red lentils, cooked
3 T pumpkin puree
1/2 t turmeric
1 sheet of puff pastry

In a large pot, heat the olive oil over high heat. Add the chopped carrots, onion, potatoes and garam masala to the pot. Cover and cook until the potatoes are fork tender. (Add vegetable stock as needed to keep the vegetables from sticking to the pan.)

While the vegetables are cooking, prepare the cashew cream. Place the cashews, 1 c vegetable broth, apple cider vinegar, salt, cinnamon and coconut oil into a food processor. Blend until smooth and creamy. Add more vegetable stock if necessary to reach the desired consistency. The sauce should neither be sticky or too runny.

Preheat the oven to 400F. Once the vegetables are tender, add the cooked lentils, pumpkin puree and turmeric to the pot. Stir to combine. Next pour the cashew cream into the pot, stirring until the sauce covers the vegetables.

Next grease a casserole dish or pie pan (9x13, or two smaller dishes) and pour the creamy vegetables into the dish. Cover with the puff pastry, tucking around the sides and folding in the excess dough. Bake the pie for 20 to 25 minutes, or until the crust is a nice golden brown.

Slice and serve.

