



*A Live Simply Vegetarian Recipe  
From Sue O'H*

## A VEGATABLE BAKE

A recipe made up by a parishioner's mother, a very good cook, for a vegetarian daughter who isn't, so it is not difficult. It is a sort of veggie shepherd's pie and a good way of using up lots of odds and ends of ingredients – a good Live Simply recipe. It is good with some green vegetables such as French beans or broccoli.

Serves 4

### Ingredients:

- 2 medium onions cut into thick slices
- 2 very small or one medium leek cut into medium slices
- 2 sticks celery cut into thin slices
- ½ red pepper sliced into small squares
- ½ green pepper sliced into small squares
- ¼ pound /125 g mushrooms sliced
- 1½ oz/45g cheddar cheese
- ½ veg stock cube mixed with a cupful of water
- 2 tablespoons (30 ml) milk
- 1 Tablespoon (15 ml) cream
- 1 dessertspoon (10 ml) flour
- 4 large potatoes creamed with butter and milk
- Salt and pepper

### Method

Fry the mushrooms in a little butter until cooked and liquid has gone. Put to one side. Keep the creamed potatoes hot.

Fry the onion in a small amount of butter or oil until soft but not brown, then add the leeks and celery and simmer until cooked through.

Season with salt and pepper then sprinkle over the flour and stir in so well mixed.

Add the stock/water, stir in and cook until thickens.

Stir in the cheese and some milk if too thick, then add the mushrooms and peppers and cook until the peppers are soft.

Stir in the cream, then pour into an oven proof dish, spread the creamed potatoes on top and grill until brown.