



Mr. Kate's  
Vegan Pot Pie/Casserole



What You Need:

- 1 sploosh of canola oil to coat the pan
- 2 carrots chopped
- container of mushroom chopped
- bag of frozen pearl onions
- bag of frozen peas
- 1 Field Roast brand Celebration Roast cut in cubes -  
you could use seasoned firm tofu or seitan.
- 1 container of vegan gravy
- a few sprigs of fresh Thyme
- a couple leaves of fresh Sage
- salt and pepper
- 1 sheet of puffed pastry
- 1 tsp vegan butter (Earth Balance)

Do It:

- . preheat your oven to 400 degrees
- . coat a big frying pan with oil
- . saute your mushrooms, carrots and frozen pearl onions
- . add your Celebration Roast
- . once veggies are soft, add frozen peas and sprigs of  
thyme and sage leaves
- . salt and pepper to taste
- . put mixture into casserole dish and cover with the  
sheet of puffed pastry
- . coat the puffed pastry with some vegan butter to  
brown and pop in oven for around 15 minutes or until  
pastry has puffed and toasted.