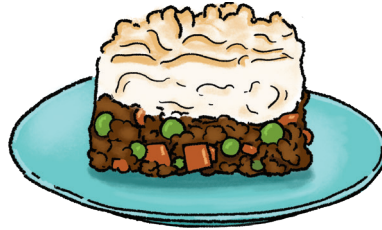







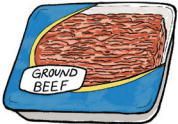




Dietary Modifications for:

Irish Cottage Pie



rad^odish

Diet	Ingredient	Swap
 Gluten-Free		<p>Use gluten-free flour, such as Bob's Red Mill 1:1 Baking Flour or King Arthur Flour.</p>
 Vegan	 Dairy-Free	  <p>Use dairy-free butter, such as Melt or Earth Balance.</p> <p>Use dairy-free milk, such as almond, cashew, soy, or pea protein.</p>
 Vegetarian	  	<p>Option 1: Replace with one (8 oz) package of mushrooms. Dice in small pieces. Add to skillet with onion and carrot in Step 7.</p> <p>Option 2: Use 1 cup cooked brown or green lentils. (Note: ½ cup uncooked lentils = 1 cup cooked lentils.) Add lentils in Step 8 to replace ground beef. Cook 3-5 minutes (instead of 7-9 min.)</p> <p>Use vegan Worcestershire, such as Annie's or O Organics.</p> <p>Use vegetable broth.</p>