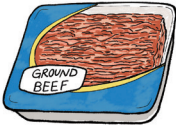


Dietary Modifications for:

Irish Cottage Pie



radish

Diet		Ingredient	Swap
 Gluten-Free			Use gluten-free flour, such as Bob's Red Mill 1:1 Baking Flour or King Arthur Flour.
 Vegan	 Dairy-Free	 	Use dairy-free butter, such as Melt or Earth Balance. Use dairy-free milk, such as almond, cashew, soy, or pea protein.
	 Vegetarian	  	Option 1: Replace with 1 (8 oz) package mushrooms. Dice in small pieces. Add to skillet with onion and carrot in Step 7. 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 minutes.) Use vegan Worcestershire, such as Annie's or O Organics. Use vegetable broth.