

# St. Patty's Potato Casserole – Vegan – SOS

Prep Time: 30 minutes  
Cook Time: 60 minutes  
Total Time: 1 hour, 30 minutes

Serving Size: 6  
Calories per serving: 256  
Fat per serving: 0.9 grams

*'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-75.*

## Ingredients

- 2 cups sliced mushrooms
- 1 cup finely chopped spinach or Swiss chard
- 1 leek bulb, sliced
- 1 cup soup stock or water
- 2 cups soy milk or rice milk
- 1/2 cup apple juice
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1 tablespoon arrowroot
- 4 medium red or Yukon Gold potatoes, sliced
- 2 medium carrots, peeled and sliced
- 1/2 head cabbage, sliced
- 4 stalks celery, chopped
- 1 leek bulb, sliced
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## Instructions

1. Braise the mushrooms, greens, and 1 leek bulb in the stock or water until tender. Blend in a food processor with the soy milk or rice milk, juice, sage, and thyme.
2. When smooth, return to the pan, and whisk in the arrowroot heat until the sauce begins to thicken. Cover and remove from the heat.
3. Layer the potatoes, carrots, cabbage, celery, and remaining leek bulb in a 4-quart casserole dish. Pour the sauce over the layered potatoes and vegetables.
4. Cover and bake at 350° F for 60 minutes, or until the potatoes are tender.

## Notes

Nutrition facts (per serving): Calories: 256, from fat: 7.6, total fat: 0.9g, cholesterol: 0mg, sodium: 119mg, total carbohydrate: 32g, fiber: 9.4g, sugar: 7g, protein: 7.1g.