

## Savory Meat Pie *Makes 1 – 9" pie'*

Double or triple this recipe to make extra pies to freeze!

*Use home-grown, grass-fed and organic ingredients whenever possible.*

### **Ingredients:**

1 – single pie crust

1 TBSP olive oil or coconut oil

1 lb hamburger, lean

1 medium yellow onion (1 cup), chopped

1 medium red bell pepper, chopped (1 cup)

2 garlic cloves, freshly pressed

1 cup frozen corn (or canned, drained – save the liquid)

3 TBSP cornstarch

1 – 15 oz can black beans, rinsed and drained

½ cup Barbecue Sauce

½ cup beef or chicken broth (or liquid from a can of corn)

1 TBSP Chipotle Rub or Tex-Mex Rub by Pampered Chef or other spice blend of your choice

¾ - 1 cup cheddar cheese, grated

### **Directions:**

1. Cook burger, onion, red bell pepper and garlic in oil until burger is crumbly and no longer pink. Sprinkle cornstarch over this mixture and stir to incorporate.
2. Combine black beans, barbecue sauce, beef (or canned corn broth) and spice and process in a manual or electric food processor until fairly smooth. Add this to the beef and veggie mixture and stir together.
3. Cool slightly and pour into single prepared crust.
4. Sprinkle cheese on top.\*
5. Bake for 40-45 minutes at 400° until pie is bubbly and firm; let pie rest 10 minutes before slicing and serving.
6. Serve with a fresh green salad.

*\*At this point, if the pie is to be frozen and baked later, double wrap and freeze.*

### **Cooking day:**

1. Thaw in fridge for 2 days or a few hours on counter, or bake frozen, adding 10-20 additional minutes.
2. Uncover and bake in preheated 400° oven for 40-45 minutes or until crust is golden brown and pie is bubbly.
3. Allow pie to rest 10 minutes before slicing and serving.
4. Serve with a fresh green salad.