

Beef Pot Pie

Recipe by: Elizabeth Powell, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
1 pound	stew meat	cut in small chunks
1 tablespoon	oil	
1	onion	chopped, or 1 teaspoon powdered onion
2 cloves	garlic	minced, or 1 teaspoon garlic powder
pinch	pepper	
1 tablespoon	brown sugar	
2 tablespoons	soy sauce	
2 cups	beef stock	
2-3	potatoes	cubed
2-4	carrots, sliced	sliced
1 can	petite diced tomatoes	
1 tablespoon	cornstarch	

- brown meat in oil over high heat; add onion and garlic, saute until limp
- add pepper, brown sugar, soy sauce, and beef stock; bring to boil
- reduce heat, cover , and simmer until meat is tender, about 1 hour (stir every 15-20 minutes, adding water as necessary to maintain about 1.5 cups liquid)
- add potatoes, carrots, and tomatoes (if using cast iron pan, wait to add the tomatoes until right before adding the crust on top); continue to simmer for another 20 minutes
- preheat oven to 450
- dissolve cornstarch in 1/3 cup water; bring meat and veggies to boil then add cornstarch mixture, stirring constantly
- pour mixture into pie pan and top with pie crust, cutting slits in top
- bake at 450 for 20-30 minutes or until golden brown