

Beef Pot Pie

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

Servings: 5

Amount	Ingredient
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
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