

# SAVORY WINTER MEAT PIE

## INGREDIENTS

*Frozen double-crust pie shells or frozen dough  
For make-your-own pastry see recipe on page 16*

**3 tablespoons olive oil**

**2 medium onions, diced (2 cups)**

**1 small red pepper, chopped fine (2/3 cup)**

**4 cloves of garlic, minced**

**1/4 cup sherry or red wine vinegar**

**1 lb ground turkey**

**1 lb ground pork**

**2 teaspoons dried ground savory**

**3 teaspoons dried or fresh thyme**

**1 teaspoon celery pepper**

**1/2 teaspoon ground bay leaf**

**1/4 teaspoon ground cloves**

**1 tablespoon dried mustard powder**

**1/4 cup freshly chopped parsley**

**1 1/2 cups fresh bread crumbs  
(5-6 slices of fresh bread)**

## PREPARATION

- 1 Put oil, onions, red pepper and garlic in a large pan on medium high heat and cook until the onions start to colour.
- 2 Add sherry or vinegar and cook until completely evaporated. (Approx 15-20 minutes)
- 3 Add meats and spices and continue to cook for another 12-15 minutes.
- 4 Cut bread slices into cubes and pulse in food processor on low speed to get a fine crumb.
- 5 Transfer meat to a colander to drain any excess liquid, return to pan; add bread crumbs and parsley.
- 6 The filling is now ready to be put into an unbaked pie shell, covered with pastry and baked in a convection oven at 375° F for 35-40 minutes. (conventional oven 400° F)
- 7 If you are preparing one or more to freeze, cool the filling first. Then fill and close shell as usual before wrapping and freezing. To bake: transfer pie directly from freezer to oven (conventional oven preheated to 425° F) for 15 minutes; reduce heat to 350° F and cook for another 30 minutes until done.



**PREPARATION: 30 MINUTES**

**COOKING: 45 MINUTES**

**8 SERVINGS**

## Nutrient Analysis

**PER SERVING** (1/8 of pie)

**Renal exchange:**

2 Protein + 2 Starch + 1/2 Vegetable

Calories	<b>534 kcals</b>
Protein	<b>22g</b>
Carbohydrates	<b>36g</b>
Fiber	<b>2.2g</b>
Total Fat	<b>33g</b>
Saturated Fat	<b>8.8g</b>
Cholesterol	<b>69mg</b>
Sodium	<b>195mg</b>
Potassium	<b>386mg</b>
Phosphorus	<b>235mg</b>

## SUGGESTION

*Prepare in advance, can be frozen.*