

Sweet and Savory Crustless Beef Pot Pie Serves: 6

This recipe uses meat, vegetables and broth from the Slow Cooker Sweet and Savory Beef and Vegetables meal (page 97).

Adjust the amount of frozen mixed vegetables as needed to yield at least 4 cups between planned-over and frozen.

Preheat oven to 350 degrees.

3 cups	beef broth (use any liquid leftover from the slow cooker meal first and add more as needed)	Add broth and vegetables to a large oven-safe pot or skillet (such as dutch oven or cast iron) and bring to a simmer over medium heat. Simmer five minutes while you make the topping in steps 4 & 5 below.
2 1/2 cups	frozen mixed vegetables (mixture of diced corn, peas, carrots, lima and green beans)	
1/2 tsp	salt (omit if beef broth is not low-sodium)	
1 cup	planned-over shredded cooked beef from the Slow Cooker Sweet and Savory Beef and Vegetables meal	Add to the skillet and return to a simmer.
1 1/2 cups	(or more) planned-over vegetable mixture , cut into bite-sized pieces, from the Slow Cooker Sweet and Savory Beef and Vegetables meal	
1 Tbsp	herbs de Provence (or equal parts oregano and thyme)	
1/4 cup	whole wheat pastry flour (or white whole wheat or gluten-free flour)	Add the flour to the simmering skillet, stirring briskly to remove any lumps. Then add the yogurt, if using, and stir again. Filling mixture will thicken.
1/4 cup	plain nonfat Greek yogurt , OPTIONAL (adds creaminess)	
1/2 cup	cornmeal	For the topping, in a small bowl, fluff with a fork to evenly combine. OPTION: Replace the cornmeal topping (this step and next) with a cauliflower topping: Steam one head cauliflower, then blend in a food processor with 2 Tbsp butter, 2 Tbsp milk and 1/4 tsp salt. Spoon over pot pie filling before it goes into the oven.
1/2 cup	whole wheat pastry flour (or white whole wheat or gluten-free flour)	
1 1/2 tsp	baking powder (aluminum-free)	
1/2 tsp	salt	
1/4 tsp	dried basil , OPTIONAL	
1	egg	Add to the dry topping ingredients and stir until combined (but don't overmix). Pour the batter in 6 equal spoonfuls on top of the pot pie filling. (If not using an oven safe skillet, transfer the pot pie filling to a large baking dish first.) Bake, uncovered, for about 25 minutes until topping is browned and cooked through and filling is bubbly. Let sit for 5 minutes before serving. <i>To serve with planned-over Broccoli Cauliflower Salad (page 127), use the bake time to chop the apple and mix with the already-made dressing. Serve and enjoy!</i>
1/2 cup	milk (skim, almond or soy)	
2 Tbsp	olive oil	
1 Tbsp	honey	

Nutrition Information for one serving including the optional yogurt:

Calories: 380 • Fat: 9.5 g • Sat Fat: 2 g • Chol: 64 mg • Fiber: 8 g • Protein: 26 g • Total Carb: 49 g • Sugars: 12 g • Sodium: 640 mg