

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Italian Pot Pies

Adapted From Everyday Food - December 2008

Serves 4

1 tablespoon olive oil
1 medium onion, finely chopped
2 carrots, finely chopped
coarse salt and ground pepper
1 pound beef sirloin (We used free range ground beef that we bought from a local farmer)
2 cups homemade or best-quality store-bought pasta sauce
1 cup spelt flour (Healthier alternative to all-purpose.)
¼ cup grated Parmesan (1 ounce)
1½ teaspoons baking powder
¼ teaspoon crushed dried rosemary
4 tablespoons butter, melted
½ cup whole milk (Buy organic, if possible. There is a brand called "Farmers' Creamery" you can find at Dierbergs that is also grass-fed and non-homogenized.)

1. Preheat oven to 450 degrees, with rack in lowest position. In a large skillet, heat oil over medium. Add onion and carrots; season with salt and pepper. Cook, stirring occasionally, until tender, 6 to 8 minutes. Add beef, and cook, breaking up meat with a wooden spoon, until no longer pink, 3 to 5 minutes (if you use ground beef with a higher fat content, you will want to drain off the grease before adding the pasta sauce). Add pasta sauce; bring to a boil reduce to a simmer, and cook, stirring occasionally, until meat mixture has thickened, 8 to 10 minutes; set aside.
2. In a medium bowl, whisk flour, Parmesan, baking powder, rosemary, and ½ teaspoon salt; make a well in center, and add butter and milk. Stir just until dough comes together.
3. Spoon meat mixture into four 8-ounce ramekins; mound dough on top*. Place on a large rimmed baking sheet (line with foil for easy clean-up); bake until topping is golden brown and a toothpick inserted in topping comes out clean, 10 to 12 minutes.

* If you don't have the ramekins, pour the meat mixture into a casserole dish and spoon the dough in mounds on the top.