

Keto Meat Pie

(Tuesday dinner)



1 Serving

Net carbs: 4 % (7 g)

Fiber: 5 g

Fat: 71 % (47 g)

Protein: 25 % (38 g)

kcal: 622

INGREDIENTS:

1/10 yellow onion, finely chopped

1/6 garlic clove, finely chopped

1 tsp butter or olive oil

3½ oz. ground beef or ground lamb

salt and pepper

½ tsp dried oregano or dried basil

2 tsp tomato paste or ajvar relish

1 1/3 tbsp water

PIE CRUST:

2 tbsp almond flour

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2 tbsp almond flour

2 tsp sesame seeds

2 tsp coconut flour

½ tsp ground psyllium husk powder

1/6 tsp baking powder

pinch salt

½ tbsp olive oil or coconut oil

¼ egg

2 tsp water

Topping:

1/oz. cottage cheese

DIRECTIONS:

Preheat the oven to 350°F (175°C).

1. Fry onion and garlic in butter or olive oil over medium heat for a few minutes, until the onion is soft. Add the ground beef and keep frying. Add oregano or basil and add salt and pepper to taste.

2 Add tomato paste, pesto or ajvar relish – use what you have on hand. Add water. Lower the heat and let simmer for at least 20 minutes. While the meat simmers, make the dough for the crust.

3 Mix all the dough ingredients in a food processor for a few minutes until the dough turns into a ball. If you don't have a food processor, you can mix by hand with a fork.

4 Place a round piece of parchment paper in a well-greased springform pan—about 10 inches in diameter—to make it easier to

remove the pie when it's done. (You can also use a deep-dish pie pan.) Spread the dough in the pan and up along the sides. Use a spatula or well-greased fingers.

5 Pre-bake the crust for 10-15 minutes. Take it out of the oven and place the meat in the crust. Mix cottage cheese and shredded cheese together, and layer on top of the pie.

6 Bake for 30-40 minutes on lower rack or until the pie has turned a golden color.