

Keto Meat Pot Pies

Ingredients for Crust:

¾ C Almond flour + 2-3 Tbsp coconut flour, if needed
8 Tbsp (1 stick) salted butter, semi-chilled
2 eggs, beaten

Directions

Heat oven to 400 degrees F. In a mixing bowl, cut the butter into the flour(s) until mix resembles coarse crumbs. Add the eggs and mix in with a fork and/or hands until dough comes together into a big ball.

Separate dough into 4 golf-ball size pieces + 4 big marble-sized pieces. Take each bigger ball of dough and press it into a small crock or individual pie pan, etc. Make sure dough goes up the sides a ways. Repeat until all four crocks have been lined with the bottom crust.

Flatten the smaller dough pieces between your hands, making a small round top crust (it will not fit to the sides of the crock/pan. That's good as the unsealed edges will be the vents.) Set these 4 pieces aside.

Ingredients for the meat filling:

1 C left-over cooked meat, chopped into cubes (i.e.- pot roast, steak, roasted chicken, etc.)
2-3 stalks celery, chopped
¼ onion, chopped (or use dehydrated onion...sprinkling to taste)
1 orange, red, or yellow bell pepper, chopped fine
1 can green beans, drained
1 – ½ C keto gravy

(Change ingredients according to your taste. I try to avoid high-carb veggies like peas and carrots. Broccoli, asparagus, spinach, mushrooms, zucchini, green chile, shredded cheese, etc. are just a few variations to think about. Use your imagination!!)

Directions:

In a saucepan, heat the gravy and whisk it until it's smooth. Add the rest of the ingredients and heat until mixed thoroughly and heated through. Spoon mix into the individual pie crusts. Place the dough discs on top of each pie. Place crocks/ pie tins on a large baking sheet and put into oven. Bake for about 17-18 minutes, until crust is golden brown. Allow to cool about 10-15 minutes before serving.