

PREPARATION: 30 MINUTES | COOKING: 45 MINUTES | SERVINGS: 8

# SAVORY WINTER MEAT PIE

## INGREDIENTS

- 2 deep crust pie shells, frozen (thawed)*
- 3 tablespoons olive oil*
- 2 cups onion, diced*
- 2/3 cup red pepper, finely chopped*
- 4 cloves garlic, minced*
- 1/4 cup red wine vinegar*
- 1 lb lean ground turkey*
- 1 lb lean ground pork*
- 2 teaspoons dried ground savory*
- 3 teaspoons dried thyme*
- 1/2 teaspoon ground pepper*
- 1/2 teaspoon celery seed*
- 1/2 teaspoon ground bay leaf*
- 1/4 teaspoon ground cloves*
- 1 tablespoon dried mustard powder*
- 1 1/2 cups fresh bread crumbs (5-6 slices of fresh bread)*
- 1/4 cup fresh parsley, chopped*

## PREPARATION

- 1** Preheat oven to 400°F.
- 2** Heat the oil in a large frying pan over medium-high heat. Fry the onions, red peppers and garlic until the onions start to brown.
- 3** Add the vinegar and cook until completely evaporated (approximately 15–20 minutes).
- 4** Add meat and dry spices and continue to cook for another 12–15 minutes.
- 5** Cut bread slices into cubes and pulse in food processor on low speed to get a fine crumb.
- 6** Transfer meat to a colander to drain any excess liquid.
- 7** Return the meat mixture to the pan, add breadcrumbs and parsley.
- 8** Pour meat mixture into the pie shell and cover the pie with the second shell.
- 9** Bake for 35–40 minutes until it reaches an internal temperature of 165°F and enjoy.

## SUGGESTION

- ✓ *If you are preparing a meat pie in advance and you want to freeze it, let the meat mixture cool before filling and closing the shell. Wrap and freeze. To bake: put pie directly from freezer into oven (preheated to 425°F) for 15 minutes; reduce heat to 350°F and cook for another 30 minutes until it reaches an internal temperature of 165°F.*



# SAVORY WINTER MEAT PIE



## Nutrient Analysis

### PER SERVING

1/2 of recipe

#### Renal/Diabetic exchanges:

3 Meat+ 2 Starch+ 1 Lower-Potassium Vegetable+ 3 Fat

Calories	<b>515Kcal</b>
Protein	<b>27g</b>
Total Carbohydrate	<b>36g</b>
Fiber	<b>3g</b>
Sugars	<b>3g</b>
Fat	<b>29g</b>
Saturated	<b>7g</b>
Cholesterol	<b>75mg</b>
Sodium	<b>322mg</b>
Potassium	<b>478mg</b>
Phosphorus	<b>291mg</b>
Calcium	<b>79mg</b>
Iron	<b>4mg</b>
Magnesium	<b>46mg</b>
Vitamin C	<b>22mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

# Ground Turkey – A Healthful Alternative

Eating the right amount of protein is very important when you have chronic kidney disease (CKD). During the earlier stages of CKD, it is common to limit meat portions while those who require dialysis should eat more meat, as they need a higher amount of protein in their diet. Ask your renal dietitian how much protein is right for you.

While all meats are a good source of protein, some can be more beneficial to your health than others. Studies have shown that eating large amounts of red meat (e.g. pork, beef, veal) may worsen kidney function and cardiovascular disease. Eating skinless poultry as well as plant-based sources of protein (e.g. beans, peas, lentils and tofu) may be beneficial in slowing the progression of these health concerns.

The reason for this benefit is not entirely clear and additional studies are needed to figure this out. Choosing ground turkey over ground beef may be healthful because it reduces the amount of red meat you consume.

Reference: Red Meat Intake and Risk of ESRD. Journal of the American Society of Nephrology 28: 304-312, 2017.

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