



Healthy Eating & Weight Loss

Sirloin Pepper Steak Pie with Baked Veggies

Sirloin Pie:

- 1 low fat deep dish frozen pie crust
- 12 oz sirloin beef steak, boneless and trimmed of fat
- 1 tsp canola or olive oil
- 1 onion
- 1 small green pepper
- 7 mushrooms
- 1 can Campbells Golden Mushroom soup
- 1 tbsp Worcestershire sauce

Baked Veggies:

- 4 Roman tomatoes
- 1 small zucchini
- 1 Tbsp olive oil
- 1 tsp Italian Seasoning
- salt and pepper to taste

Preheat oven to 375 degrees. Heat the 1 tsp of oil on med-high heat. Cut meat into small bite-sized cubes and add to pan as you chop. Cut onion and peppers into medium pieces and add to pan as you chop. Wash and slice mushrooms and add to pan. Add soup and Worcestershire sauce to meat and stir until blended. Pour meat sauce into EMPTY pie plate with NO BOTTOM CRUST. Cover with thawed crust and seal edges. Bake in hot oven (set time for 40 minutes)

Cut tomatoes and zucchini in thick slices and place on cookie sheet. Drizzle with oil and sprinkle with spices. Bake in hot oven beside meat pie, when timer rings both are ready. Let pie stand 5 mins before serving. Serves 4-6. Follow instructions in order to reduce the prep time!

308 calories per serving, 18 g protein

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