

Beef Pot Pie

Servings : 8

Amount	Measure	Ingredient - Preparation Method
1 1/4	pounds	lean round steak
		vege cooking spray
2	cups	thinly sliced carrot
1	cup	chopped onion
2	cloves	garlic - minced
2	tablespoons	flour
1	teaspoon	dried whole oregano
1/2	teaspoon	dried whole thyme
1/4	teaspoon	salt
1/4	teaspoon	ground red pepper
12	ounces	beer
1		pastry crust

Cut steak into 1 inch pieces. Coat skillet with cookin spray. Med-high heat. Cook steak till browned. Set aside

Wipe drippings from skillet with paper towel, coat skillet with cooking spray. Saute carrot for 8 minutes, stirring. Add onion and garlic, saute till tender. Combine flour and next 4 ingredients, stir. Stir in flour mixture and cook for 1 minute. Add beer and reserved beef, stir well. Put mixture in 9" deep dish pieplate.

Put pastry on top. Cut holes.

Bake 425 for 30 minutes. Cool 10 minutes.