

Little Veron's Recipe

Beef and Vegetable Potpie

1 tablespoon olive oil, divided
1 pound Little Veron's ground chuck
2 cups chopped zucchini
1 cup pre-chopped onion
1 cup chopped carrot
1 teaspoon dried basil
1/2 teaspoon dried thyme
1 (8-ounce) package pre-sliced mushrooms
3 garlic cloves, minced
1/2 cup dry red wine
1/4 cup tomato paste
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon freshly ground black pepper
1 (14-ounce) can fat-free, less-sodium beef broth
2 tablespoons cornstarch
2 tablespoons water
Cooking spray
1 (11-ounce) can refrigerated soft breadstick dough

Directions:

- Preheat oven to 400°.
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add beef; cook 3 minutes or until browned, stirring to crumble. Drain.
- Wipe drippings from pan with a paper towel. Heat remaining 1-1/2 teaspoons oil in pan.
- Add zucchini and next 6 ingredients (through garlic); sauté 7 minutes or until vegetables are tender.
- Return beef to pan. Stir in wine, tomato paste, Worcestershire sauce, pepper, and broth. Bring to a boil; cook 3 minutes.
- Combine cornstarch and 2 tablespoons water in a small bowl; stir with a whisk. Add the cornstarch mixture to the pan; cook 1 minute, stirring constantly.
- Spoon beef mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Separate breadstick dough into strips. Arrange strips in a lattice fashion over beef mixture.
- Bake at 400° for 12 minutes or until browned.