

## Lebanese Beef Pie (Lahm Bi Ajeen), Homemade Pizza Dough FIT

Serving size: 1 pie

Makes 9 servings

### Pizza Dough

- ½ TBSP Granulated Sugar
- 1 tsp Kosher Salt
- 1 tsp Active Bakers Yeast, dry
- 2 cups, 2 TBSP Water
- ¾ tsp Canola Oil
- 7 ½ cups High Gluten Flour
- 2/3 cup Onions, diced
- 2/3 cup Tomatoes, finely chopped
- ½ tsp Lemon Juice
- ½ tsp Salt
- ¼ tsp Black Pepper
- 1 tsp Pomegranate Molasses
- 2 TBSP All Purpose Flour
- 1 Egg

### Preparation:

#### Beef Pie

- ½ lb Ground Beef
- 1 TBSP Olive Oil

For the Pizza Dough:

1. Combine sugar, salt, yeast, water, and oil in the bowl of a stand mixer. Gradually add flour and mix on speed 1 for 3 minutes. Increase speed to 3 and mix for 6 minutes more.
2. Divide dough ball in half. Cover and let rise in a warm place (75-85°F is best) for minimum 24 hours.

For the Pie:

1. Brown ground beef. Drain excess fat. Remove beef from pan, set aside.
2. Heat oil in same pan. Sauté onions and tomatoes until softened. Add ground beef, lemon juice, salt, pepper, and pomegranate molasses. Mix well.
3. On a floured surface, portion pizza dough into 3 oz pieces and roll out. 3 oz = ~1/2 cup or a little smaller than a tennis ball. Take 1/4 cup of the meat filling and place in the center of the dough, spread it out and leave about 1 inch on the sides. Fold dough over edge of meat and pinch the sides all around, like a pie crust (see picture).
4. Whisk the egg well and using a pastry brush, brush the top of the dough. Bake at 425°F for 10-12 minutes until dough is golden brown.



### NUTRITION FACTS

PER SERVING

calories	290
total fat (g)	7
saturated fat (g)	2
sodium (mg)	290
total carbohydrate (g)	44
dietary fiber (g)	2
added sugar (g)	0
protein (g)	14



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