

DINNER

French Canadian Tourtiere

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	25 min	40 min	8	\$0.75	194 kcal



French Canadian Tourtiere is a gluten free, dairy free, paleolithic, and primal recipe with 8 servings. This main course has 194 calories, 16g of protein, and 13g of fat per serving. For 75 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals.

Ingredients

☐ ½ teaspoon dried thyme, crushed☐ 0.1 teaspoon ground cloves☐ 1 pound lean ground pork☐ ½ pound lean ground beef☐ 1½ teaspoons salt☐ 1 clove garlic, minced☐ ¼ teaspoon ground black pepper☐ ¼ teaspoon ground sage☐ 1 onion, diced☐ ½ cup water

EQUIPMENT Sauce pan, Oven, Aluminum foil

Method

- 1 Preheat oven to 425 degrees F (220 degrees C).
- 2 In a saucepan, combine pork, beef, onion, garlic, water, salt, thyme, sage, black pepper and cloves. Cook over medium heat until mixture boils; stirring occasionally. Reduce heat to low and simmer until meat is cooked, about 5 minutes.
- 3 Spoon the meat mixture into the pie crust.
- 4 Place top crust on top of pie and pinch edges to seal.
- 5 Cut slits in top crust so steam can escape. Cover edges of pie with strips of aluminum foil.
- 6 Bake in preheated oven for 20 minutes, remove foil and return to oven.
- 7 Bake for an additional 15 to 20 minutes until golden brown.
- 8 Let cool 10 minutes before slicing.

Nutrition per serving

194	16 g	13 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.1 g · 32% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			0.6 g · 1% of daily needs
Sodium			488 mg · 21% of daily needs
Cholesterol			58.4 mg · 19% of daily needs
Vitamin C			1.6 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/french-canadian-tourtiere-148200