

Farmhouse on Boone presents

SOURDOUGH SKILLET 5 WAYS

Incorporate this staple meal into your weekly routine.



LISA BASS

The sourdough skillet is, dare I say, the perfect staple meal.

It can be made to suit vegetarians, and meat eaters alike. It can be adapted to include whatever is seasonally available.

It is a healthy, balanced meal, that even includes the traditional grain preparation method of sourdough.

All that, AND it's a one pot wonder!

In my video tutorial on this perfect dish, I may have called it "life changing". Yes, a slight exaggeration, but is it hard to see where my enthusiasm for the sourdough skillet dinner comes from?

BRAND NEW TO SOURDOUGH?

GET UP TO SPEED ON MY OTHER POSTS AND VIDEO TUTORIALS:

[How to Make a Sourdough Starter from Scratch](#)

[Our Favorite Sourdough Pancake Recipe](#)

[How to Make Sourdough English Muffins](#)

[How to Make Easy Sourdough Pizza Crust](#)

[Chicken Alfredo Sourdough Pizza Recipe](#)

[Sourdough Pizza with Pesto and Cream Sauce](#)

[Whole Grain Coconut Oil Sourdough Doughnuts](#)

SHEPHERD'S PIE

SOURDOUGH SKILLET

SERVES:4 PREP TIME:20 MINUTES COOK TIME:25 MINUTES

FILLING LAYER

1 Cup Carrots, sliced
1/2 Cup Frozen Sweet Corn
1/2 Cup Frozen Peas
1 Medium Onion, diced
2 Tablespoons Fresh Thyme
2 Cups Mashed Potatoes
1 Pound Ground Beef
Salt to Taste
Freshly Ground Black Pepper
Butter or Coconut Oil for Sautéing the Veggies

SOURDOUGH LAYER

1.5 Cups Fed Sourdough Starter
3 Eggs
1 Teaspoon Salt
1 Teaspoon Dried Basil (optional)
2 Teaspoons Baking Powder
2 Tablespoons Butter (or Coconut Oil)
1.5 Cups Shredded Cheddar Cheese (optional)

THE PROCESS

Preheat the oven to 400 degrees. To make the mashed potatoes, peel, chop and boil three large potatoes. Drain the water and mash them with a little milk, 1 teaspoon of salt, and 2 tablespoons butter. Meanwhile, brown the ground beef. Set it aside and sauté the carrots and onions in a little butter until soft. Add in the peas, corn, thyme, salt and pepper. In a separate bowl, combine all the sourdough layer ingredients (except the cheese.) Combine the veggies, cooked meat and mashed potatoes in a cast iron skillet. Add the sourdough layer. Top with cheese (if desired). Bake for 25 minutes, or until golden.

FRESH MEX

SOURDOUGH SKILLET

SERVES:4 PREP TIME:20 MINUTES COOK TIME:25 MINUTES

FILLING LAYER

1 Cup Bell Peppers, chopped
1/2 Cup Frozen Sweet Corn
2 Cloves Garlic, minced
1 Medium Red Onion, diced
1/4 Cup Fresh Cilantro
16 Ounces Mushrooms, sliced
1 Pound Ground Beef
Salt to Taste
Freshly Ground Black Pepper
Butter or Coconut Oil for Sautéing the Veggies

SOURDOUGH LAYER

1.5 Cups Fed Sourdough Starter
3 Eggs
1 Teaspoon Salt
1 Teaspoon Dried Basil (optional)
2 Teaspoons Baking Powder
2 Tablespoons Butter (or Coconut Oil)
1.5 Cups Shredded Cheddar Cheese (optional)

THE PROCESS

Preheat the oven to 400 degrees. Brown the ground beef. Set it aside and sauté the mushrooms, garlic, peppers, and onions in a little butter, until soft. Add in corn, fresh cilantro, salt and pepper.

In a separate bowl, combine all the sourdough layer ingredients (except the cheese.)

Combine the veggies and cooked meat in a cast iron skillet. Add the sourdough layer. Top with cheese, if desired. Bake for 25 minutes, or until golden.

VEGETARIAN SOURDOUGH SKILLET

SERVES:4 PREP TIME:20 MINUTES COOK TIME:25 MINUTES

FILLING LAYER

2 Cups Fresh Kale
16 Ounces Mushrooms, sliced
2 Large Bell Peppers, chopped
2 Cloves Garlic, minced
1 Medium Onion, diced
1/4 Cup Fresh Basil
2 Cups Cooked Lentils
Salt to Taste
Freshly Ground Black Pepper
Butter or Coconut Oil for Sautéing the Veggies

SOURDOUGH LAYER

1.5 Cups Fed Sourdough Starter
3 Eggs
1 Teaspoon Salt
1 Teaspoon Dried Basil (optional)
2 Teaspoons Baking Powder
2 Tablespoons Butter (or Coconut Oil)
1.5 Cups Shredded Cheddar Cheese (optional)

THE PROCESS

Preheat the oven to 400 degrees. Sauté kale, mushrooms, peppers, garlic and onion in a little butter (or coconut oil), until soft. Add in fresh basil, cooked lentils, salt and pepper.

In a separate bowl, combine all the sourdough layer ingredients (except the cheese.) Add the veggie and lentil mixture to a cast iron skillet. Add the sourdough layer. Top with cheese, if desired. Bake for 25 minutes, or until golden.

FARMER'S MARKET SOURDOUGH SKILLET

SERVES:4 PREP TIME:20 MINUTES COOK TIME:25 MINUTES

FILLING LAYER

2 Medium Zucchini
2 Large Tomatoes
2 Large Bell Peppers, chopped
2 Cups Fresh Green Beans, cut in half and blanched
1 Medium Onion, diced
1/4 Cup Fresh Parsley
3 Cups Shredded Cooked Chicken
1/2 Teaspoon Garlic Powder
Salt to Taste
Freshly Ground Black Pepper
Butter or Coconut Oil for Sautéing the Veggies

SOURDOUGH LAYER

1.5 Cups Fed Sourdough Starter
3 Eggs
1 Teaspoon Salt
1 Teaspoon Dried Basil (optional)
2 Teaspoons Baking Powder
2 Tablespoons Butter (or Coconut Oil)
1.5 Cups Shredded Cheddar Cheese (optional)

THE PROCESS

Preheat the oven to 400 degrees.

Sauté zucchini, peppers, and onion in a little butter (or coconut oil), until soft. Add in fresh basil, tomatoes, blanched green beans, cooked chicken, garlic powder, salt and pepper.

In a separate bowl, combine all the sourdough layer ingredients (except the cheese.) Add the veggie and chicken mixture to a cast iron skillet. Add the sourdough layer. Top with cheese, if desired. Bake for 25 minutes, or until golden.

CHICKEN SWEET POTATO SOURDOUGH SKILLET

SERVES:4 PREP TIME:20 MINUTES COOK TIME:25 MINUTES

FILLING LAYER

4 Medium Sweet Potatoes, peeled and chopped
1 Medium Onion, diced
1/4 Cup Fresh Thyme
3 Cups Shredded Cooked Chicken
1/2 Teaspoon Garlic Powder
Salt to Taste
Freshly Ground Black Pepper
Coconut Oil for Sautéing the Sweet Potatoes

SOURDOUGH LAYER

1.5 Cups Fed Sourdough Starter
3 Eggs
1 Teaspoon Salt
1 Teaspoon Dried Basil (optional)
2 Teaspoons Baking Powder
2 Tablespoons Butter (or Coconut Oil)
1.5 Cups Shredded Cheddar Cheese (optional)

THE PROCESS

Preheat the oven to 400 degrees. Sauté sweet potatoes and onion in a little coconut oil, until soft. Add in fresh thyme, cooked chicken, garlic powder, salt and pepper.

In a separate bowl, combine all the sourdough layer ingredients (except the cheese.) Add the sweet potato and chicken mixture to a cast iron skillet. Add the sourdough layer. Top with cheese, if desired. Bake for 25 minutes, or until golden.

THANKS FOR READING!

I hope I have your wheels turning on the limitless possibilities of the sourdough skillet.

Alfredo chicken, Lentil Curry, Barbecue Brisket, Hawaiian Pineapple and Ham, Breakfast Casserole...I'm dreaming up more by the moment!

Stay tuned for from scratch recipes, natural living tips and handmade projects, straight from the farmhouse.

I would love to share all I am learning with you! I promise to never flood your inbox with useless info.

Thank you so much for coming along!

FARMHOUSE ON BOONE