



Beef and Bean Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 8 oz tomato sauce canned
- ☐ 2 teaspoons dehydrated onion dried minced
- ☐ 1 tablespoon catsup
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 16 oz baked beans canned
- ☐ 3 tablespoons water boiling
- ☐ 1 cup baking mix original bisquick®

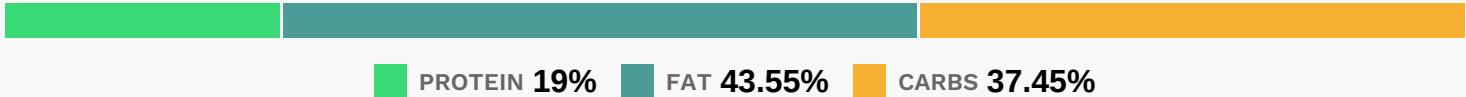
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Grease bottom and side of 1 1/2-quart round casserole with shortening. In 10-inch skillet, cook beef over medium heat, stirring occasionally, until brown; drain. Stir in beans, tomato sauce, brown sugar and onion.
- ☐ Pour into casserole; set aside.
- ☐ In medium bowl, stir remaining ingredients until soft dough forms; beat vigorously 20 strokes. On surface dusted with Bisquick mix, gently roll dough in Bisquick to coat. Shape dough into ball; knead about 10 times or until smooth. Pat ball into 7 1/2-inch round or round the size of top of casserole.
- ☐ Place on beef mixture in casserole.
- ☐ Bake uncovered 15 to 20 minutes or until crust is light brown.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:7.98, Inflammation Score:-6, Nutrition Score:22.900434773901%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 596.83kcal (29.84%), Fat: 29.24g (44.99%), Saturated Fat: 10.6g (66.22%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 48.62g (17.68%), Sugar: 15.96g (17.74%), Cholesterol: 89.05mg (29.68%), Sodium: 1234.61mg (53.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.41%), Phosphorus: 501.25mg (50.13%), Zinc: 6.76mg (45.05%), Vitamin B12: 2.54µg (42.4%), Vitamin B3: 7.31mg (36.56%), Selenium: 25.19µg (35.98%), Fiber: 7.96g (31.82%), Manganese: 0.63mg (31.35%), Iron: 5.62mg (31.21%), Vitamin B6: 0.57mg (28.31%), Potassium: 936.35mg (26.75%), Folate: 95.88µg (23.97%), Vitamin B2: 0.39mg (22.8%), Copper: 0.44mg (22.19%),

Vitamin B1: 0.31mg (20.51%), Magnesium: 77.52mg (19.38%), Calcium: 156.85mg (15.69%), Vitamin B5: 1.17mg (11.71%), Vitamin C: 8.33mg (10.1%), Vitamin E: 1.38mg (9.2%), Vitamin K: 5.78µg (5.51%), Vitamin A: 266.39IU (5.33%)