



Beef and Peppers with Cheese Biscuits

READY IN



30 min.

SERVINGS



6

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup milk
- 2 oz provolone cheese shredded
- 10 oz campbell's® condensed onion soup french canned
- 10 oz roast beef cooked sliced cut into thin strips
- 2 small bell pepper sliced
- 0.5 teaspoon highest available proof grain spirit
- 1.3 cups water
- 0.3 cup flour all-purpose
- 1.8 cups frangelico

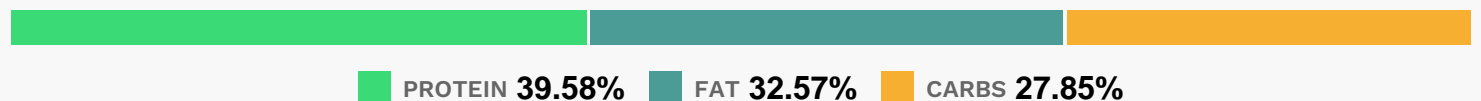
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- cookie cutter

Directions

- Heat oven to 450°F. In medium bowl, stir Bisquick mix, milk and cheese with fork until soft dough forms; beat 20 strokes.
- Place dough on surface generously dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- Roll 1/4 inch thick.
- Cut into 6 biscuits with 3-inch round cookie cutter.
- Place biscuits on ungreased cookie sheet.
- Bake 6 to 8 minutes or until golden brown.
- Meanwhile, in 2-quart saucepan, mix soup, beef, bell peppers, garlic-pepper blend and 1 cup of the water.
- Heat to boiling over medium-high heat. Reduce heat to medium-low. In small bowl, stir remaining 1/3 cup water and the flour until mixed; stir into beef mixture.
- Heat to boiling, stirring frequently, until thickened.
- Split biscuits.
- Serve beef mixture over biscuits.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.72, Inflammation Score:-7, Nutrition Score:11.914782632952%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 152.24kcal (7.61%), Fat: 5.53g (8.5%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 9.53g (3.46%), Sugar: 3.59g (3.99%), Cholesterol: 37.78mg (12.59%), Sodium: 1035.12mg (45.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin C: 52.84mg (64.04%), Calcium: 240.74mg (24.07%), Vitamin B3: 4.23mg (21.13%), Vitamin A: 888.49IU (17.77%), Vitamin B12: 1.05µg (17.52%), Phosphorus: 174.29mg (17.43%), Zinc: 2.23mg (14.9%), Vitamin B6: 0.28mg (14.24%), Potassium: 446.86mg (12.77%), Selenium: 7.31µg (10.45%), Vitamin B2: 0.17mg (10.17%), Iron: 1.48mg (8.21%), Folate: 29.69µg (7.42%), Vitamin B1: 0.1mg (6.85%), Magnesium: 20.75mg (5.19%), Manganese: 0.09mg (4.56%), Fiber: 1.11g (4.44%), Vitamin B5: 0.38mg (3.76%), Copper: 0.06mg (3.02%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.51µg (1.43%)