



Beef-and-Vegetable Potpie with Cheddar Biscuits

READY IN



100 min.

SERVINGS



45

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup canola oil
- 1.5 pounds carrots peeled cut into 1/2-inch pieces
- 3 pounds ground beef
- 2 cups chicken stock see low-sodium
- 5.3 cups milk
- 1 large onion spanish coarsely chopped
- 1.5 pounds parsnips peeled cut into 1/2-inch pieces
- 1 package peas frozen

- 1 tablespoon rosemary chopped
- 45 servings salt and pepper freshly ground
- 4.3 cups self-rising flour
- 1.5 cups sharp cheddar cheese shredded
- 1 tablespoon thyme leaves chopped
- 2 sticks butter unsalted chilled cubed

Equipment

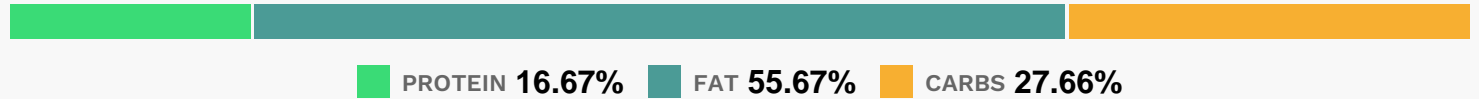
- bowl
- oven
- pot
- baking pan
- aluminum foil
- broiler

Directions

- Preheat the oven to 450 and position a rack in the upper third. Line the bottom of the oven with foil to catch any drips.
- In a large pot, melt 4 tablespoons of the butter in the oil.
- Add the onion, carrots and parsnips; season with salt and pepper. Cover and cook over moderately high heat, stirring, until the vegetables are softened and lightly browned, 8 minutes.
- Add the beef, thyme and rosemary and cook over moderately high heat, breaking up the meat with a spoon, until no trace of pink remains and any liquid has evaporated, 10 minutes. Stir in 1/4 cup of the flour and cook for 2 minutes. Stir in 3 cups of the milk and the stock and simmer until thickened, 5 minutes. Stir in the peas and season with salt and pepper.
- Transfer the mixture to two 9-by-13-inch baking dishes.
- Put the remaining 4 cups of flour in a large bowl.
- Cut in the remaining 1 1/2 sticks of butter until the mixture resembles coarse meal.

- Add the cheddar. Stir in the remaining 2 1/3 cups of milk until a smooth dough forms. Using a 2-tablespoon scoop, arrange 18 mounds of the biscuit dough on the filling in each baking dish.
- Bake both potpies on the top rack of the oven for 40 minutes, until the filling is bubbling and the biscuits are cooked through. Turn on the broiler and broil for 1 minute or until the biscuits are golden.
- Let the potpies rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:7.92, Inflammation Score:-9, Nutrition Score:10.085652144059%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 225.14kcal (11.26%), Fat: 13.95g (21.46%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 13.69g (4.98%), Sugar: 3.4g (3.78%), Cholesterol: 39.5mg (13.17%), Sodium: 266.04mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Vitamin A: 2793.53IU (55.87%), Selenium: 11.31µg (16.16%), Vitamin B12: 0.86µg (14.37%), Phosphorus: 134.07mg (13.41%), Zinc: 1.85mg (12.34%), Manganese: 0.24mg (11.94%), Vitamin B3: 1.97mg (9.84%), Vitamin B6: 0.17mg (8.7%), Vitamin K: 8.98µg (8.55%), Calcium: 85.14mg (8.51%), Vitamin B2: 0.14mg (8.22%), Potassium: 276.77mg (7.91%), Vitamin C: 6.52mg (7.9%), Fiber: 1.91g (7.62%), Folate: 24.91µg (6.23%), Vitamin E: 0.88mg (5.88%), Iron: 1mg (5.55%), Vitamin B1: 0.08mg (5.48%), Magnesium: 21.76mg (5.44%), Vitamin B5: 0.48mg (4.76%), Copper: 0.09mg (4.31%), Vitamin D: 0.45µg (2.98%)