



Beef Empanada Potpie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds baking potato diced
- ☐ 10.5 ounce beef consomme canned
- ☐ 0.5 cup beer
- ☐ 14.5 ounce canned tomatoes diced with green pepper and onion, drained canned
- ☐ 1.5 teaspoons chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup flour all-purpose
- ☐ 10.6 ounce garlic breadsticks refrigerated

- ☐ 2 large garlic cloves minced
- ☐ 2 tablespoons olives green pitted chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.3 pounds ground sirloin
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 Dash pepper black
- ☐ 0.5 teaspoon salt

Equipment

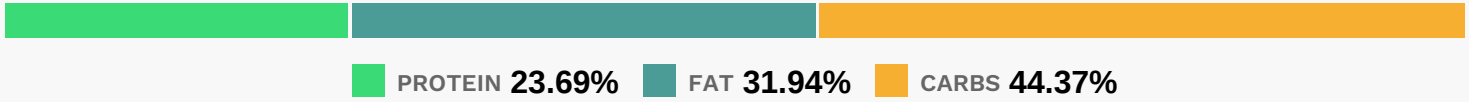
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ To prepare filling, heat a large Dutch oven coated with cooking spray over medium heat.
- ☐ Add potato and onion; cover and cook 7 minutes, stirring occasionally.
- ☐ Add beef and next 6 ingredients (beef through garlic); cook, uncovered, 7 minutes or until browned, stirring to crumble. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour to pan; cook 1 minute. Gradually add beer, consomm, and tomatoes; bring to a boil.
- ☐ Remove from heat, and stir in olives and vinegar.
- ☐ Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray. Unroll both dough portions (do not separate dough into breadsticks); roll dough together, forming a 12 x 10-inch rectangle.
- ☐ Place dough on top of beef mixture, pressing to edge of dish.

- ☐
- Cut 5 slits in top of crust to allow steam to escape. Gently brush 1 tablespoon garlic spread that is packaged with breadsticks over crust; reserve remaining spread for another use.
- ☐
- Bake at 350 for 25 minutes or until golden brown and bubbly around the edges.
- ☐
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:24.27, Inflammation Score:-8, Nutrition Score:25.830000084379%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 432.16kcal (21.61%), Fat: 15.48g (23.81%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 48.36g (16.12%), Net Carbohydrates: 43.61g (15.86%), Sugar: 5.35g (5.94%), Cholesterol: 64.26mg (21.42%), Sodium: 597.16mg (25.96%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 25.83g (51.66%), Vitamin B6: 1.46mg (72.81%), Manganese: 1.28mg (63.95%), Vitamin B3: 7.6mg (37.99%), Selenium: 26.1µg (37.28%), Zinc: 5.43mg (36.23%), Vitamin C: 29.64mg (35.93%), Vitamin B12: 2.09µg (34.82%), Phosphorus: 342.32mg (34.23%), Potassium: 1182.1mg (33.77%), Iron: 5.53mg (30.7%), Copper: 0.47mg (23.75%), Vitamin B1: 0.34mg (22.95%), Vitamin B2: 0.33mg (19.54%), Fiber: 4.76g (19.03%), Magnesium: 75.35mg (18.84%), Calcium: 167.65mg (16.76%), Vitamin B5: 1.39mg (13.89%), Folate: 50.73µg (12.68%), Vitamin E: 1.66mg (11.07%), Vitamin K: 11.28µg (10.74%), Vitamin A: 324.93IU (6.5%)