



Beef Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce biscuits refrigerated canned
- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 1 tablespoon parsley flakes dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 teaspoon mustard dry
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound ultra-lean ground beef 93%
- ☐ 6 ounce mushrooms drained sliced

- ☐ 0.3 cup nonfat milk powder dry instant
- ☐ 1 cup onion chopped
- ☐ 16 ounce new peas sweet frozen england-style thawed
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

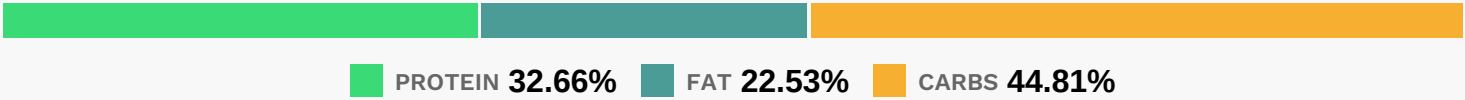
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ colander

Directions

- ☐ Combine the first 3 ingredients in a bowl; stir well. Gradually add water and next 2 ingredients, stirring with a wire whisk until blended; set aside.
- ☐ Cook the onion and beef in a large saucepan coated with cooking spray over medium-high heat until browned, stirring to crumble; drain in a colander.
- ☐ Return beef mixture to pan.
- ☐ Add parsley and next 5 ingredients; stir well.
- ☐ Add broth mixture; cook over medium heat for 15 minutes or until thickened, stirring constantly.
- ☐ Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Carefully split biscuits in half horizontally, and place over beef mixture.
- ☐ Bake at 400 for 10 minutes or until biscuits are lightly browned.
- ☐ Make-Ahead Tips: You can assemble the casserole ahead of time, without thawing the frozen vegetable and omitting the biscuits; cover and freeze. Thaw frozen casserole overnight in

refrigerator; let stand at room temperture 30 minutes. Top with biscuits; bake as directed.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:15.97, Inflammation Score:-8, Nutrition Score:24.29913046049%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 325.01kcal (16.25%), Fat: 8.11g (12.48%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 30.49g (11.09%), Sugar: 9.68g (10.76%), Cholesterol: 48.08mg (16.03%), Sodium: 508.52mg (22.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Vitamin B3: 8.62mg (43.12%), Phosphorus: 428.27mg (42.83%), Vitamin C: 33.98mg (41.19%), Selenium: 27.35µg (39.07%), Zinc: 5.42mg (36.11%), Vitamin B12: 1.97µg (32.85%), Vitamin B2: 0.56mg (32.79%), Vitamin B1: 0.47mg (31.23%), Manganese: 0.59mg (29.67%), Vitamin B6: 0.53mg (26.62%), Iron: 4.73mg (26.28%), Folate: 101.87µg (25.47%), Vitamin K: 25.56µg (24.34%), Fiber: 5.81g (23.25%), Potassium: 789.79mg (22.57%), Copper: 0.35mg (17.36%), Magnesium: 63.09mg (15.77%), Vitamin A: 699.54IU (13.99%), Vitamin B5: 1.33mg (13.29%), Calcium: 121.27mg (12.13%), Vitamin D: 0.68µg (4.55%), Vitamin E: 0.66mg (4.4%)