



Beef Stroganoff Pie Cups

READY IN



65 min.

SERVINGS



8

CALORIES



394 kcal

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 1 lb beef top sirloin steaks thinly sliced
- ☐ 1 Dash salt and pepper
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup carrots chopped
- ☐ 1 cup peas sweet frozen thawed
- ☐ 2 tablespoons beef broth
- ☐ 8 oz cream sour
- ☐ 1 eggs

- ☐ 1 tablespoon milk

Equipment

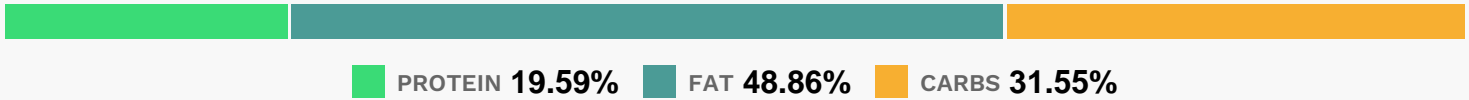
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Heat oven to 400°F. Spray 8 regular-size muffin cups with cooking spray.
- ☐ Unroll pie crusts; cut out 8 (4 1/2-inch) rounds.
- ☐ Place round in each muffin cup; lightly press into cup with small glass. Gather dough scraps; re-roll to about 1/8-inch thickness.
- ☐ Cut out 8 (3-inch) rounds (these will be lids).
- ☐ Place lids on plate; place plate and muffin pan in refrigerator.
- ☐ In 10- to 12-inch skillet over medium-high heat, stir-fry beef with salt and pepper just until no longer pink.
- ☐ Remove from skillet to plate; cool.
- ☐ In same skillet, cook mushrooms until tender and water has released from mushrooms and mostly evaporated.
- ☐ Add onion and carrot; sprinkle with dash of salt. Cook until onion is tender and translucent.
- ☐ Add vermouth; scrape up browned bits from bottom of skillet. Continue to cook until liquid is mostly evaporated.
- ☐ Remove mixture from skillet to cool.
- ☐ In large bowl, mix beef, cooked vegetables and thawed peas. Stir in sour cream to coat. Taste for seasoning; add more salt or pepper to taste. Scoop heaping spoonful of beef mixture into pie crust-lined cups. Top with lids; use fork to seal edges.
- ☐ In small bowl, beat egg and milk with whisk until blended.

- ☐ Brush over tops of pies.
- ☐ Cut vent holes in tops; sprinkle each with a little salt and pepper.
- ☐ Bake 25 to 30 minutes or until pies are golden brown. Cool about 5 minutes before removing from muffin cups.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.52, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:15.821304383485%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 393.93kcal (19.7%), Fat: 21.32g (32.8%), Saturated Fat: 7.93g (49.54%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.01g (10.19%), Sugar: 3.47g (3.85%), Cholesterol: 70.86mg (23.62%), Sodium: 280.26mg (12.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.47%), Selenium: 26.13µg (37.33%), Vitamin A: 1685.19IU (33.7%), Vitamin B3: 6.57mg (32.85%), Vitamin B6: 0.49mg (24.33%), Phosphorus: 240.08mg (24.01%), Vitamin B2: 0.37mg (22.02%), Zinc: 3.07mg (20.49%), Vitamin B1: 0.27mg (18%), Manganese: 0.34mg (17.21%), Folate: 66.73µg (16.68%), Iron: 2.79mg (15.49%), Potassium: 473.3mg (13.52%), Vitamin B5: 1.24mg (12.38%), Fiber: 2.96g (11.84%), Vitamin C: 9.31mg (11.29%), Vitamin B12: 0.67µg (11.09%), Copper: 0.22mg (10.99%), Vitamin K: 10.31µg (9.82%), Magnesium: 34.82mg (8.71%), Calcium: 66.53mg (6.65%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.19µg (1.25%)