



Filling Meat Pie

READY IN



70 min.

SERVINGS



8

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds beef tenderloin cubed
- ☐ 0.3 cup butter
- ☐ 1 tablespoon rosemary dried crushed
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 tablespoon dill weed fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 15 ounce green beans drained canned
- ☐ 1.5 cups milk

- ☐ 0.5 onion minced peeled
- ☐ 1 tablespoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 15 ounce kernel corn whole drained canned

Equipment

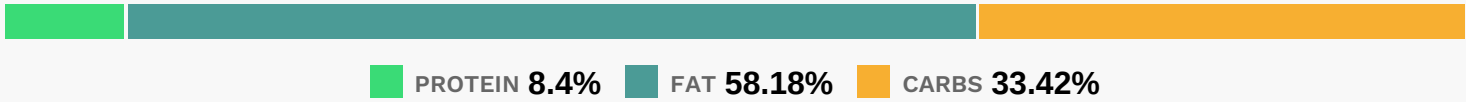
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Fit bottom pastry into a 9 inch pie pan. Cover pastry with pie weights or dried beans.
- ☐ Bake pastry in preheated oven for 7 minutes.
- ☐ Remove pie weights or beans immediately. Set crust aside. Do not turn off oven.
- ☐ Place a large skillet over medium-high heat.
- ☐ Add vegetable oil, then meat. Toss to coat meat with oil.
- ☐ Saute until meat is browned on all sides, stirring occasionally.
- ☐ Remove from heat and allow to sit at least 3 minutes.
- ☐ In a medium saucepan, melt butter or margarine over low heat.
- ☐ Add garlic, onion, dill, rosemary, sage, and salt. Cook mixture until onions are translucent.
- ☐ Add milk to pan and turn up heat to medium. When mixture comes to a boil, add 2 to 4 tablespoons of flour, depending on how thick you want the sauce to be. Cook mixture until it thickens, stirring constantly.
- ☐ Remove from heat.
- ☐ In a large bowl, mix meat with corn and green beans. Spoon mixture into baked pastry shell.
- ☐ Pour sauce over top. Cover with top pastry, sealing edges as best you can without breaking the edges of the bottom crust.

- ☐
- Cut steam vents in top.
- ☐
- Bake in preheated oven for 45 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:4.29, Inflammation Score:-6, Nutrition Score:12.229130465051%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 200.53kcal (10.03%), Fat: 13.32g (20.5%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.37g (5.59%), Sugar: 4.26g (4.73%), Cholesterol: 20.74mg (6.91%), Sodium: 1025.77mg (44.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Copper: 2.34mg (117.16%), Vitamin K: 32.94µg (31.37%), Manganese: 0.3mg (14.82%), Vitamin A: 630.16IU (12.6%), Vitamin C: 8.72mg (10.57%), Folate: 42.24µg (10.56%), Phosphorus: 99.49mg (9.95%), Calcium: 93.23mg (9.32%), Vitamin B2: 0.15mg (9.03%), Vitamin B1: 0.12mg (7.84%), Potassium: 272.35mg (7.78%), Fiber: 1.86g (7.43%), Magnesium: 28.66mg (7.16%), Vitamin B6: 0.14mg (7.11%), Iron: 1.06mg (5.87%), Vitamin E: 0.83mg (5.52%), Vitamin B3: 1.1mg (5.51%), Vitamin B12: 0.26µg (4.32%), Selenium: 2.86µg (4.09%), Zinc: 0.56mg (3.71%), Vitamin D: 0.5µg (3.36%), Vitamin B5: 0.34mg (3.35%)