



Jody's Chilean Pot Pie

READY IN



130 min.

SERVINGS



6

CALORIES



1276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 cups beef broth
- 6 tablespoons butter
- 15 ounce pastry for a 9-inch double-crust pie
- 0.8 cup flour all-purpose
- 3 pounds ground beef
- 3 tablespoons ground cumin
- 1 tablespoon ground pepper black
- 6 ounce olives sliced canned
- 0.3 cup paprika

- 1 cup raisins
- 2 tablespoons salt
- 6 cup ramekins
- 6 cup ramekins

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- pot
- ramekin

Directions

- Soak raisins in beef broth in a bowl for 1 hour.
- Preheat oven to 425 degrees F (220 degrees C). Unroll pie crust and place a ramekin, top side down, onto crust. Press lightly to make a circle. Repeat 5 more times to make 6 circles in all; cut out circles.
- Crumble ground beef into a large skillet, place over medium heat, and cook and stir until beef is browned, 10 to 15 minutes. Stir paprika, cumin, salt, and black pepper into ground beef.
- Drain raisins, reserving beef broth, and stir raisins and olives into beef mixture.
- Melt butter in a large saucepan over medium heat; stir flour into hot butter until thoroughly combined. Gradually stir reserved beef broth into flour mixture, reduce heat to medium-low, and bring to a simmer. Cook until sauce is thickened, about 5 minutes; season with salt and black pepper. Stir ground beef mixture into beef sauce.
- Spoon beef mixture into ramekins and top each with a pie crust circle, pressing crusts down onto edges of ramekins to seal.
- Cut several holes into top of each crust with a sharp knife. Set pot pies onto a baking sheet to contain drips.

Bake in the preheated oven until crusts are browned, 20 to 25 minutes.

Nutrition Facts

PROTEIN 15.6% **FAT 63.09%** **CARBS 21.31%**

Properties

Glycemic Index:48.63, Glycemic Load:36.42, Inflammation Score:-9, Nutrition Score:37.478260657062%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 1275.52kcal (63.78%), Fat: 90.01g (138.48%), Saturated Fat: 32.43g (202.68%), Carbohydrates: 68.42g (22.81%), Net Carbohydrates: 62.21g (22.62%), Sugar: 1.27g (1.41%), Cholesterol: 191.13mg (63.71%), Sodium: 3871.16mg (168.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.08g (100.15%), Selenium: 58.76µg (83.95%), Vitamin B12: 5µg (83.39%), Vitamin B3: 15.81mg (79.05%), Zinc: 10.39mg (69.26%), Iron: 11.07mg (61.51%), Vitamin A: 2721.98IU (54.44%), Phosphorus: 494.44mg (49.44%), Vitamin B6: 0.94mg (46.96%), Vitamin B2: 0.77mg (45.23%), Manganese: 0.86mg (43.14%), Vitamin B1: 0.57mg (38.29%), Potassium: 1154.15mg (32.98%), Vitamin E: 4.15mg (27.64%), Folate: 108.02µg (27.01%), Fiber: 6.2g (24.81%), Magnesium: 88.34mg (22.09%), Vitamin K: 22.33µg (21.27%), Copper: 0.42mg (21.09%), Vitamin B5: 1.4mg (14.03%), Calcium: 130.03mg (13%), Vitamin C: 1.58mg (1.91%), Vitamin D: 0.23µg (1.51%)