



## Southwest Cheese Puff Beef Pot Pie

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 to 4 chipotle chilies canned
- 2 tablespoons cornstarch
- 1 teaspoon cumin seed
- 14.5 oz hominy yellow rinsed drained canned
- 2 tablespoons milk
- 1 teaspoon olive oil
- 0.5 lb onion
- 2 lb boned beef pot roast with gravy cooked
- 1 puff pastry sheet frozen thawed

- 8 servings salt and pepper
- 0.3 cup cheddar cheese shredded
- 29 oz stewed tomatoes dried with mexican seasonings (or canned tomatoes and 1 teaspoon each ground cumin and oregano leaves) canned
- 3 zucchini (1 lb. total)

## Equipment

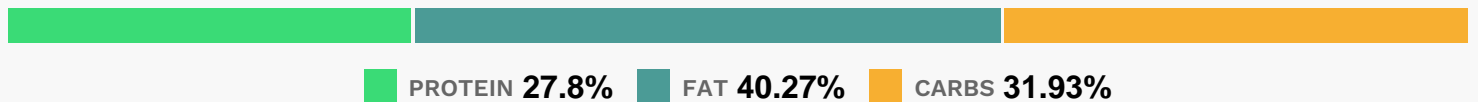
- bowl
- frying pan
- baking sheet
- oven
- pot
- plastic wrap

## Directions

- Unfold pastry on a lightly floured board. If necessary, roll out or cut pastry to fit snugly inside top of a shallow 3-quart casserole (9 by 13 in.).
- Transfer pastry to a 12- by 15-inch nonstick baking sheet.
- Cut through pastry in several places to make a decorative pattern.
- Brush lightly with milk and sprinkle evenly with cheese. Cover with plastic wrap and freeze.
- Rinse zucchini, and trim and discard ends; cut into 3/4-inch chunks. Peel onion and cut into 3/4-inch chunks. Discard chipotle chili stems; if desired for less heat, also remove veins and seeds. Chop chilies.
- Uncover pastry and bake in a 425 regular or convection oven until golden brown, 10 to 15 minutes.
- Meanwhile, in a 5- to 6-quart pan over high heat, frequently stir zucchini, onion, and cumin in olive oil until vegetables are lightly browned, 7 to 9 minutes.
- Add tomatoes, including juice, and hominy; bring to a boil.
- Discard any fat from pot roast and sauce. Scrape gravy from beef and reserve.
- Cut beef into 3/4-inch chunks.

- Add beef and gravy to pan and mix; cover and bring to a boil. Reduce heat to low and simmer, stirring occasionally, until beef is hot, 7 to 9 minutes.
- Add chilies to taste. In a small bowl, mix cornstarch and 3 tablespoons water.
- Add to pan and stir until boiling.
- Pour hot mixture into a warmed shallow casserole. Set hot pastry on filling. Use a large spoon to break through pastry and scoop out portions.
- Add salt and pepper to taste.

## Nutrition Facts



### Properties

Glycemic Index:25.75, Glycemic Load:10.5, Inflammation Score:-7, Nutrition Score:25.16391280423%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

### Nutrients (% of daily need)

Calories: 460.28kcal (23.01%), Fat: 20.75g (31.92%), Saturated Fat: 6.33g (39.56%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 31.56g (11.48%), Sugar: 9.65g (10.72%), Cholesterol: 78.87mg (26.29%), Sodium: 708.23mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Selenium: 39.11µg (55.88%), Zinc: 7.68mg (51.19%), Vitamin B3: 8.85mg (44.26%), Vitamin B6: 0.88mg (43.91%), Vitamin B12: 2.46µg (41.05%), Phosphorus: 360.19mg (36.02%), Vitamin C: 24.73mg (29.97%), Iron: 5.25mg (29.16%), Manganese: 0.57mg (28.38%), Potassium: 947.95mg (27.08%), Vitamin B2: 0.44mg (25.72%), Vitamin B1: 0.34mg (22.6%), Fiber: 5.46g (21.83%), Copper: 0.4mg (19.83%), Magnesium: 78.52mg (19.63%), Folate: 76.54µg (19.14%), Vitamin K: 15.55µg (14.81%), Vitamin E: 2.02mg (13.44%), Vitamin B5: 1.32mg (13.25%), Calcium: 118.82mg (11.88%), Vitamin A: 425.76IU (8.52%), Vitamin D: 0.18µg (1.22%)