



## Stir-fry Beef Pot Pie

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.3 cups beef broth
- ☐ 1 pound beef flank steak
- ☐ 0.5 teaspoon chili flakes hot
- ☐ 2 tablespoons cornstarch
- ☐ 4 cloves garlic minced
- ☐ 1 cup green onion pieces (1-in. size)
- ☐ 0.3 cup oyster sauce
- ☐ 2 teaspoons salad oil

- ☐ 1 unbaked pie crust refrigerated at room temperature
- ☐ 5 cups stir-fry vegetable mixture fresh (found in produce section)
- ☐ 1 cup rice medium-grain white

## Equipment

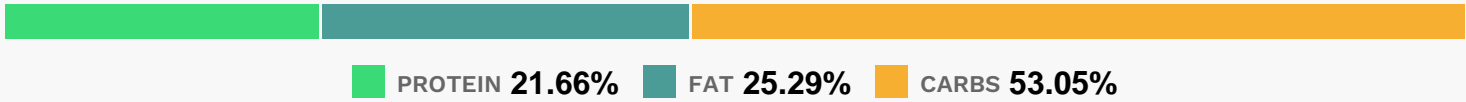
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ pie form

## Directions

- ☐ In a 2- to 3-quart pan, cover rice with 1 2/3 cups water. Bring to a boil over high heat; cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand, covered, 15 minutes longer.
- ☐ Meanwhile, mix 1 cup broth with oyster sauce, cornstarch, garlic, and chili flakes; set aside. Thinly slice steak across grain into 1/8-inch-thick slices.
- ☐ Add oil to a 10- to 12-inch nonstick frying pan over high heat; when hot, add meat. Cook, stirring constantly, until meat is no longer pink, about 4 minutes.
- ☐ Add remaining broth, stir-fry vegetable mixture, and onions. Cook, covered, just until vegetables are bright green, about 3 minutes. Stir seasoned broth into meat mixture; bring to a boil.
- ☐ In a bowl, combine rice with meat-vegetable mixture; spoon into a 10-inch pie dish, 9-inch square pan, or 1 1/2-quart baking dish.
- ☐ Unfold pie crust according to package directions. On a lightly floured board, roll into a 12-inch round for pie dish, or 1 inch larger than dish of another shape.
- ☐ Place over beef and vegetable mixture; fold edges under and flush with pan rim, and flute firmly against rim.
- ☐ Cut shapes from crust and decorate top, or make a couple of decorative slits in crust.
- ☐ Bake in a 350 oven until filling is hot in center, about 1 hour.

- ☐ Lay foil over crust if it begins to overbrown.
- ☐ Let cool about 10 minutes; spoon from dish or cut into wedges.

# Nutrition Facts



## Properties

Glycemic Index:28.03, Glycemic Load:21.73, Inflammation Score:-10, Nutrition Score:26.10782623291%

## Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 483.47kcal (24.17%), Fat: 13.7g (21.08%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 56.9g (20.69%), Sugar: 0.46g (0.51%), Cholesterol: 45.36mg (15.12%), Sodium: 772.62mg (33.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Vitamin A: 7917.68IU (158.35%), Manganese: 0.92mg (45.76%), Selenium: 30.59µg (43.7%), Vitamin B3: 8.56mg (42.83%), Vitamin K: 38.67µg (36.83%), Vitamin B6: 0.71mg (35.66%), Phosphorus: 317.46mg (31.75%), Fiber: 7.77g (31.09%), Zinc: 4.15mg (27.67%), Vitamin C: 19.54mg (23.69%), Vitamin B1: 0.35mg (23.66%), Folate: 89.82µg (22.45%), Iron: 4.02mg (22.33%), Potassium: 733.58mg (20.96%), Vitamin B2: 0.32mg (18.98%), Magnesium: 70.67mg (17.67%), Copper: 0.33mg (16.35%), Vitamin B12: 0.78µg (12.93%), Vitamin B5: 1.19mg (11.89%), Calcium: 91.16mg (9.12%), Vitamin E: 0.77mg (5.16%)