

Mini Meat Pies

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 appetizers

6 sheets ready-rolled shortcrust pastry

2 small tomatoes, sliced

1/2 teaspoon dried oregano leaves

FILLING

1 tablespoon oil

1 onion, chopped

2 cloves garlic, crushed

1 pound beef mince

2 tablespoons plain flour

1 1/2 cups beef stock

1/3 cup tomato sauce

2 teaspoons Worcestershire sauce

1/2 teaspoon dried mixed herbs

Preparation Time: 20 minutes

Cook Time: 25 minutes

Preheat the oven to 400 degrees.

Cut the pastry into 24 circles using a 2-1/2-inch round cutter. Press 24 circles into two lightly greased mini muffin tins.

To make the filling: Heat the oil in a heavy skillet. Add the onion and garlic. Cook over medium heat for 2 minutes or until the onion is soft. Add the mince and stir over high heat for 3 minutes or until well browned and all the liquid has evaporated. Use a fork to break up any lumps.

Add the flour. Stir until combined. Cook over medium heat for 1 minute. Add the stock, tomato sauce, Worcestershire sauce and herbs. Stir over the heat until boiling. Reduce the heat to low and simmer for 5 minutes or until the mixture has reduced and thickened. Stir occasionally. Allow to cool.

Divide the filling among the pastry circles. Top each with half slices of tomato and sprinkle with oregano.

Bake for 25 minutes or until the pastry is golden brown and crisp.

Per Serving (excluding unknown items): 288 Calories; 15g Fat (47.1% calories from fat); 6g Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3799mg Sodium. Exchanges: 5 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	288	Vitamin B6 (mg):	.5mg
% Calories from Fat:	47.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	44.1%	Thiamin B1 (mg):	1.7mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	15g	Folacin (mcg):	69mcg
Saturated Fat (g):	2g	Niacin (mg):	3mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0%
Carbohydrate (g):	32g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	3799mg	Vegetable:	5
Potassium (mg):	1250mg	Fruit:	0
Calcium (mg):	71mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	79mg		
Vitamin A (i.u.):	2338IU		
Vitamin A (r.e.):	235RE		

Nutrition Facts

Amount Per Serving

Calories 288 Calories from Fat: 136

% Daily Values*

Total Fat	15g	23%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	3799mg	158%
Total Carbohydrates	32g	11%
Dietary Fiber	6g	24%
Protein	6g	
Vitamin A		47%
Vitamin C		131%
Calcium		7%
Iron		27%

* Percent Daily Values are based on a 2000 calorie diet.