

Hunter's-Style Beef Pie

Easy-Off

1 *tablespoon olive oil*
1 *pound boneless sirloin steak, trimmed and cut into 1/2-inch cubes*
1 *3/4 cups (1 medium) onion, chopped*
2 *cloves garlic, minced*
1 *1/2 cups fat-free, less-sodium beef broth*
1/2 *cup merlot or other dry red wine*
2 *tablespoons no-salt-added tomato paste*
1 *tablespoon low-sodium Worcestershire sauce*
1 *1/2 cups (5 medium) sliced carrots*
1 *cup sliced mushrooms*
2 *sprigs thyme*
2 *tablespoons all-purpose flour*
3 *tablespoons water*
1/2 *teaspoon salt*
1/4 *teaspoon black pepper*
1/2 *package (15 ounce) refrigerated pie dough*
cooking spray

Preparation Time: 25 minutes

Cook Time: 1 hour 25 minutes

Remove and discard the thyme. Stir in salt and pepper. Heat the oil in a Dutch oven over medium-high heat. Add the steak, onion and garlic. Cook for 5 minutes or until the steak is browned. Add the beef broth, merlot, tomato paste and Worcestershire sauce to the pan. Stir well to combine. Bring to a boil, reduce the heat and simmer, uncovered, for 25 minutes, stirring occasionally.

Stir in the carrot, mushrooms and thyme. Cover and simmer for 30 minutes. Combine the flour and water in a small bowl, stirring with a whisk. Add to the steak mixture in the pan. Cook over medium heat for 2 minutes or until thick.

Preheat the oven to 425 degrees.

Spoon the pie filling into a nine-inch deep-dish pie plate coated with cooking spray. Unroll the pie dough. Cut small slits in the center to vent. Place over the filling. Fold the edges under; flute.

Bake for 17 to 18 minutes or until lightly browned.

Per Serving (excluding unknown items): 340 Calories; 15g Fat (37.6% calories from fat); 7g Protein; 49g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 1114mg Sodium. Exchanges: 1 Grain(Starch); 6 Vegetable; 3 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	340	Vitamin B6 (mg):	.6mg
% Calories from Fat:	37.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	54.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	15g	Folacin (mcg):	112mcg
Saturated Fat (g):	2g	Niacin (mg):	5mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	49g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	1
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	1114mg	Vegetable:	6
Potassium (mg):	974mg	Fruit:	0
Calcium (mg):	253mg	Non-Fat Milk:	0
Iron (mg):	13mg	Fat:	3
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	30mg		
Vitamin A (i.u.):	26066IU		
Vitamin A (r.e.):	2606RE		

Nutrition Facts

Amount Per Serving	
Calories 340	Calories from Fat: 128
% Daily Values*	
Total Fat 15g	23%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 1114mg	46%
Total Carbohydrates 49g	16%
Dietary Fiber 11g	44%
Protein 7g	
Vitamin A	521%
Vitamin C	49%
Calcium	25%
Iron	74%

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