



Mini Beef Pot Pies

Prep: 40 minutes

Bake: 15 minutes • Serves: 4

All-purpose flour, for dusting

- ½ (14.1-ounce) package refrigerated pie crusts
- 1 tablespoon olive oil
- 1 pound lean sirloin steak, cubed
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- 1 package (8 ounces) sliced portobello mushrooms
- 1½ cups less-sodium beef broth
- 1 package (12 ounces) frozen mixed vegetables
- 1 large potato, peeled and diced
- 2 tablespoons fresh thyme leaves or 2 teaspoons dried thyme
- 1½ tablespoons tomato paste
- 1 tablespoon cornstarch
- Nonstick cooking spray

- 1.** Preheat oven to 450°. Lightly flour work surface; unroll crust onto work surface. With rolling pin, roll crust into 12½-inch circle. Invert 4 (10-ounce) ramekins or oven-safe dishes onto crust; with paring knife, cut along rim of each ramekin to make 4 dough rounds. Discard crust scraps.
- 2.** In large nonstick skillet, heat oil over medium-high heat. Sprinkle beef with salt and pepper. Add beef to skillet; cook 5 to 7 minutes or until evenly browned, stirring occasionally. Transfer beef to bowl.
- 3.** To same skillet, add mushrooms; cook 5 to 7 minutes or until browned. Add broth; stir to scrape browned bits from bottom of skillet. Add vegetables, potato, thyme, tomato paste and beef. Cover; cook 10 to 12 minutes or until potato is tender.
- 4.** With large spoon, transfer ¼ cup liquid from skillet to small bowl; whisk in cornstarch. Stir cornstarch mixture into skillet with beef mixture.
- 5.** Spray ramekins used for cutting crust with cooking spray; evenly spoon beef mixture into prepared ramekins. Place 1 dough round over top of each ramekin, pressing edges of dough against sides of ramekins. With paring knife, cut 4 small slits in top of dough.
- 6.** Place pies on rimmed baking pan; lightly spray top of each pie with cooking spray. Bake 15 to 18 minutes or until crust is golden brown.

Approximate nutritional values per serving (1 pie):

*400 Calories, 14g Fat (5g Saturated), 80mg Cholesterol,
620mg Sodium, 36g Carbohydrates, 7g Fiber, 35g Protein*