

Jamaican Beef Patties

Julie Miltenberger

Family Circle Magazine - October 1, 2011

Servings: 6

Preparation Time: 5 minutes

Bake Time: 15 minutes

You can substitute turkey, chicken or meatloaf mixture for the ground beef in this recipe.

2 teaspoons vegetable oil
1 medium onion, finely chopped
2 teaspoons curry powder
1 pound ground beef
1/2 teaspoon dried thyme
1/4 teaspoon ground allspice
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup low-sodium beef broth
1/2 cup dry bread crumbs
2 packages (8 oz ea) crescent dough sheets
1 large egg, lightly beaten

Preheat oven to 400 degrees.

Heat oil in a large nonstick skillet over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes.

Add the curry powder and cook for 1 minute.

Stir in the ground beef, thyme, allspice, salt and pepper. Cook for 5 minutes, breaking the meat apart with a wooden spoon.

Stir in the broth and bread crumbs. Cook for 2 minutes. Remove from heat.

Unroll the crescent dough. Cut each piece crosswise into three (8 x 4-inch) pieces for a total of six. Roll each piece out slightly.

Place 1/3 cup of filling on 1/2 of each piece. Fold the dough over to enclose the filling. Press the edges to seal, using a fork. Transfer to a large baking sheet and brush with a little of the egg. Repeat with all the pieces of dough.

Bake for 15 minutes or until golden.

Serve warm.

Per Serving (excluding unknown items): 306 Calories; 23g Fat (68.5% calories from fat); 15g Protein; 9g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 319mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.