

Beef

Stroganoff Muffin Pies

Alison Ladman - The Associated Press
Palm Beach Post

Servings: 6

1 tablespoon olive oil
1 small yellow onion, diced
4 ounces cremini mushrooms, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon smoked paprika
2 ounces cream cheese, cut into chunks
12 ounces extra-lean ground beef
1 package (14.1 oz) refrigerated pie crust (contains 2 crusts)
1 egg, well beaten

Preheat the oven to 400 degrees.

Lightly coat a large 6-cup muffin tin with cooking spray.

In a large skillet over medium-high, heat the olive oil. Add the onion and saute' for 3 minutes.

Add the mushrooms, salt and pepper. Saute' until well-browned and soft, about 6 to 8 minutes. Turn the heat off.

Add the smoked paprika and cream cheese. Stir to combine. Allow the mixture to cool for 5 minutes.

In a medium bowl, mix together the mushroom mixture and beef, then set aside.

On a lightly floured surface, unroll one of the prepared pie crusts. Cut six circles from the crust. Each circle needs to be large enough to fit into the muffin cups, come up the sides and overhang the upper edge by about 1/2 inch. Fit one circle into each muffin cup.

Divide the meat filling between the cups, spooning it into each.

From the second crust, cut out six smaller circles to fit on top of the muffin pies. With your fingers or a fork, crimp around the edges to seal each pie. Brush the tops of the pies with the beaten egg and cut a slit in the top crust to vent.

Bake for 15 to 20 minutes or until golden brown and a thermometer inserted into the center reaches 165 degrees.

The pie can be served warm or cooled to room temperature.

If the pies will be stored for more than 2 hours, they should be refrigerated.

Per Serving (excluding unknown items): 73 Calories; 6g Fat (78.3% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 46mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.