



A Nutrition Resource

# ELK POT PIE WITH HERB BISCUITS

**Yield: 4 Servings | Serving Size: 1 biscuit and 1 cup pot pie**

## Ingredients:

### Pot Pie

- 3/4-pound elk steak, cut into small cube
- 1/4 cup whole wheat flour
- 2 1/4 cups low sodium beef broth
- 2 cups frozen mixed vegetables
- 1 1/2 Tablespoons dried thyme
- 1 1/2 teaspoons dried rosemary
- 2 Tablespoons fresh parsley, chopped

### Biscuits

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 Tablespoon dried thyme
- 2 teaspoons dried rosemary
- 2 Tablespoons COLD unsalted butter, cut into small cubes
- 1/2 cup nonfat milk

## Directions:

- 1) Preheat oven to 350°F.
- 2) Heat olive oil over medium heat in oven safe sauté pan. Toss meat with flour, add to pan and cook until brown, about 10 minutes.
- 3) Add broth, thyme, and rosemary and simmer until liquid has reduced by half.
- 4) Stir in vegetables, return to a simmer, and put into oven for 25 minutes.
- 5) While pot is in the oven, combine first five ingredients for biscuits in a bowl. Add butter and cut into flour mixture using a fork. Add milk. Stir

## Nutrition Facts

4 servings per container  
**Serving size 1 biscuit and 1 cup pot pie (368g)**

Amount per serving  
**Calories 400**

	% Daily Value*
<b>Total Fat</b> 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 570mg	25%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 36g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 9mg	50%
Potassium 651mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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cut into four biscuits. Bake in oven for 12-14 minutes until golden brown.

- ) Once pot pie and biscuits have been removed from the oven, serve one cup of pot pie over a biscuit, and enjoy!

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