

DELI ROLL DECONSTRUCTED



Prep Time

25 min

Total Cook Time

60 min

Level

Easy

Servings

4-6

Ingredients

- 1 pound ground beef
- 1 puff pastry sheet
- 1 box instant mashed potatoes
(or 3 medium potatoes)
- 1 can (15oz) stewed tomatoes
- 1 bottle bbq sauce of your choice

Directions

1. Preheat oven to 350° F.
2. Line a large baking sheet with aluminum foil and place frozen puff pastry sheet on top and roll it out as it thaws.
3. In a wok or frying pan on medium heat, brown the ground beef. Stir frequently.
4. Add the stewed tomatoes and some bbq sauce for added flavor. Stir frequently until meat is fully cooked. Put aside and let cool.
5. Prepare 2 servings of instant mashed potatoes using water or soy milk.
Substitute if desired: Peel 3 potatoes, slice into eighths. In a small pot, boil the potatoes until very soft. In a small bowl, mash potatoes and add some margarine or soy milk and a pinch of salt for texture and flavor.
6. On the prepared puff pastry sheet, spread a thin layer of bbq sauce, coating evenly.
7. Spread the ground beef mixture over the middle third of the puff pastry sheet, making sure the mixture covers the entire height of the sheet.
8. Spread the mashed potatoes over the ground beef mixture. Be sure to keep it in the middle third of the puff pastry.
9. Fold one side of the puff pastry sheet over the mashed potatoes then fold the other side over that.
10. Flip the entire roll so the folds are on the bottom.
11. Egg wash the puff pastry or spray with pam. (Score the dough slightly after egg wash)
12. Bake for 30 minutes until it's nice and golden. Slice and serve hot.