

Meat and Potato Pie

Recipe of the Month – November 2013



Got frozen vegetables? Here's an easy way to mix up a meal with nutrient-packed frozen veggies, lean ground beef and more.

Prep Time: 20 Min

Start to Finish: 35 Min

Makes: 6 servings

INGREDIENTS

1 lb. extra-lean (at least 90%) ground beef
1/2 cup plain bread crumbs
1/3 cup ketchup
3/4 teaspoon salt
1 cup frozen mixed vegetables
1 3/4 cups water
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
3/4 cup milk
2 cups plain mashed potato mix (dry)
1 tablespoon chopped fresh chives, if desired

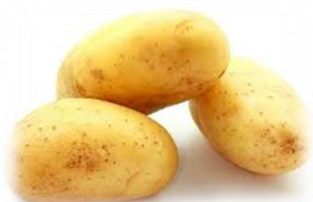
DIRECTIONS

1. Heat oven to 375°F. In medium bowl, mix ground beef, bread crumbs, ketchup and 1/2 teaspoon of the salt. Press mixture in bottom and up sides of ungreased 9-inch pie pan. Bake 10 minutes.
2. Meanwhile, in 2-quart saucepan, mix mixed vegetables, water, remaining 1/4 teaspoon salt, garlic powder and onion powder. Heat to boiling. Remove from heat. With fork, stir in milk and mashed potato mix (dry) until potatoes are of desired consistency.
3. Remove beef crust from oven; pour off any drippings. Spoon potato mixture evenly into partially baked crust. Bake 10 to 15 minutes longer or until beef crust is thoroughly cooked, and potatoes and vegetables are thoroughly heated. Sprinkle with chopped chives.

Recipe Provides: Meat & Beans 2oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	280	Calories from Fat:	70
Total Fat:	7 g	Saturated Fat:	3 g	Cholesterol:	50mg
Sodium:	590 mg	Total Carbohydrate:	34 g	Dietary Fiber:	2 g
	Sugars:	6 g	Protein:	20 g	



This recipe adapted from WWW.eatbetterearly.com

