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FACT SHEET #FS 6089 FCS
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Ground Beef Pie

Exchanges: 1 Starch, 1 Medium-Fat Meat

Serving Size: 1/8 recipe
Carbohydrate: 18 gm
Protein: 17 gm
Fat: 8 gm

Calories: 216
Fiber: 6 gm
Sodium: 783 mg
Cholesterol: 33 mg

Ingredients:

1-pound lean ground beef
1-small onion, finely chopped
1 teaspoon salt
½ teaspoon chili powder
Vegetable cooking spray

1/8 teaspoon pepper
1 cup tomato juice
1 (16 oz) can green beans, drained
2 ½ cups mashed potatoes (cooked without salt or fat)
¼ teaspoon paprika

Steps in Preparation:

1. Combine first 5 ingredients in a nonstick skillet. Cook over medium heat until meat is browned, stirring until meat crumbles. Drain and pat dry with paper towels.
2. Place meat mixture in a 2 quart casserole coated with cooking spray. Pour tomato juice over meat mixture.
3. Arrange beans over meat mixture.
4. Spoon mashed potatoes over beans. Sprinkle with paprika. Bake at 350° for 35 to 40 minutes or until golden.

Yield: 8 servings

From The Complete Step-by-Step Diabetic Cookbook

As Demonstrated by Beth Shephard