

Meat Crust Pie

Frances A Hoffman

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 pound ground beef
1 cup soft bread crumbs
1/2 cup milk
1 tablespoon onion,
chopped
1 tablespoon
Worcestershire sauce
3/4 teaspoon salt
1/8 teaspoon pepper
2 cups cooked mixed
vegetables
1 cup cooked tomatoes,
drained
cooked green pepper rings*

Preheat the oven to 350 degrees.

In a bowl, mix the ground beef, bread crumbs, milk, onion, Worcestershire sauce, salt and pepper. Pack into a nine-inch pie plate, covering the bottom and the sides. Top with a second pie plate.

Bake for 7 minutes. Remove the top pie plate.

Bake for 3 minutes longer.

Spoon the mixed vegetables and tomatoes over the prepared meat crust. Top with pepper rings.

Bake for 20 minutes longer.

Per Serving (excluding unknown items): 270 Calories; 21g Fat (71.1% calories from fat); 14g Protein; 5g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 393mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.