

Meat & Potato Patties

*Gladys Klein - Burlington, VT
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Servings: 4

*3/4 pound lean ground beef (90% lean)
3/4 cup finely shredded potatoes
1/4 cup onion, finely chopped
2 tablespoons green pepper, chopped
1 large egg, beaten
1/4 teaspoon salt
1 tablespoon canola oil
1 cup tomato juice
1 tablespoon all-purpose flour
1/4 cup water*

Preparation Time: 10 minutes

Cook Time: 25 minutes

In a bowl, combine the ground beef, potatoes, onion, pepper, egg and salt. Shape into four patties. Press to flatten slightly.

In a large skillet, heat the oil over medium-high heat. Brown the patties on both sides. Drain.

Add the tomato juice. Simmer, covered, until a thermometer inserted into the meat reads 160 degrees, 20 to 25 minutes. Remove the patties to a serving platter. Keep warm.

In a bowl, whisk the flour into the water. Gradually add to the skillet. Reduce the heat to medium-low. Cook, stirring constantly, until thickened. Spoon over the patties. Serve immediately.

Per Serving (excluding unknown items): 71 Calories; 5g Fat (58.0% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 372mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.