

Meat & Potato Pie

Ingredients

½ lb ground lean beef (or dark Turkey meat)
½ ground chicken breast
5-6 medium size potatoes
1 large onion chopped (fine)
2-3 cloves of fresh garlic (fine)
½ fresh green pepper
½ fresh red pepper
small can of tomato paste
about 2 tbs low sodium soy sauce
about ½ cup of water or any type of soup stock
about 3-4 tbs of fresh chopped parsley
salt , pepper & cumin to your taste
about 6 tbs sunflower oil
about ½ cup of milk

Preparation

Potatoes

Peel & boil potatoes until tender
Brown chopped onion & garlic in the 3 tbs oil until golden
Whip the potatoes with the milk and onion / garlic
(any remaining oil in the pan add to the potatoes
add salt & pepper to taste
Set aside

Meat

Combine the two types of ground meat , mix well
Brown in a hot skillet in the remaining 3 tbs of oil
together with the parsley , chopped red & green peppers
When meat is almost done (about 7-10 min)
combine the tomato paste , water (or soup stock)
with the soy sauce , salt , pepper and cumin to taste
pour into the meat , proceed to simmer for another 10-15 min, until mixture
is almost fluid-less.

Grease a 9” pan , place an even layer of potatoes , top the layer with the meat,
place the rest of the potatoes on top of the meat , all three in smooth layers.

Bake in 350 deg. Covered for about 20 min , uncovered for about 10 more min.
In the 10 min uncovered stage you could top the pie with your choice of shredded cheese,
this step is optional

This simple ,tasty , satisfying dish is actually relatively low in calories ,
prepared under different names in many cultures and supplies most of ones daily
nutrients . Great for any weather !

