

PIZZA PIE WITH MASHED POTATOES

Total preparation and cooking time: 35 minutes

- 1 package (12 ounces) refrigerated fully-cooked ground beef crumbles**
- 2-2/3 cups firmly packed frozen mashed potatoes**
- 1-1/3 cups milk**
- 1/2 cup shredded Cheddar cheese**
- 2 cups prepared chunky garden-style pasta sauce**
- 1/2 cup shredded Cheddar cheese**



1. PLACE the mashed potatoes and milk in a medium microwave-safe bowl. STIR with a rubber spatula to mix well.
2. **Adult help needed:** MICROWAVE, uncovered, on HIGH 3 minutes. **Careful! Bowl will be very hot.** Using pot holders, STIR carefully with rubber spatula. MICROWAVE on HIGH 3 to 5 minutes longer. Using pot holders, carefully remove the bowl from the microwave.
3. ADD 1/2 cup cheese to the potatoes. STIR with rubber spatula to mix well.
4. OPEN the ground beef crumbles package using scissors. PLACE beef and pasta sauce in a 9-1/2-inch microwave-safe deep pie plate. STIR with a spoon to mix well.
5. SPOON the potatoes on top of the beef. SPREAD potatoes with rubber spatula to cover the beef mixture evenly.
6. SPRINKLE 1/2 cup cheese evenly on top of the potatoes.
7. **Adult help needed:** MICROWAVE on HIGH 6 minutes. **Careful! Pie plate will be very hot.** Using potholders, TURN pie plate halfway around. MICROWAVE on HIGH 3 to 7 minutes longer or until beef mixture is thoroughly heated.
8. **Adult help needed:** **Careful! Pie plate will be very hot.** Using potholders, REMOVE pie plate from the microwave.

Makes 4 servings.

Nutrition information per serving: 567 calories; 35 g protein; 39 g carbohydrate; 30 g fat; 1,293 mg sodium; 98 mg cholesterol; 4.2 mg niacin; 0.3 mg vitamin B₆; 2.5 mcg vitamin B₁₂; 4.0 mg iron; 5.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron and zinc, and a good source of vitamin B₆.

You Will Need

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| scissors | pot holders |
| 1-cup glass measure | 9-1/2-inch microwave-safe deep pie plate |
| set of measuring cups | spoon |
| medium microwave-safe bowl | |
| rubber spatula | |