

Basque Potato Pie

Ruth Abbott

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

3 large baking potatoes
2 tablespoons butter or margarine
1/4 teaspoon salt
1/2 cup onions, chopped
1 pound lean ground beef
3/4 cup tomato sauce
3/4 cup Monterey Jack cheese,
shredded
1/3 cup pitted ripe olives, sliced

Preheat the oven to 350 degrees.

Pare the potatoes. Slice crosswise as thin as possible using a food processor or sharp knife.

In a large skillet, melt the butter. Add salt and toss the potatoes in butter to coat evenly.

Line the bottom and sides of a nine-inch pie plate with potato slices, reserving eight slices for garnish.

In the same skillet, saute' the onion until golden. Add the beef. Cook until browned, breaking up with a fork as it cooks. Drain off the fat.

Add the tomato sauce, cheese and black olives. Mix well. Spoon the meat mixture into the potato-lined pie shell. Garnish with the reserved potato slices.

Bake for 35 to 40 minutes or until the potatoes are soft and the edges lightly browned.

Allow the pie to stand for 5 minutes or more before serving so it will cut easily.

Per Serving (excluding unknown items): 382 Calories; 25g Fat (58.2% calories from fat); 19g Protein; 20g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 512mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	382	Vitamin B6 (mg):	.5mg
% Calories from Fat:	58.2%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	21.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	20.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	25g	Folacin (mcg):	26mcg
Saturated Fat (g):	11g	Niacin (mg):	5mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	80mg	% Refused:	n n%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1
Protein (g):	19g	Lean Meat:	2 1/2
Sodium (mg):	512mg	Vegetable:	1/2
Potassium (mg):	845mg	Fruit:	0
Calcium (mg):	133mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	3 1/2
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	21mg		
Vitamin A (i.u.):	609IU		
Vitamin A (r.e.):	109RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 382 **Calories from Fat:** 222

% Daily Values*

Total Fat 25g	38%
Saturated Fat 11g	57%
Cholesterol 80mg	27%
Sodium 512mg	21%
Total Carbohydrates 20g	7%
Dietary Fiber 2g	9%
Protein 19g	
Vitamin A	12%
Vitamin C	35%
Calcium	13%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.