

Beef Casserole with Potato Topping

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 cups leftover cooked beef, cut in
1/2-inch cubes
2 cans condensed green pea soup
1/2 cup sliced mushrooms saute'd in
butter
1/2 cup milk
1 teaspoon parsley, chopped
1/2 tablespoon fresh basil, chopped
1 small onion, chopped
salt (to taste)
pepper (to taste)
2 cups fresh mashed potatoes
1 cup cooked peas (optional)
1 egg, well beaten
2 tablespoons butter or margarine,
melted

Preheat the oven to 350 degrees.

In a two-quart casserole, place the meat, soup, mushrooms, milk, parsley, basil and onion. Season to taste with salt and pepper. (The mixture will blend better if you warm the soup first and stir in the milk.) Cover.

Bake for 25 minutes.

Make fresh mashed potatoes (instant will serve well). Stir in the peas and egg. Spread evenly over the casserole. Drizzle the melted butter over the top.

Increase the oven temperature to 425 degrees.

Bake an additional 10 minutes.

(Serve with scalloped tomatoes and cole slaw.)

Per Serving (excluding unknown items): 175 Calories; 7g Fat (37.0% calories from fat); 8g Protein; 20g Carbohydrate; 2g Dietary Fiber; 48mg Cholesterol; 673mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	175	Vitamin B6 (mg):	.1mg
% Calories from Fat:	37.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.3%	Riboflavin B2 (mg):	.1mg

Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	20g
Dietary Fiber (g):	2g
Protein (g):	8g
Sodium (mg):	673mg
Potassium (mg):	201mg
Calcium (mg):	52mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	364IU
Vitamin A (r.e.):	70RE

Folacin (mcg):	10mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 175 Calories from Fat: 65

% Daily Values*

Total Fat 7g	11%
Saturated Fat 4g	20%
Cholesterol 48mg	16%
Sodium 673mg	28%
Total Carbohydrates 20g	7%
Dietary Fiber 2g	9%
Protein 8g	
Vitamin A	7%
Vitamin C	5%
Calcium	5%
Iron	8%

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