

# Hamburger Potato Roll

*Louise Rousseau Brunner  
Casserole Treasury (1964)*

## Servings: 5

*1 pound ground chuck  
2 cups seasoned mashed potatoes  
1 medium onion, chopped  
1 small clove garlic, crushed  
1 tablespoon drippings  
1 egg, lightly beaten  
2 slices bread, crusts removed  
1 teaspoon salt  
1/4 teaspoon ground oregano,  
rosemary or basil  
freshly ground black pepper  
2 tablespoons dry bread crumbs  
1 tablespoon minced parsley or green  
pepper (optional)  
3 strips bacon (optional)*

In a skillet, saute' the onion and garlic lightly in the hot drippings. Remove from the heat. Mix in the beef and egg.

Soften the bread in water for a few minutes. Squeeze out the water. Add the bread to the meat, along with the salt, oregano and pepper. Mix well.

Spread out a piece of waxed paper. Sprinkle it with the crumbs. Lay the beef on the crumbs. Pat into a rectangle about 1/2-inch thick.

In a bowl, beat the mashed potatoes with the parsley. Spread the mixture over the meat.

Roll up the meat by lifting the paper along the long side of the rectangle, as you would a jelly roll. Lift the roll carefully into a shallow casserole (greased if the meat is quite lean). Place the bacon strips on top.

Bake about one hour in a medium oven, about 350 degrees.

(Serve with gravy made from the pan drippings or with mushroom or tomato sauce.)

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Per Serving (excluding unknown items): 301 Calories; 20g Fat (62.1% calories from fat); 19g Protein; 9g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 581mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	301	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	62.1%	<b>Vitamin B12 (mcg):</b>	2.3mcg
<b>% Calories from Carbohydrates:</b>	12.3%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	25.5%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	20g	<b>Folacin (mcg):</b>	20mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	5mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	111mg	<b>% Daily Values:</b>	n n%
<b>Carbohydrate (g):</b>	9g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	19g	<b>Lean Meat:</b>	2 1/2
<b>Sodium (mg):</b>	581mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	305mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	38mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	2 1/2
<b>Zinc (mg):</b>	4mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	49IU		
<b>Vitamin A (r.e.):</b>	14RE		

**Nutrition Facts**

Servings per Recipe: 5

**Amount Per Serving**

**Calories** 301                      **Calories from Fat:** 187

**% Daily Values\***

<b>Total Fat</b> 20g	31%
Saturated Fat 8g	40%
<b>Cholesterol</b> 111mg	37%
<b>Sodium</b> 581mg	24%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 1g	3%
<b>Protein</b> 19g	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	3%
<b>Calcium</b>	4%
<b>Iron</b>	13%

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