

Next Day Meat Loaf Pie

Janet Chen - Ann Arbor, MI

Simple&Delicious Magazine - April/ May 2012

Servings: 4

Preparation Time: 15 minutes

Bake Time: 30 minutes

To increase homemade taste, you can substitute homemade potatoes or warmed refrigerated mashed potatoes.

1 1/3 cups water

1/3 cup 2% milk

2 tablespoons butter

1/2 teaspoon salt

1 1/2 cups mashed potato flakes

1 can (11 oz) whole kernel corn, frozen (drained)

1 can (10 3/4 oz) condensed cream of mushroom soup, undiluted

2 slices (about 1/2 pound) cooked meat loaf, cubed

1/4 cup Cheddar cheese, shredded

2 tablespoons green onions, thinly sliced

Preheat oven to 350 degrees.

In a large saucepan, combine the water milk, butter and salt. Bring to a boil. Stir in the potato flakes. Remove from the heat. Cover and let stand for 5 minutes.

In a large bowl, combine the corn and soup. Gently fold in the meat loaf.

Transfer the meat mixture to a greased 8-inch square baking dish.

Stir the cheese and green onions into the potatoes. Spread over the top of the meat mixture.

Bake, uncovered, for 30 to 35 minutes or until heated through and the edges are golden brown.

Per Serving (excluding unknown items): 269 Calories; 15g Fat (47.4% calories from fat); 7g Protein; 30g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 1020mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.