

Shepherd's Pie Florentine

*Lousene Rousseau Brunner
Casserole Treasury (1964)*

Servings: 6

*1 pound lean ground beef
2 1/4 teaspoons salt, divided
1/4 teaspoon fresh ground pepper
1 1/2 teaspoons onion, minced and divided
1/4 cup bread crumbs
2 eggs, divided
1 package frozen chopped spinach
1 cup water
1 cup milk
1 package (4 serving size) instant mashed potatoes
1 tablespoon butter or margarine
1/4 teaspoon garlic salt
thin-sliced Cheddar cheese*

Preheat the oven to 425 degrees.

In a bowl, combine the beef, one teaspoon of salt, one tablespoon of the onion, bread crumbs and one egg. Mix lightly and pat gently into a nine-inch pie plate, covering the bottom and sides.

Bake for 15 minutes. Pour off any fat that has accumulated.

In a heavy skillet over low heat, heat the spinach, covered, turning often until it is completely thawed. Press out as much water as possible with a spatula.

In a saucepan, bring the water to a boil. Add the milk. Beat in the instant potato, butter, garlic salt, remaining 1-1/4 teaspoons of salt, remaining onion and remaining egg.

Fold in the spinach. Pour into the cooked meat shell.

Cover the top with slices of cheese. Place back in the oven.

Bake for 10 minutes or until the cheese is melted and golden.

Per Serving (excluding unknown items): 303 Calories; 21g Fat (62.7% calories from fat); 20g Protein; 8g Carbohydrate; 2g Dietary Fiber; 138mg Cholesterol; 1096mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	303	Vitamin B6 (mg):	.3mg
% Calories from Fat:	62.7%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	11.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	26.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	21g	Folacin (mcg):	112mcg
Saturated Fat (g):	9g	Niacin (mg):	4mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	138mg	% Refuse:	0.0%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	20g	Lean Meat:	2
Sodium (mg):	1096mg	Vegetable:	1/2
Potassium (mg):	539mg	Fruit:	0
Calcium (mg):	165mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	3
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	6088IU		
Vitamin A (r.e.):	644 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 303 **Calories from Fat:** 190

% Daily Values*

Total Fat 21g	32%
Saturated Fat 9g	45%
Cholesterol 138mg	46%
Sodium 1096mg	46%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	10%
Protein 20g	
Vitamin A	122%
Vitamin C	31%
Calcium	16%
Iron	20%

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