

Beef Upside Down Pie

Dot Cupper

The Pennsylvania State Grange Cookbook (1992)

Servings: 8

*2 1/2 tablespoons
shortening
1/4 cup onion, sliced
1 can (10 ounce) tomato
soup
8 ounces lean ground beef
1 1/2 cups flour
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon paprika
1 teaspoon dried celery
1/4 teaspoon pepper
2 1/2 tablespoons
shortening
3/4 cup milk or water*

Preheat the oven to 425 degrees.

In a nine-inch ovenproof skillet, melt 2-1/2 tablespoons of shortening. Add the onion. Cook until tender. Add the soup and ground beef. Bring to a boil.

In a bowl, sift the flour, baking powder, salt, paprika, celery and pepper together. Add 2-1/2 tablespoons of shortening. Mix well. Stir in the milk. Spread the mixture over the ground beef in the skillet.

Bake for 20 minutes or until heated through.

Invert onto a serving plate.

Per Serving (excluding unknown items): 245 Calories; 14g Fat (52.9% calories from fat); 8g Protein; 21g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 557mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.