

Shipwreck Pie

What You'll Need

- cooking spray
- 1 pound lean ground beef
- 3/4 cup chopped onion
- 1/4 cup uncooked brown rice
- 1 1/2 cups chopped potatoes
- 1/2 cup chopped green pepper
- 1/2 cup chopped zucchini
- 1 15-ounce can kidney beans
- 1 6-ounce can tomato paste
- 1/2 cup water
- 1 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/2 teaspoon salt

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Spray skillet with cooking spray. Over medium-low heat, cook ground beef and onion until a meat thermometer reaches 160 degrees. Drain excess liquid or fat.
- 3 Spray 8x8 baking dish with cooking spray. Layer ground beef and onion mixture, rice, potatoes, peppers, zucchini and beans in dish.
- 4 Combine remaining ingredients (tomato paste, water, Worcestershire sauce, chili powder, pepper and salt) in a bowl and mix together.
- 5 Pour mixture over casserole.
- 6 Bake covered for 1 1/2 hours.

Nutrition Facts

Serving Size (285g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 22g	
Vitamin A 10%	Vitamin C 45%
Calcium 2%	Iron 20%

