

Mexican Pie

Preparation time	20 minutes
Cooking time	60 minutes
Servings	5
Cost per serving	\$2.07
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, can opener, fork, large bowl, small bowl, large frying pan, wooden spoon.



Ingredients

SEE OUR
PIE CRUST
RECIPE



Unbaked 9-inch
pie crust



125 ml (½ cup) **quick cooking polenta** (optional)



175 ml (¾ cup)
water



15 ml (1tbsp)
chili powder



Salt and pepper
to taste



80 ml (⅓ cup) **butter**
or non-hydrogenated
margarine



1 large or 2 small
yellow onions,
peeled and sliced

OR
GROUND
PORK



225 g (½ lb)
ground beef



1 can (540 ml)
black beans, drained,
well rinsed and mashed

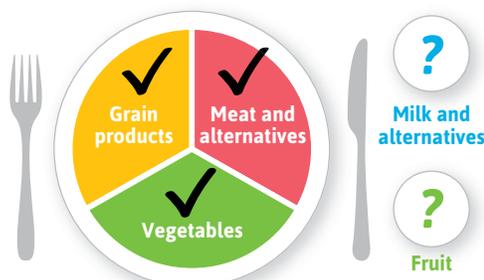


60 ml (¼ cup)
ketchup



250 ml (1 cup)
frozen green peas

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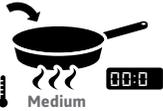


Balanced plate

Serve with:

- ? Vegetables (salad or raw vegetables, for example) to round out the serving and a fruit
- ? A glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 190°C (375°F). Prick the pie crust with a fork.	 
2	Bake for 10 to 12 minutes. When the pie crust is cooked, remove from the oven and lower the oven temperature to 180°C (350°F).	 
3	Meanwhile, in a small bowl, combine the polenta, water, 5 ml (1 tsp) chili powder, salt and pepper . Variation: Skip steps 3 and 4 if you don't have polenta.	
4	Microwave for 2 minutes and add 60 ml (¼ cup) butter or margarine. Stir and set aside.	 
5	In a large frying pan over medium heat, cook the onions in 20 ml (4 tsp) butter or margarine for 5 minutes, stirring occasionally.	
6	Add the ground beef , mashed black beans and the remaining chili powder . Cook for 5 minutes, or until the meat is done.	
7	Add the ketchup, green peas, salt and pepper , and mix. Place the ground beef mixture into the pie crust and spread it evenly over the bottom.	 
8	Pour the cooked polenta over the meat and spread it evenly, using a fork (optional). Bake for about 35 minutes, or until the top is golden brown. Tip: Use the cooking time to prepare your side dishes.	 

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition