

# Mexican Pie

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



## 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

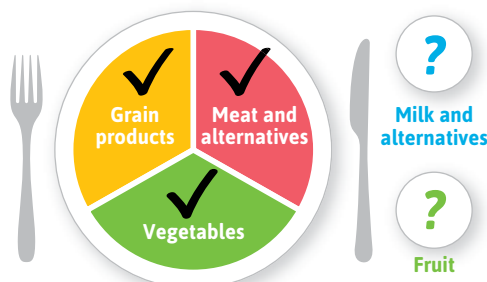


60 ml (¼ cup)  
**ketchup**



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 <b>pie crust</b> 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 <b>polenta, water, 5 ml (1 tsp) chili powder, salt and pepper</b> . <b>Variation:</b> Skip steps 3 and 4 if you don't have polenta.	
4	Microwave for 2 minutes and add <b>60 ml (¼ cup) butter</b> or margarine. Stir and set aside.	 
5	In a large frying pan over medium heat, cook the <b>onions</b> in 20 ml (4 tsp) <b>butter</b> or margarine for 5 minutes, stirring occasionally.	
6	Add the <b>ground beef</b> , mashed <b>black beans</b> and the remaining <b>chili powder</b> . Cook for 5 minutes, or until the meat is done.	
7	Add the <b>ketchup, green peas, salt and pepper</b> , and mix. Place the <b>ground beef mixture</b> 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. <b>Tip:</b> Use the cooking time to prepare your side dishes.	 

My rating: ★ ★ ★

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