



Hamburger Pie

1½ cups mashed potatoes
2 cups cheese, shredded
¾ cup onion, chopped
4 cloves garlic, chopped
½ cup carrot, chopped
1 Tbsp. coconut oil, butter, or lard
1/3 cup green beans
½ pound ground beef
1 Tbsp. cornstarch or arrowroot flour
¾ cup water
¼ tsp. salt
1/8 tsp. pepper
¼ tsp. paprika
4 unbaked single-crust tart pastry shells (see recipe)

Prepare mashed potatoes. Stir cheese into potatoes and set aside. Sauté onion, garlic, and carrot in oil until tender crisp. Add green beans and ground beef and cook until meat is lightly browned. Mix cornstarch in water and stir into meat mixture, stirring constantly until thickened. Add salt, pepper, and paprika; reduce heat and simmer for about 5 minutes. Fill tart shells with hot mixture. Spoon mashed potatoes on top. Bake at 400 degrees F (205 C) for 18 minutes. Serve with a pat of butter on top of each pie.

* Mashed cauliflower may be substituted for the mashed potatoes. Cook 1½ cups of chopped cauliflower until very tender. Add 1 tablespoon butter, 1/8 teaspoon salt, and mash. Stir in cheese and follow instructions as directed above. *Compliments of Dr. Bruce Fife, N.D.*

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Life is short. Drink it in.



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