



“Hachis Parmentier” French Potato Beef Bake



Ingredients



Recipe from Chef Laurent

- 4 russet potatoes
- 1 tsp salt
- ½ cup cream
- Pinch of cayenne or white pepper and nutmeg
- 1 oz. melted butter
- 1 tbsp chopped parsley
- ½ large onion
- ½ pound of ground beef
- 2 garlic cloves or 1 tsp diced garlic (jar)
- 1 egg

Yield: 6-8 servings
Serving Size: 1 cup



Directions

1. Wash, prick with fork, and bake potatoes on salted sheet pan at 375 degrees for an hour (until soft to the knife)
2. Cool the potatoes and then open the top of the potatoes and remove the inside without tearing the skin apart. We will use the skin to be the bottom of the dish-like a crust.
3. Put the potatoes in a bowl and add the cream, melted butter, spices and the egg and mix well.
4. In a sauté pan, sweat the onions with olive oil, garlic and then add the ground beef and sauté until the meat is completely cooked.
5. Add a tablespoon of parsley or any other dried herb you may like (such as thyme, rosemary or sage).
6. Place a layer of mashed potatoes, then a layer of cooked beef, then cover with the mashed potatoes and sprinkle with a cheese of your choice.
7. Bake again for about 20 minutes at 375 degrees. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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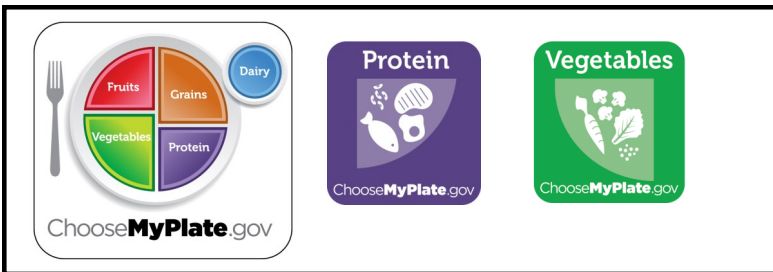
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Fast Facts



Featured Food Groups



Cooking Tips



Don't have a russet potato? Try using whatever type of potato you have on hand.

Nutrition Facts

6 servings per container

Serving size 1 Cup

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 15g 19%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 480mg 21%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 14g 28%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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