

Caribbean Plantain Pie



Makes:

12 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover
small mixing bowl

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Recipe:

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1 tablespoon
olive oil
(15
mL)
6 ripe plantains, cut into long strips
1 pound
ground beef
(454
g)
1 large onion, strung, use Cone #2
1/2 teaspoon
oregano
(0.5
g)
1 teaspoon
meat marinade or seasoning
(1
g)
1/2 teaspoon
salt
(3
g)
1/2 teaspoon
pepper
(1
g)
1 cup
tomato sauce
(245

g)
1/4 cup
fresh cilantro, finely chopped
(15
g)
1/4 cup
parsley, finely chopped
(15
g)
1 green chili pepper, shredded, use Cone #1
1 pound
mozzarella cheese, strung, use Cone #2
(454
g)
3 eggs, beaten
3 tablespoons
milk
(45
mL)

Directions:

1. Preheat skillet on medium heat. Add oil and sauté plantains on both sides. Set aside.
2. In same skillet, sauté meat and onion. Add oregano, meat marinade or seasoning, salt and pepper. Continue cooking.
3. Add tomato sauce, cilantro, parsley and chili pepper.
4. Once meat is fully cooked, remove from heat and transfer mixture to a bowl. Set aside.
5. Allow skillet to cool to room temperature before constructing pie.
6. Add a layer of plantains to bottom of skillet. Layer half the meat over plantains and then layer half the cheese over meat.
7. Add a second layer of plantains over cheese. Layer the remaining meat over plantains.
8. In a small bowl, beat eggs and milk together. Pour evenly over meat.
9. Evenly spread the remaining cheese over meat as the final layer.
10. Cover and cook over low heat for 15 minutes. If you wish to brown the cheese, remove cover and handles, and carefully place in oven under the broiler for 5 minutes or until cheese is browned.

Nutritional Information per

▼ Serving

Calories: 347
Total Fat: 17g
Saturated Fat: 8g
Cholesterol: 106mg
Sodium: 494mg
Total 33g
Carbs:
Dietary Fiber: 3g
Sugar: 16g
Protein: 19g