

## Nannet's Dutch Meatpie

For 4 persons needed:

1 package frozen vegetables

1 package mashed potatoes for 4

1 pound minced beef

A spoonful of butter

Oilspray an oven dish.

Put the frozen vegetables on the bottom.

Fry the minced beef until loose and ready; put it on the frozen vegetables.

Top it off with the mashed potatoes layer.

A few chunks of butter on the mashed potatoes.

Put the dish without top in the oven for about 30 minutes at 320 degrees Fahrenheit.

Check if all layers are heated properly and I wish you: Eet Smakelijk!

[www.nannet.net](http://www.nannet.net) for spiritual weightloss inspiration