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# Stuffed Intestines

## Ingredients

1 pound lean ground beef  
1 medium onion, coarsely chopped  
2½ C frozen mixed vegetables  
1 can (14½-ounces) diced tomatoes with Italian herbs, undrained  
1 jar (12-ounces) home-style beef gravy  
Refrigerated pie crusts  
Mashed potato flakes  
Ingredients to prepare mashed potato flakes  
Red food coloring

## Procedure

Heat oven to 375°F. Spray large skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add ground beef and onion; cook until beef is thoroughly cooked, stirring frequently. Drain. Set aside 12 peas for garnish. Add remaining frozen vegetables, tomatoes and gravy; mix well. Bring to a boil. Reduce heat to medium-low; cover and cook 8 - 10 minutes or until vegetables are crisp-tender, stirring occasionally. After boiling, drain the mixture through a sieve to remove as much of the liquid as possible. Save the liquid and mix it with the jar of beef gravy to use as the blood sauce. Roll out the pie crust into rectangles. Place the dry meat/vegetable mixture into the pie crust and seal. Bend slightly to make them look like intestines. Heat oven to 375°F. Bake intestines until done, about 15 - 30 minutes. Allow to cool. Use red food coloring to paint blood onto intestines. Prepare mashed potatoes according to package directions. Place intestines on large platter. Serve blood sauce and mashed potatoes on the side.



Carawayold  
Taco Dip



Stuffed Intestines  
with Blood

