

## MEAT & POTATO PIE

1 pound roll of hamburger meat, thawed  
½ cup plain bread crumbs \*  
a cup catsup  
1 teaspoon salt, divided  
1 can of mixed vegetables, drained (or any canned vegetable)  
1 ¾ cups water  
½ teaspoon onion or garlic powder  
¾ cup milk  
2 cups of mashed potato flakes

1. Heat oven to 375N F. In a bowl, combine the ground beef, bread crumbs, ketchup and ½ tsp of salt. Mix well. Press the mixture in the bottom and sides of an ungreased 9" pie pan. Bake at 375N for 10 minutes. Remove from oven and pour off any drippings.

Meanwhile, in a medium sauce pan, combine the water, ½ teaspoon of salt, onion or garlic powder. Bring to a boil. Remove from heat. Add the milk, then with a fork, stir in the potato flakes until mixed. Stir the vegetables into mix.

Spoon the potato mixture into the beef crust. Return to the oven and bake an additional 15 minutes or until the crust is cooked and potatoes and vegetables are thoroughly heated.

### Optional:

Use frozen vegetables, cooked during the boiling water stage.

Sprinkle pie with grated Parmesan cheese.

No catsup? Use tomato paste or sauce.

For an Italian flavor, add ½ tsp each of oregano & garlic powder.

## HOW TO COOK GOVERNMENT SURPLUS POTATOES

**Boil 1 ¾ Cups of water with 2 Tablespoons of margarine and ½ Teaspoon of salt.**

**Remove from heat and stir in ¾ Cup of milk and 2 cups of potato flakes.**

**Let rest for five minutes, fluff up with a fork and serve.**

**Serves six \***



### Tips

**Store this bag of potato flakes in a plastic bag or container.**

**No milk? Use evaporated milk, or reconstituted dry milk from the pantry.**

**Use 2 Tablespoons of oil in place of margarine.**

**Try enriching the taste by using a can of chicken broth instead of water (skip the salt)**

**\* Save any leftovers for making potato patties. Just add an egg, maybe some bits of meat or veggies then fry until crisp and golden. Kids love these.**

### **POTATO, HAM & CORN CHOWDER**

- 2 cans of chicken broth
- 3 cups of water
- 1 can of Spam, diced into small bits
- 1 can of corn
- 1 tablespoon of dry onion flakes
- 1 ½ cups of potato flakes

Bring broth and water to a boil, add the remaining ingredients and simmer for 15 minutes until thoroughly heated, stirring occasionally. 4 servings

### **HOT DOG, POTATO AND CABBAGE CHOWDER**

- 1 tsp cooking oil or margarine
- 1 small onion, minced or 1 tablespoon of dried minced onion
- 2 cans of chicken broth
- 3 cups of water
- 4 or more hotdogs, slice in thin rounds
- 1 bag of coleslaw blend or 4 cups of sliced cabbage
- 1 ½ cups of potato flakes

Lightly saute the onion and hot dogs in oil. Add water and broth and bring to a boil. Lower heat, add cabbage and simmer for 10 minutes or until cabbage is tender. Remove from heat and stir in potato flakes.

Tips: Invest in a supply of concentrated chicken cubes or granules & basic spices like oregano, garlic and onion powder & Parmesan cheese for a flavorsome sprinkling. All are available in dollar stores.

Substitute freely. Soup making is fool proof and easy. Add canned drained beans for protein. (Mash up the white ones and your kids will never notice it) Substitute canned tuna or salmon for a fish chowder.

### **TURKEY SHEPHERD'S PIE**

- 1 pound roll of ground turkey
- 1 can condensed cream of (chicken,mushroom,celery) soup
- ½ tsp of thyme or poultry seasoning
- 1 cup of milk
- 1 tablespoon of cornstarch
- 1 can of drained green peas & onions
- 1 recipe of mashed potato flakes

In a saucepan, cook the turkey with 1 tablespoon of water, stirring or until no longer pink, about five minutes. Stir in the soup and the poultry seasoning.

In a bowl blend the milk and cornstarch until smooth. Stir into the turkey mixture and cook until the mixture begins to boil. Remove from heat & stir in the peas,

Prepare 1 recipe of mashed potato flakes.

Pour the turkey mixture into a 9 inch pie plate. Spoon the mashed potatoes over the top, and bake at 400N for 20 minutes or until thoroughly heated.

### **TUNA CORN CAKES**

Mix two cups of prepared mashed potatoes, with a 6 oz can of drained tuna or salmon, one beaten egg, and a generous sprinkling of onion powder. Stir in 1 can of drained corn.

Form into four or six patties.

Heat ¼ cup of oil in a skillet until a drop of water sizzles. Add the cakes, brown on one side for 3-4 minutes, then turn and brown the other side.