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POTATOES IN FAMILY MEALS

Potatoes give us calories, minerals and vitamin C at a reasonable price. The amounts of vitamins and minerals depend upon how and how long potatoes are stored or cooked. Minerals and vitamins are mostly lost when potatoes are soaked or overcooked or potato water is poured down the sink. Potatoes baked and cooked in skins have more minerals and vitamins for us than those mashed or made into potato chips.

Quick Potato Soup - about 6 cups

A top-of-range dish

2 tablespoons fat (if nonfat dry milk is used)	2 cups grated raw potatoes
4½ cups milk (use dry milk solids and water if you wish)	1½ teaspoons salt
1 tablespoon onion, finely chopped	1/8 teaspoon pepper
	Parsley, chives or paprika (if desired or available)

1. Measure and start heating fat and milk over slow heat in heavy saucepan.
2. Slice onion and pare and grate potatoes. If you don't have a grater, chop into small pieces.
3. When milk is hot add potato and onion and simmer for about 10 minutes. You may need to increase heat to medium at first, then lower heat when it bubbles. Stir to keep from burning.
4. Add salt and pepper for seasoning and pour into bowls.
5. Parsley, chives or paprika sprinkled on top adds color and flavor.

Potato Hot Pot - 6 servings

A top-of-range dish

4 slices bacon, cut into pieces, or pieces of salt pork	2 cups cooked tomatoes
4 cups raw potato slices (thin)	1½ teaspoons salt
1 small onion, sliced	1/4 teaspoon pepper

1. Slowly cook the salt pork or bacon in a heavy skillet until golden in color.
2. Remove the pieces to use over top.
3. Add potatoes and onion and cook slowly about 10 minutes.
4. Add tomatoes and seasoning and simmer about 20 minutes or till tomato juice thickens.
5. Crumble bacon or salt pork over top.

Note - For variety add a cup of canned green beans during last cooking. Or sprinkle a little grated cheese over top before serving.

Oven Delight - about 6 servings

1 tablespoon fat	4 tablespoons dry milk solids
2 cups thinly sliced or grated potatoes	1 or more cups hot water
1 cup thinly sliced or grated carrots	1 teaspoon salt
2 cups chopped cooked meat	pepper

1. Grease the baking dish with fat.
2. Put 1 cup chopped meat in casserole.
3. Then add a layer of potatoes (1 cup) and a layer of carrots (1/2 cup).
4. Sprinkle one-half of salt, a little pepper and some dry milk solids over vegetables.
5. Add another layer of cooked meat, and vegetables and the rest of the seasonings and milk.
6. Pour water over top, cover and bake for about 1 hour at 350° F. (medium heat) oven. For browning, uncover and bake 10 minutes more.

Note - To hurry this you could cook the potatoes and carrots in the water for about 15 minutes. Then layer the meat and vegetables and bake about 20 minutes. Other vegetables could be used.

If meat is quite salty and has juice with it reduce the amount of liquid and salt.

Cheesed Potato Balls - 4 servings

12 small potatoes
1 cup grated cheddar cheese
1/2 teaspoon salt
1 tablespoon minced parsley, chives, or green onion tops (if desired)

1. Boil potatoes in jackets.
2. Peel and place in greased casserole and sprinkle with salt.
3. Cover with grated cheese.
4. Place in medium hot oven to melt cheese.
5. Sprinkle with parsley or chives just before serving.