

Potato

Health Benefits

Excellent source of vitamins, minerals and fibre, especially if you eat the potato with the skin!

Storage

Keep raw potatoes in a dry, dark place. Once cooked store in refrigerator.

Preparation

Rinse well with water. Can be peeled but is not necessary. Potatoes are usually consumed cooked. Keep whole or chop up to bake, boil, roast, steam, grill or microwave. Add to soups and stews.



Shepherd's pie

Ingredients:

- 3 large potatoes, peeled and quartered
- 8 tbsp butter (divided in two)
- 1 medium onion, chopped
- 1-2 cups of diced carrots, peas, corn and celery
- 1 1/2 pounds of ground beef
- Salt and pepper to taste and any other seasoning of your choice



Directions:

1. Preheat oven to 400°F
2. Bring potatoes to a boil, and cook until tender (about 20 minutes).
3. In a large pan, sauté half of the butter with the onion, carrots and celery for about 6 minutes. Add peas and corn near the end of the 6 minutes.
4. Add ground beef into sauce pan with the vegetables and cook until fully brown. Add seasoning of choice.
5. Once the potatoes are cooked, drain water and mash with remaining butter and season with salt and pepper to taste.
6. Layer the meat mixture in a casserole dish and then layer the mashed potatoes on top.
7. Place in oven and cook for 30 minutes.

Servings: 4

*Recipes adapted from simplyrecipes.com