



Meat And Potato Casserole Recipe

Preparation Time	15
Cooking Time	75
Serving Size	10

Ingredients:

FOR THE MASHED POTATO

- 500 g potato
- 1/4 cup margarine
- 1/2 cup milk, evaporated
- 1/2 tsp salt

FOR THE FILLING

- 2 Tbsp oil
 - 1 Tbsp garlic, chopped
 - 1/4 cup onion, red, chopped
 - 250 g beef, ground
 - 250 g pork, ground
 - 4 slices sweet ham, diced
 - 1/4 cup raisins
 - 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
 - 2 Tbsp DEL MONTE Sweet Chili Sauce (325g)
 - 1/3 cup water
 - 1 tsp salt
 - 1/4 tsp pepper
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- 1 cup green peas, frozen, cooked
 - 1/2 cup cheese, grated (optional)

Preparation:

1. Boil potatoes until cooked. Peel. While still hot, mash potatoes until thick and lump free. Add margarine, milk, and salt. Blend until smooth. Set aside.
2. Sauté garlic, onion, beef, pork, and ham in oil. Add raisins, DEL MONTE Original Style Tomato Sauce, DEL MONTE Sweet Chili Sauce and water. Season with salt and pepper. Cover and simmer for 20 minutes.
3. Add green peas. Simmer once. Pour mixture into baking pan. Top with layer of mashed potatoes. Bake in a preheated oven at 350°F for 15 minutes. If desired, sprinkle with cheese during the last 5 minutes of baking.

Chef's Tip

For a smooth mashed potato, mash the potatoes while hot and do not overmix. Overmixing the potatoes will make it gummy because the starch will be overworked.

Lusog Notes

This dish is a good source of protein which is important not only for growth and development but also for the repair of body tissues and regulation of body processes.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Pot
- Chopping Board
- Spatula