

HOPE COTTAGE CASSEROLE

(enough for 6 generous servings)

Ingredients

1 lb. hamburger
1 large onion (chopped)
2 cups mixed vegetables
1 cup rice or macaroni
1 tsp. pepper
1 tsp. salt
1 green pepper (optional)
1 clove of chopped garlic (optional)
water or stock – flour to thicken – ketchup may be added
cheese slices to add to top

Topping

Mashed potatoes (6 fresh-cooked and mashed or equivalent instant potato)

Enough cheese – sliced or grated – to cover the top.

Method

1. Brown meat and onions in a large pan.
2. Cover with water or stock.
3. Add vegetables and rice or pasta if uncooked, and simmer until tender.
4. Thicken and season the mixture to stew consistency (oatmeal added to basic ingredients is good, too, for this.)
5. Turn out mixture into a casserole.
6. Spread topping of mashed potato over meat, etc. and add cheese as final layer.
7. An alternative is to make layers of stew and layers of potato – adding the cheese as a final touch.
8. Heat this in oven at 300 degrees for 20 to 30 minutes, depending on the oven.

Serve with love!

Many thanks!