



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

TOMATO POTATO BAKE

SERVES 4-5



INGREDIENTS

- 6 large potatoes
- ½ cup grated cheese

Frozen vegetables. Any combination of:

- Corn
- Peas
- Mixed vegetables

Tomato Sauce Ingredients:

- 400g tomatoes fresh or canned
- 200ml water
- 1 diced onion
- 1 tsp sugar
- ¼ tsp salt
- Pinch pepper
- 1 tsp of oregano, thyme, marjoram or 1 whole bayleaf.
- ½ green pepper, diced (optional)
- 1 Tbsp vinegar (optional)
- 2 Tbsp tomato paste (optional)

METHOD

1. Pre-heat oven to 180°C on Bake setting.
2. Boil potatoes and drain. Use knife and chopping board to cut potato into slices about the thickness of a \$2 coin. Layer in the bottom of a large baking dish.
3. While potatoes are cooking prepare sauce. Combine all sauce ingredients in a pot. Simmer for 30 minutes; stir often. Set aside
4. Add 1 cup frozen vegetables to potatoes in baking dish.
5. Pour sauce evenly over vegetable mixture.
6. Sprinkle grated cheese over the top.
7. Cook in pre-heated oven for 30 minutes.