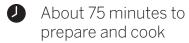
Scalloped Potatoes

and Ham







To save money, you can buy a block of cheese and grate it yourself instead of buying shredded cheese!



Ingredients



potatoes,
washed and sliced



3 tablespoons oil



onion, finely chopped



3 tablespoons flour



1 can (12 oz) evaporated milk



1 ½ cups water



2 cups frozen vegetables (any kind)



1 ½ cups ham, cut into small cubes



1 ½ cup cheddar cheese, grated

Kitchen Supplies

Ulu or knife

Cutting board

Large pot

Strainer

Wooden spoon

Can opener

Measuring spoons

Measuring cups

9x13 inch baking dish



This resource was created with financial contributions from Health Canada and the Public Health Agency of Canada.



Steps



Boil 6 cups of water in pot on high heat. Add potatoes and cook for 12 minutes.



Drain potatoes in strainer and set aside.
Preheat oven to 350°F.



Heat oil in pot on medium high. Add onion and cook until soft.



Add flour and cook for 2 minutes, stirring constantly.



Add evaporated milk and water, stirring constantly until blended.



Add frozen vegetables, ham, and 1 cup of cheddar cheese. Cook and stir until cheese is melted.



Add cooked potatoes to pot. Mix gently.



Put mixture into baking dish. Sprinkle with ½ cup cheddar cheese. Bake in oven for 45 minutes.

