

Iron Rich Recipes

Big Batch Cheesy Sweet Potato Shepherd's Pie

This twist on a classic offers a colourful and tasty mealtime solution for eight to ten hungry people. Or make two dinners for four and freeze the second pan for a last-minute meal to cook from frozen. Or make eight individual 1-cup (250 mL) servings for later use.

Preparation Time: 10 minutes, Cooking Time: 15 to 20 minutes, Baking Time: 20 to 45 min.

Servings: 8 to 10

Topping:

4 lb (2 kg) Ontario Sweet Potatoes, peeled and cubed

1-1/2 cups (375 mL) shredded Ontario Old Cheddar Cheese

1/2-cup (125 mL) milk

Salt and pepper

Filling:

2 lb (1kg) lean ground Ontario Beef

2 cloves Ontario Garlic, minced

2 cups (500 mL) each shredded Ontario Carrots and Ontario Zucchini

1-1/2 cups (375 mL) fresh Ontario Corn Kernels

3/4 cup (175 mL) minced Ontario Onion (about 1 medium)

1 tbsp (15 mL) each dried thyme, oregano and dry mustard

1 tbsp (15 mL) all-purpose flour

1-cup (250 mL) milk

Salt and pepper

Preparation:

Topping: In large pot, cook potatoes in boiling water until fork-tender, 12 to 15 minutes. Drain and mash with Cheddar cheese, milk, and salt and pepper to taste.

Filling: Meanwhile, in large frying pan, sauté beef over medium-high heat for 8 to 10 minutes or until no longer pink. Drain off fat. Add garlic, carrots, zucchini, corn and onion; cook for 5 minutes or until vegetables are softened. In small bowl, mix together thyme, oregano, mustard and flour; stir into pan along with milk, and salt and pepper to taste. Cook for 2 minutes or until slightly thickened. Transfer to two 8-inch (2 L) square baking dishes; top each with half of the potato mixture. (Can be frozen at this point). Bake in 375°F (190°C) oven for 20 minutes, or until heated through and topping is browned. From Frozen: Bake in 350°F (180°C) oven for 45 minutes or until heated through. Recipe from www.foodland.gov.on.ca website.

Beef and Black Bean Chili

1lb (550 g) Extra Lean or Lean Ground Beef

1 large onion, diced

1 large sweet pepper, diced

2-3 tbsp (30-45 mL) chili powder

1 tsp (5 mL) ground cumin

1 can (28oz/796 mL) diced tomatoes
 1 can (14 oz, 398 mL) tomato sauce
 1 can (19 oz/540 mL) black beans, drained and rinsed
 1-1/2 cups (375 mL) frozen corn kernels

Cook beef, onions, sweet pepper, chili powder and cumin in larger saucepan or Dutch oven over medium-high heat for 8-10 minutes or until meat is thoroughly cooked and any liquid has evaporated. Stir in tomatoes, tomato sauce, beans and corn. Bring to boil over medium-high heat. Reduce heat to medium and simmer, covered for 20 minutes, stirring occasionally. Makes 9 servings

Chili Enchiladas: Spread 2 cups (500 mL) chili in 13x9-inch (3L) glass baking dish; set aside. Spoon ½ cup (125 mL) chili onto centre of each of 8 small flour tortillas. Roll up; place seam side down in baking dish. Spoon remaining chili over enchiladas. Sprinkle with 1 cup (250 mL) shredded cheddar cheese. Bake in 350-degree (180 degree C) oven for 30 minutes. Makes 8 enchiladas. Recipe from www.beefinfo.org website.

Magnificent Minestrone

1 cup short past of your choice, uncooked
 2 tbsp (30 mL) canola oil
 6 garlic cloves, minced
 2 large carrots, chopped
 3 celery stalks, chopped
 1 large yellow onion, chopped
 1 tbsp (45 mL) finely chopped thyme leaves
 1 bay leaf
 1-19 oz (540 mL) white kidney or great northern beans, rinsed and drained
 1-19 oz (540 mL) red kidney beans, rinsed and drained
 1-19 oz (540 mL) chickpeas, rinsed and drained
 1-19 oz (540 mL) diced tomatoes
 1 cup shredded green cabbage
 2 medium zucchini, chopped
 8 cups (2L) reduced sodium chicken or veggie broth
 1 tbsp (15mL) pepper

Cook pasta according to directions on package. Cook until at dente, drain and toss with half the oil. Set aside.

In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf and raise heat to high. Add beans, chickpeas, tomatoes, cabbage, zucchini and bay leaf. Add chicken stock and bring to boil.

Lower heat and simmer for 15-20 minutes, skimming foam from top.

Season with pepper and remove bay leaf. Add cooked pasta and enjoy.

Recipe from www.pulsecanada.com website.