## #4: Ham and Potatoes

Ingredients needed:
• 1 tsp. salt
• 3 cups water
• 3 cups potatoes, cubed
• ½ cup milk
• ½ cup butter
• ½ cup onion, chopped
• ½ cup flour
• 2 cups ham, cooked, cut into small pieces
• 3 tbsp. chopped parsley
• 2 cups canned peas, drained *or 2 cups frozen peas*• 1 cup grated cheddar cheese

I added about 1 teaspoon of fresh black pepper.

1. Add salt to water and boil. Add potatoes and cook for 15 minutes. Drain and reserve liquid.
2. Add milk to liquid. Set aside.
3. Melt butter in saucepan, add onions and cook until soft.
4. Blend flour (whisk) into milk mixture and cook on low heat until thickened.
5. Add ham, parsley, peas, onions and potatoes to milk mixture and pour into casserole pan. *This recipe makes a generous 8” X 8” X 3” casserole.  I doubled to make three 8” x 8” x 2” (cake pan) casseroles.*
6. Top with grated cheese.
7. Cover with aluminum foil . Freeze and place directions on top.



**Ham and Potato Casserole**

Ingredients: Potatoes, ham, peas, milk, chopped onion, cheddar cheese, butter, parsley, salt, pepper.

Defrost overnight(or all day) in refrigerator.

Preheat oven to 325ª.

Heat for 25-30 minutes until warmed throughout.