

GF Friendly

Baked Stuffed Potatoes

oven-baked potatoes with a meat mince filling

I used only two potatoes with half of the sauce, the remainder was frozen for later.

- 2 medium-large potatoes
- 200g meat mince (beef, pork, lamb, or chicken)
- ½ onion, finely chopped
- 1 mushroom, peeled and finely chopped
- 200g diced tomatoes
- 70g tomato paste
- ½ tsp oregano
- ¼ tsp chilli powder (optional)
- 1 tsp minced garlic, or garlic powder (optional)
- ½ cup grated cheese (optional)
- 1 Tbsp olive oil (or other cooking oil)



½ cup water

Salt and pepper (optional)

Prick the potatoes all round with a fork; then arrange on a tray lined with baking paper. Pre-heat oven to 200°C fan-forced (220°C conventional); place the tray on the top shelf and bake for 30-45 minutes. Time depends on the size of the potatoes and, of course, the oven. Test with a fork after 30 minutes to see if they are soft in the centre; if not, continue cooking. These can be cooked in a **microwave** – prick with a fork, wrap in paper towel and nuke together; but sitting on opposite sides of the turntable. Cook on 800 watts for 4 minutes, **repeating twice more**, or until soft inside.

Prepare the sauce while the potatoes are cooking. Heat the meat mince with a little oil in a suitable pan on medium low, turning and breaking up the lumps. Once browned, drain the fat into a container, then remove the meat and set aside. Put the remaining oil in the pan and heat the garlic and chilli a bit before adding the onion and mushroom, cooking and turning these until the onion is softening. Now, return the meat and mix well over a medium heat. Pop in the tomatoes, tomato paste, oregano and water; bring to the boil while stirring; then reduce heat to simmer, cover and cook for 15 minutes, stirring occasionally. Remove the cover and continue cooking to reduce the liquid; but not too much. The sauce can be turned off, then re-heated just before serving.

Place the potatoes on individual warmed plates, cut nearly through lengthways and open like butterfly wings. If, like us, you only have two potatoes, use half of the sauce, dividing this between the two potatoes and piling it into the cuts. Top with the grated cheese if desired and serve immediately.

Tip: the leftover half-measure of diced tomatoes and tomato paste can be frozen

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