

# Can-Do POTATOES

## Potato Cakes

### Ingredients

- 2 (15 ounce) cans potatoes, drained and mashed
- ½ cup flour
- 2 tablespoons onion, finely chopped
- 2 tablespoons vegetable oil

### Directions

1. Clean hands and food preparation surfaces.
2. Put mashed potatoes into a bowl. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until ½ inch thick.
4. Cut with a 3-inch round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a skillet or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

*Adapted from:* [myplate.gov/recipes/potato-cakes](https://myplate.gov/recipes/potato-cakes)



**Extension**  
*University of Missouri*



## Air Fryer Canned Potatoes

### Ingredients

- 2 (15 ounce) cans potatoes
- 1 tablespoon olive oil
- 2 tablespoon Italian seasoning
- Parmesan cheese, grated (optional)

### Directions

1. Clean hands and food preparation surfaces.
2. Drain and rinse potatoes under cold water.
3. Put the potatoes into a large bowl and add 1 tablespoon olive oil and 2 tablespoon Italian seasoning.
4. Toss well to ensure all the potatoes are coated.

5. Put into the air fryer and cook on the Air Fry setting at 375 F for 12 minutes, shaking halfway through.
6. Serve topped with grated Parmesan and chopped herbs (optional).

### Notes

- If some of the potatoes in your can are large, then you can half or quarter them if needed. But try to make sure that they are even in size, so they all cook at the same rate.
- The smaller you cut your potatoes, the quicker they will cook so you may need to adjust the cooking time.

*Adapted from:* [hungryhealthyhappy.com/air-fryer-canned-potatoes/](https://hungryhealthyhappy.com/air-fryer-canned-potatoes/)



## Canned Potatoes Tips

- Canned potatoes are a great idea to keep on hand for quick meals and can be substituted for fresh potatoes in many recipes.
- Drain and rinse well to remove the packing liquid, which can sometimes contribute to a metallic flavor and to reduce the sodium content.
- Pat potatoes dry with paper towels to improve crispness and texture, when roasting, frying or using them in potato salad.
- Canned potatoes can be bland, so season them with herbs and spices.
- Enhance the flavor by sautéing them with onions or garlic.
- For a sweeter side dish, consider cooking them with butter and brown sugar.
- Canned potatoes can be roasted, pan-fried or air-fried; they work well in soups, stews and casseroles.
- Pureed canned potatoes can be used to thicken soups, stews and gravies.



## ***Superhero Shepard's Pie***

### **Ingredients**

- 1 (15 ounce) can diced potatoes, drained
- ½ cup cheddar cheese, shredded
- ½ cup 1% or nonfat milk
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound lean ground beef (15% fat)
- 1 teaspoon onion powder (optional)
- 3 tablespoons flour
- 4 cups frozen mixed vegetables
- 1 cup low-sodium broth (any type)

### **Directions**

1. Clean hands and food preparation surfaces.
2. Put diced potatoes in skillet and warm over medium heat for about 5 minutes. Remove from heat and mash the potatoes.
3. Stir in milk, cheese, salt and pepper. Set mixture aside.
4. Preheat oven to 375 F.

5. Brown meat in a large skillet. Add onion powder, if desired. Stir in flour and cook for 1 minute, stirring all the time.
6. Add vegetables and broth. Stir until bubbly, about 5 minutes.
7. Spoon vegetable mixture into an 8-by-8-inch square baking dish. Spread potato mixture over the top.
8. Bake until hot and bubbly, about 25 minutes.
9. Refrigerate leftovers within 2 hours.

### **Notes**

- For extra flavor, add diced onion and garlic to meat when browning.
- Try any mix of frozen, cooked or canned and drained vegetables you have on hand.
- Try other seasonings such as garlic powder, thyme, oregano or cilantro.
- Broth can be homemade, canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

*Adapted from:* [foodhero.org/recipes/superhero-shepherds-pie](http://foodhero.org/recipes/superhero-shepherds-pie)





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## ***Cheesy Potato Soup***

### **Ingredients**

- 1 teaspoon vegetable oil
- 1 medium onion, chopped (about 1 cup)
- ¼ cup chopped celery
- 2 (15 ounce) cans potatoes, drained and diced into bite-size pieces
- 2 cups low-sodium broth (any type)
- ¼ teaspoon black pepper
- 3 tablespoons cornstarch
- 1 ½ cups 1% or nonfat milk, divided
- ¾ cup (3 ounces) cheddar cheese, shredded
- 1 tablespoon bacon bits or 1 slice bacon, cooked and crumbled

### **Directions**

1. Clean hands and food preparation surfaces.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large saucepan, heat the oil over medium-high heat. Stir in the onion and celery and cook until the onions soften, about 5 minutes.
4. Add the potatoes, broth and pepper. Cover and simmer on medium for 10 minutes.
5. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining 1¼ cups milk. Stir into the potato mixture.
6. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
7. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
8. Refrigerate leftovers within 2 hours.

*Adapted from:* [foodhero.org/recipes/cheesy-potato-soup](http://foodhero.org/recipes/cheesy-potato-soup)