

Another Great Recipe from WNEP...

## Spuds-N-Stuff

6 large potatoes (2 pounds)

½ pound ground meat, cooked and drained OR

½ pound cubed ham or sliced hot dogs

½ cup chopped green or red sweet pepper, onion or carrot

¼ cup water

1 c. pizza sauce, salsa or spaghetti sauce OR

1 c. tomato sauce plus 2 tsp. dried Italian seasoning



1. Thoroughly scrub potatoes and prick with a fork.
2. Bake at 425° F for 50-75 minutes, until tender.
3. Combine pepper, onion, or carrot and water. Bring to a boil, reduce heat. Simmer, uncovered, for 5 minutes until tender. Drain.
4. Stir meat or beans into vegetables. Stir in pizza sauce or tomato sauce; heat through.
5. Cut potatoes in half lengthwise and fluff with a fork. Serve meat sauce over potatoes.