

Activity: Ration Recipes
Resource: Ration Recipe Resource

A “Meatless” Dinner: Baked Corn and Tomatoes

**Serves 5-6

**Keep in mind that these recipes were used when certain items were rationed and not available. Try to stick to the ingredients listed here as much as possible for an authentic experience.

Ingredients

- 1 1/2 cups canned corn (drained) or cooked fresh corn
- 1 1/2 cups strained canned tomatoes
- 3/4 tsp salt
- 1/8 tsp pepper
- 1 tsp sugar
- 1/2 cup rolled oats
- 1 tbsp meat drippings
- 1/2 cup grated strong cheese

Equipment

- Oven
- A large mixing bowl
- A mixing spoon
- Measuring cups
- Measuring spoons
- A baking dish
- A strainer
- A cheese grater

Directions

- 1) Preheat the oven to 360°F.
- 2) Mix together all the ingredients except the cheese.
- 3) Transfer the mixture to a baking dish and sprinkle it with the grated cheese.
- 4) Bake for 20 minutes.

Reference:

Wartime Meals, *Veterans Affairs Canada*, accessed September 2019,

<https://www.veterans.gc.ca/eng/remembrance/information-for/educators/teachers-guides/canada-remembers-times/meals>