

Mix and heat until cheese is melted. Serve, using baked, lowfat Nacho chips.
Lorna Kline

NACHO CHEESE DIP

2 lb. hamburger
1 (8 oz.) pkg. taco cheese
1 (8 oz.) pkg. American cheese

1 can mild Ortega salsa
1 can Hunt's Special tomato sauce
1 pack taco seasoning

Optional:

2 tsp. Worcestershire sauce

½ tsp. chili powder

Brown hamburger. Mix all ingredients. Cook 1 hour. Good in the crock pot. Serve with chips.

Lee Ann Rock

NACHOS

16 large tortilla chips
4 oz. shredded Monterey Jack cheese

2 Tbsp. Cheddar cheese

Place a sheet of wax paper on a 10 inch glass or paper plate. Cover with tortilla chips. Sprinkle with cheese. Microwave at MEDIUM for 1½ to 2½ minutes or until cheese is melted, rotating once or twice.

ORANGE MARMALADE FRUIT DIP

1 (8 oz.) pkg. cream cheese
1 (17 oz.) jar marshmallow cream

½ c. sour cream
½ c. orange marmalade

Mix cream cheese, marshmallow cream, and sour cream with mixer until smooth. Add marmalade. Mix until blended. (This dip is good for all kinds of fruit.)

Carol Eppelmann

BO PEEP CHEESE SPREAD

3 large jars pimento (4 oz.)
1 scant c. sugar
½ c. flour
1 tsp. salt

⅓ c. vinegar
¼ c. oleo or butter
3 large (8 oz.) cream cheese

Chop pimentos in blender. Heat pimentos. Mix dry ingredients with vinegar; stir into pimentos. Cook until thick; add oleo. Spoon thickened hot mixture into 3 empty pimento jars and freeze for future use. Mix 1 jar pimento mix with 3 large (8 ounce) cream cheese. Makes 3 batches.

Sherri Riedley

CREAMY GREEN ONION SPREAD

1 (8 oz.) pkg. cream cheese
2 Tbsp. milk

2 green onions, chopped

Mix ingredients. Serve with crackers.

Carol Eppelmann

CHEESE BALL

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| 2 (8 oz.) pkg. cream cheese | 1 tsp. onion juice |
| 1 small jar Kraft Old English cheese | 1 tsp. Worcestershire sauce |
| 1 small jar Kraft olive pimento cheese | ½ tsp. garlic powder or 1 clove garlic, minced |

Combine all ingredients; chill overnight. Form into a ball. Roll in crushed pecans and parsley.

Judy McFadden

CHEESE BALL

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|------------------------------|---------------------------|
| 2 pkg. chopped dried beef | 3 Tbsp. mayo |
| 2 pkg. cream cheese | 1 onion, chopped |
| 2 c. shredded Cheddar cheese | Chopped olives (optional) |
| ½ tsp. Worcestershire sauce | |

Blend together and form into a ball.

Jean Smith

CHOCOLATE-MINT CHEESE BALL MIX

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|--|--|
| 1 (12 oz.) pkg. semi-sweet chocolate chips | 1 c. crushed peppermint candies (about 36) |
| 2 c. chopped pecans | |

Mix together in blender. Stir 1½ cups mix into 8 ounces cream cheese. Shape into a ball, wrap in plastic, and refrigerate until firm. Serve with plain cookies. You will have enough mix to make 3 more balls later.

Kathi Kinney

CRUNCHY HAM-CHEESE BALL

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|---------------------------|-----------------------------|
| 2 (8 oz.) cream cheese | 1 tsp. minced onion |
| ¼ c. Miracle Whip | ¼ tsp. dry mustard |
| 2 c. shaved ham, shredded | ¼ tsp. garlic powder |
| 2 Tbsp. parsley | ½ tsp. Worcestershire sauce |

Mix cream cheese and Miracle Whip until smooth. Stir in remaining ingredients. Refrigerate for 6 to 8 hours or overnight. Roll into ball and roll in coarsely chopped dry roasted peanuts. Serve with crackers. "Chicken in a Biskit" and "Wheat Thins" are the best.

Bev Faulkner

APRICOT EGGNOG

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|---------------------|-------------------------------|
| 1½ c. milk, scalded | 1 tsp. vanilla |
| 2 eggs | ¼ tsp. almond |
| ⅓ c. sugar | ½ c. whipping cream |
| 1½ c. cold milk | 1 (12 oz.) can apricot nectar |

Scald 1½ cups milk in double boiler just until thin film appears. Blend sugar, salt, and eggs. Add gradually to scalded milk. Remove from heat. Add cold milk, vanilla and almond. Strain and cool. Whip cream in chilled bowl. Fold into custard; mix well. Blend in apricot nectar; chill. Sprinkle with nutmeg.

BANANA SLUSH

2 qt. unsweetened pineapple juice	1 large can frozen orange juice
1 c. sugar	12 mashed bananas
1½ c. lemon juice	6 cans 7-Up

Mix all ingredients except for 7-Up. Pour into several plastic containers and freeze at least overnight. Thaw 1½ hours before serving. Add 7-Up as served to make slushy drink.

Ruth K...

BANANA SMOOTHIE

1 small banana for each serving	1 tsp. honey per serving
1 c. milk per serving	½ tsp. vanilla per serving

Break bananas into blender. Add milk, honey, and vanilla. Blend.

Carol Eppelman

EGGNOG

½ c. sugar	3 egg whites
3 egg yolks	4½ Tbsp. sugar
¼ tsp. salt	1½ tsp. vanilla
6 c. milk	

Beat sugar into egg yolks. Add salt; stir in milk. Cook over medium heat. Stir constantly until coats spoon. Cool. Beat egg whites until foamy. Gradually add egg whites. Beat to soft peaks. Add to custard; add vanilla.

Juanita Sain...

MOO-ADE

12 oz. frozen grape concentrate	6 c. milk
1 qt. ice cream	1 qt. ginger ale

Mix in blender and serve.

Jessica Pen...

PURPLE COW

2 c. vanilla ice cream, slightly softened	1 c. milk
3 Tbsp. frozen grape juice concentrate, thawed	

Put grape juice concentrate and milk in a blender. Blend until smooth. Add softened ice cream and beat at low speed. Serve immediately. Serves 4.

April P...

FROZEN FRUIT SLUSH

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|----------------------------------|-----------------------|
| 1 large can fruit cocktail | 2 bananas, sliced |
| 2 cans mandarin oranges, drained | 1 c. sugar |
| 1 can crushed pineapple | 1 can frozen lemonade |
| 1 can apricots with juice | |

Mix all together; freeze. Serve slushy. Tastes great on a hot summer day.

Bev Faulkner

CAROLER'S WASSAIL

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|----------------------|-------------------------------------|
| 1 gal. sweet cider | 4 sticks cinnamon |
| ½ tsp. ground nutmeg | 2 c. sugar |
| 1 tsp. cloves | Juice of 8 oranges |
| 3 tsp. allspice | ¼ c. orange juice (equals 1 orange) |

Combine all ingredients. Bring to a boil. Serve hot.

Elaine Hill

SPICED MULLED APPLE CIDER

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|---------------------------|------------------|
| 1 qt. apple cider | ¼ c. brown sugar |
| 8 whole cloves | 8 whole allspice |
| 1 (4 inch) cinnamon stick | |

Combine ingredients. Cover and heat slowly to boiling. Heat should be so low that it requires about 30 minutes to reach a boil. Can use a crock pot. Serve hot.

April Pyle

WASSAIL

- | | |
|---------------------------------|--------------------|
| 1 large can frozen orange juice | 1½ c. honey |
| 1 large can frozen lemonade | 12 cinnamon sticks |
| ½ gal. apple juice or cider | 24 cloves (whole) |
| 2 c. water | |

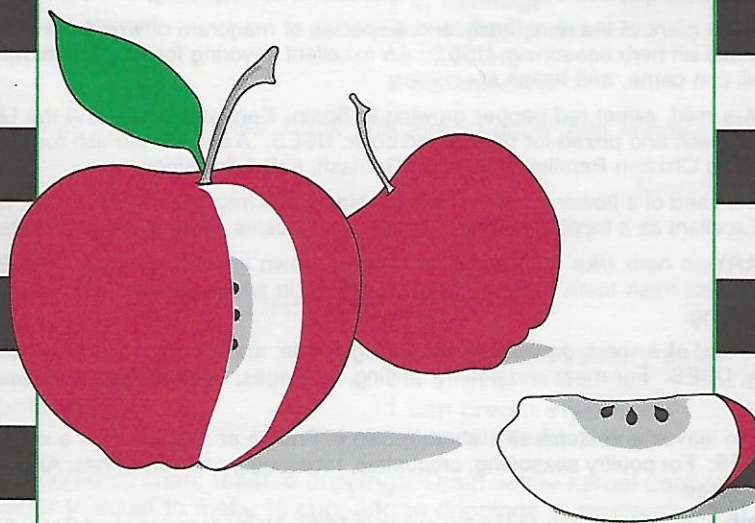
Mix. Bring to a boil.

In memory of Chris L. Kline.

Lorna Kline

Notes

Soups, Salads



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickled meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodle cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SOUPS, SALADS

CHEESEBURGER SOUP

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| 1/2 lb. ground beef | 4 c. diced peeled potatoes (1 3/4 lb.) |
| 3/4 c. chopped onion | 1/4 c. all-purpose flour |
| 3/4 c. shredded carrots | 8 oz. process American cheese, |
| 3/4 c. diced celery | cubed (2 c.) |
| 1 tsp. dried basil | 1 1/2 c. milk |
| 1 tsp. dried parsley flakes | 3/4 tsp. salt |
| 4 Tbsp. butter or margarine, divided | 1/4 to 1/2 tsp. pepper |
| 3 c. chicken broth | 1/4 c. sour cream |

In a 3 quart saucepan, brown beef; drain and set aside. In the same saucepan, saute onion, carrots, celery, basil, and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add broth, potatoes, and beef; bring to a boil. Reduce heat; cover and simmer for 10 to 12 minutes or until potatoes are tender.

Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3 to 5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt, and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream. Yield: 8 servings (2 1/4 quarts).

Sandy Vogel

CHICKEN SOUP

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| Chicken broth | 1 c. cabbage |
| 1 small chopped onion | 2 c. cubed potatoes |
| Salt and pepper to taste | 1/2 c. celery |
| 2 carrots | 8 oz. noodles |

Combine all except noodles. Cook until almost done; add noodles. Cook until done.

Megan McFadden

CORN CHOWDER

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|-----------------------------|----------------------------|
| 5 slices bacon | 1 can cream of celery soup |
| 1 onion, chopped (optional) | 1 3/4 c. milk |
| 1 c. diced potatoes | 1 can cream style corn |
| 1/2 tsp. salt | 1 can whole kernel corn |

Cook bacon until crisp; reserve drippings. Drain whole kernel corn and reserve liquid. Add water to liquid to make 1/2 cup; add to drippings in saucepan. Add onions, potatoes, and salt. Cover and simmer 15 minutes or until vegetables are tender. Add soup, milk, drained corn, and cream style corn; heat through. Season to taste. Crumble bacon over chowder; drop pats of butter on top. Serve. *Delicious!*

Bonnie Kramer

POTATO SOUP

8 to 10 diced potatoes
1 (13 oz.) can Carnation milk
1 can cream of celery soup
2 cans milk

$\frac{1}{2}$ stick margarine
1 lb. Eckrich sausage (bite-size pieces)

Cook potatoes. Drain well. Add 1 (13 ounce) can Carnation milk, 1 can cream of celery soup, 2 cans milk, and $\frac{1}{2}$ stick margarine. Add sausage. Heat and serve.

Joann Ute

POTATO CHEESE SOUP

3 medium potatoes (about 1 lb.),
peeled and quartered
1 small onion, finely chopped
1 c. water
1 tsp. salt
3 c. milk

3 Tbsp. butter or margarine, melted
2 Tbsp. all-purpose flour
2 Tbsp. minced fresh parsley
 $\frac{1}{8}$ tsp. white pepper
1 c. (4 oz.) shredded Swiss cheese

In a saucepan, bring potatoes, onion, water, and salt to a boil. Reduce heat, cover and simmer until potatoes are tender. Do not drain; mash slightly. Stir in milk. In a small bowl, blend butter, flour, parsley, and pepper; stir into the potato mixture. Cook and stir over medium heat until thickened and bubbly. Remove from the heat, add cheese and stir until almost melted. Yield: 6 servings ($1\frac{1}{2}$ quarts).

OLD-FASHIONED SPLIT-PEA SOUP

1 pkg. dried split green peas
Ham shank or smoked sausage
 $\frac{2}{3}$ c. coarsely chopped onion
 $\frac{1}{4}$ c. finely diced carrot
 $\frac{1}{2}$ c. coarsely chopped celery
2 parsley sprigs or 1 tsp. dried
parsley
1 clove garlic or $\frac{1}{8}$ tsp. powdered
garlic

1 bay leaf, crumbled
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{8}$ tsp. dried thyme leaves
 $\frac{1}{8}$ tsp. pepper
1 (13 $\frac{3}{4}$ oz.) can clear chicken broth
(or your own homemade
chicken broth)

Combine peas and 1 quart water; bring to boiling. Reduce heat; simmer, covered, 45 minutes. Add more water if needed. Add ham shank or smoked sausage and all remaining ingredients; simmer, covered, $1\frac{1}{2}$ hours. Remove meat from soup; cool. Cut ham from bone and dice. If sausage has been used, dice sausage. Press vegetables and liquid through coarse sieve or use food processor or blender to make a smooth, thick puree. Return to kettle. Add diced meat; reheat slowly, uncovered, until hot. Makes approximately 8 servings. Freezes successfully.

Nina Rittenhouse

ZESTY VEGETABLE BEEF SOUP

Broth:

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| 2 qt. water | 8 whole allspice |
| 3 lb. beef short ribs with bones | 2 bay leaves |
| 1 large onion, quartered | 1 Tbsp. salt |
| 2 medium carrots, quartered | ½ tsp. pepper |
| 2 celery ribs, quartered | |

Soup:

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| 1 qt. V-8 juice | 2 tsp. Worcestershire sauce |
| 3 celery ribs, sliced | ½ tsp. hot pepper sauce |
| 2 medium potatoes, peeled and cubed | ½ tsp. dried oregano |
| 2 medium carrots, sliced | ½ tsp. dried basil |
| 1 medium onion, diced | ¼ tsp. chili powder |
| | 1 c. uncooked noodles |

In a Dutch oven or soup kettle, bring broth ingredients to a boil. Reduce heat; cover and simmer for 2 hours or until meat is tender. Remove ribs; allow to cool. Skim fat and strain broth; discard vegetables and seasonings. Remove meat from bones and cut into bite-size pieces; return to broth. Add the first 10 soup ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until vegetables are tender. Stir in noodles. Return to a boil; cook, uncovered, for 15 minutes or until the noodles are tender. Yield: 12 to 14 servings (3¾ quarts).

APRICOT PINEAPPLE SALAD

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| 1 large can apricots, drained and cut (save juice) | 2 pkg. orange jello |
| 1 can pineapple (crushed or chunk; save juice) | 2 c. hot water |
| | 1 c. apricot juice |
| | ¾ c. miniature marshmallows |

Combine drained and chilled fruit. Dissolve jello in hot water and add 1 cup apricot juice. Chill. Fold in fruit mixture. Pour in pan.

Topping:

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| 1 c. sugar | 1 egg |
| 3 Tbsp. flour | 1 c. juice |

Cook together and beat in 2 tablespoons butter. Fold in 1 cup Dream Whip (Cool Whip may be used). Garnish with finely grated cheese.

Mary Boggs, Velma Horn

CRANBERRY RELISH SALAD

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| 1 (6 oz.) pkg. raspberry Jell-O | 1 c. crushed pineapple, drained |
| 1 jar Ocean Spray Cran-orange relish | ½ c. chopped nuts (optional) |

Dissolve jello in 2 cups boiling water. Stir in relish. Stir in pineapple. Stir in nuts. Put in Jell-O mold until ready to serve. Can be prepared 1 or 2 days ahead.

Agnes Kramer (Dan's mother)

EDIBLE AQUARIUM

2 pkg. berry blue jello
1½ c. boiling water
1 c. cold water

Ice cubes
Gummy fish

Dissolve gelatin in boiling water. Combine cold water and ice cubes to 2½ cups. Add to hot gelatin and stir until thick. (Remove unmelted ice.) Pour into fish bowl. Place gummy fish in gelatin and refrigerate. Stir a couple of times; distribute gummy fish.

Agnes Tibbets

FROZEN FRUIT SALAD

3 c. sugar
3 c. water
12 oz. frozen orange juice
1 large can crushed pineapple
2 large cans diced peaches

1 can mandarin oranges
5 to 6 bananas
Grapes
Maraschino cherries

Boil sugar and water. Remove from heat and stir in 12 ounces frozen orange juice concentrate. Cool. Add pineapple with juice. Add drained diced peaches, drained mandarin oranges, sliced bananas, grapes, and maraschino cherries. Put in refrigerator. Set out 3 to 4 hours before serving. May use drained fruit juice instead of water.

Marlene Nelson

GLAZED FRUIT SALAD

1 can pineapple chunks
1 can fruit cocktail
1 can mandarin oranges
3 or 4 bananas, sliced

1 Tbsp. lemon juice
1 can peach pie filling
Grapes

Drain the canned fruits thoroughly. Mix all the ingredients together and refrigerate several hours or overnight.

Cindy Wheeler

MOTHER'S TANGY PINEAPPLE SALAD

1 large can chunk pineapple,
drained

½ lb. Longhorn cheese, cubed

Dressing:

Liquid from pineapple
2 Tbsp. vinegar
½ c. sugar

2 Tbsp. flour
1 egg

Mix together ½ cup sugar, 2 tablespoons flour, and egg. Stir in pineapple liquid and vinegar. Cook, stirring constantly, until thickened. Cool and pour over pineapple and dry cheese.

Agnes Tibbets, Ethel Davis

PINEAPPLE SALAD

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| 2 small cans pineapple tidbits | $\frac{3}{4}$ c. sugar |
| 2 c. miniature marshmallows | 2 Tbsp. cornstarch |
| 1 egg | Pinch of salt |
| 1 (8 oz.) pkg. cream cheese,
chunked | |

Drain juice from pineapple and combine with sugar, cornstarch, beaten egg, and salt. Cook on medium heat until thick. Just before removing from heat, add $\frac{1}{2}$ cup marshmallows. Stir until dissolved. Cool this mixture. Put together the pineapple, cheese, and rest of the marshmallows. Add nuts if desired ($\frac{1}{2}$ cup). Add the cooled mixture to this. Mix.

Chris Jones

RASPBERRY RAVE

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| 2 (10 oz.) pkg. frozen red
raspberries in syrup, thawed | 2 (4 serving size) pkg. raspberry
flavored gelatin |
| 1 (20 oz.) can crushed pineapple
packed in juice | 1 c. sour cream (regular, light, or
nonfat) |
| 1 c. water | |

Have an 8 to 10 cup Bundt pan or ring mold ready. Drain raspberries and pineapple in a sieve over a 4 cup measure, gently pressing fruit until you have 2 cups liquid. Bring water to a boil in a 2 quart saucepan. Remove from heat. Add gelatin and stir with a rubber spatula until completely dissolved. Stir in reserved 2 cups fruit liquid, the drained fruit, and sour cream until completely blended. Pour into Bundt pan or ring mold and refrigerate at least 8 hours until firm.

Betty Blackburn

WALDORF SALAD

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|----------------------------------|--------------------------------|
| 2 c. diced apples | $\frac{1}{4}$ c. mayonnaise |
| 1 c. chopped celery | 1 Tbsp. sugar |
| $\frac{1}{2}$ c. chopped walnuts | $\frac{1}{2}$ tsp. lemon juice |
| $\frac{1}{2}$ c. whipped cream | |

Combine apples, celery, and walnuts. Blend together mayonnaise, sugar, and lemon juice. Dash with salt. Fold in whipped cream; fold in apple mixture and chill. Arrange in a lettuce-lined bowl. Decorate with frosted grapes (optional). Serves 6.

Jessica Perry

BROCCOLI SALAD

Salad:

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|--------------------------|--------------------------------|
| 1 bunch broccoli florets | $\frac{1}{3}$ c. chopped onion |
| 1 head cauliflower | 1 c. seeded tomato |
| 8 bacon strips, crumbled | 2 hard-boiled eggs |

Dressing:

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|------------------------|-----------------|
| 1 c. mayonnaise | 2 Tbsp. vinegar |
| $\frac{1}{3}$ c. sugar | |

Combine salad ingredients. Make dressing, then combine both.

Carol Eppelmann

CAULIFLOWER SALAD

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|------------------------------|---|
| 1 head cauliflower | 3 Tbsp. Miracle Whip |
| 1 Tbsp. chopped onion | ½ tsp. seasoning salt |
| 3 oz. cream cheese | 2 Tbsp. shredded carrots (for color) |

Pick apart cauliflower into small pieces. Mix cream cheese, Miracle Whip, onion, seasoning salt, and carrots together and spread onto cauliflower. Stir to mix ingredients together. (Let set in fridge for a while, if possible, to allow ingredients to blend.)

Kate Whetstone

CAULIFLOWER SALAD

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| 1 head lettuce, torn | Bacon bits |
| 1 head cauliflower, cut up | Chopped onion |

Dressing:

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|--------------------------------------|-----------------------------|
| 1 small jar mayonnaise (2 c.) | ½ c. Parmesan cheese |
| ½ c. sugar | |

Mix preceding ingredients. Add dressing to salad just before serving.

Pam Smith

FROZEN SLAW

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|-----------------------------------|----------------------------------|
| 1 medium cabbage, shredded | 1 tsp. whole mustard seed |
| 1 carrot, grated | 1 tsp. celery seed |
| 1 green pepper, chopped | 2 c. sugar |

Mix salt with cabbage; let stand 1 hour. Squeeze out excess moisture. Add carrot and pepper. While the cabbage is standing, make the following dressing: Combine ingredients. Boil 1 minute. Cool to lukewarm. Pour over slaw mixture. Put into containers. Cover and freeze. This thaws in just a few minutes for serving and left over slaw can easily be refrozen.

Mary Frances Hudson

GRILLED CHICKEN SALAD

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|--------------------------------|----------------------------|
| 3 Tbsp. light soy sauce | 1 Tbsp. Blue cheese |
| 2 cloves garlic | 1 medium tomato |
| 5 Tbsp. lemon juice | 4 chicken breasts |
| 1 lb. mixed greens | |

Salad Dressing:

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|---------------------------------|-------------------------------|
| 4 Tbsp. lemon juice | 2 cloves minced garlic |
| 4 Tbsp. balsamic vinegar | 2 tsp. dried basil |

Marinate chicken breasts for 1 hour in soy sauce, garlic, and lemon juice; turn, then grill. Grill red onion slices at same time. Slice hot grilled chicken breasts in strips.

Arrange mixed greens on 4 salad plates. Put on chicken strips. Sprinkle with Blue cheese and chopped tomato. Serve with salad dressing.

Agnes Tibbets

LAYERED BASIL SALAD

4 c. torn assorted salad greens
4 medium carrots, julienned
1½ c. cooked macaroni shells
2 c. frozen peas, thawed

1 medium red onion, diced
¾ lb. fully cooked ham, cubed
⅓ c. shredded Swiss cheese
⅓ c. shredded Cheddar cheese

Dressing:

1 c. mayonnaise
½ c. sour cream
2 tsp. Dijon mustard
1½ tsp. chopped fresh basil or ½
tsp. dried basil

½ tsp. salt
¼ tsp. pepper
2 hard cooked eggs, cut into
wedges (optional)

In a 3½ quart glass bowl, layer greens, carrots, macaroni, peas, onion, ham, and cheeses. In a small bowl, combine the first 6 dressing ingredients; spread over salad. Garnish with eggs if desired. Cover and chill for several hours. Yield: 12 to 14 servings.

LAYERED SALAD

Lettuce
6 to 8 radishes
2 medium size tomatoes
½ cucumber
½ green pepper
3 flowerets cauliflower
3 flowerets broccoli

1½ c. Miracle Whip
1½ tsp. onion powder
½ tsp. garlic powder
6 Tbsp. oil
3 Tbsp. sugar
1 lb. Mild Cheddar cheese
10 slices bacon, fried crisp

Cut up 1 head of lettuce. Slice the rest of the vegetables small and mix in with the lettuce. Mix together the Miracle Whip, onion powder, garlic powder, oil, and sugar. Be sure to mix it well. Put mixture on vegetables. Grate Cheddar cheese and cover the dressing. Crush bacon fine and sprinkle over cheese. Bacon needs to be fried real crisp. This recipe will fill a Tupperware pie carrier.

Joann Utter

MACARONI AND PICKLE SALAD

1½ c. uncooked elbow macaroni
¼ c. chopped onions
2 hard-boiled eggs, chopped
2 dill pickles, chopped

½ c. low calorie Italian dressing
2 Tbsp. dill pickle juice
1 Tbsp. prepared mustard

Cook macaroni according to package directions, omitting salt and fat. Drain and let cool. Combine macaroni, onions, eggs, and chopped pickle in a large bowl. Combine Italian dressing, pickle juice, and mustard, stirring to blend. Pour over macaroni mixture; stir well to coat. Cover and refrigerate salad at least 1 hour before serving. Yield: 8 servings.

Sue Pyle

SALAD

2 c. cottage cheese
1 qt. Cool Whip

1 can drained mandarin oranges

Sprinkle on top: 1 box of orange jello. Mix well and chill for 2 to 3 hours longer.

Esther Roman

SEAFOOD SALAD

1 (8 oz.) pkg. Louis Kemp lobster
1 (8 oz.) pkg. Louis Kemp crab, cut
into bite-size pieces
1 c. small sea shell macaroni,
cooked, rinsed, and drained
2 c. fresh broccoli flowerets (bite-
size pieces)

2 c. celery, chopped
½ c. sweet onion, chopped
16 oz. non-fat plain Dannon yogurt
2 heaping Tbsp. Miracle Whip

Mix well in large bowl, chill, and serve.

Joan E...

SPINACH SALAD

2 bags spinach
6 hard-boiled eggs
1 lb. bacon, fried crisp
1 box frozen peas

Parmesan cheese
1½ c. mayonnaise dressing
1 pkg. Ranch dressing

Cut up spinach; dice eggs. Cut up bacon. Put these ingredients together. Add frozen peas. Mix mayonnaise dressing and Ranch dressing together. (Mix well.) Pour dressing on just before serving.

Joann L...

24 HOUR SALAD

1 head lettuce, cut up
1 head cauliflower, cut up
1 lb. bacon, fried crisp and broken
in pieces

1 medium onion, diced up

Dressing:

1 c. Miracle Whip
½ c. sugar

½ c. Parmesan cheese

Mix lettuce, cauliflower, bacon, and onion together. Mix dressing and pour over the lettuce mixture. Let set overnight. Stir together before serving.

Cindy Whetstone

WILTED LEAF LETTUCE

2 large bunches leaf lettuce
Salt and pepper (if desired)
2 tsp. sugar
2 green onions, chopped

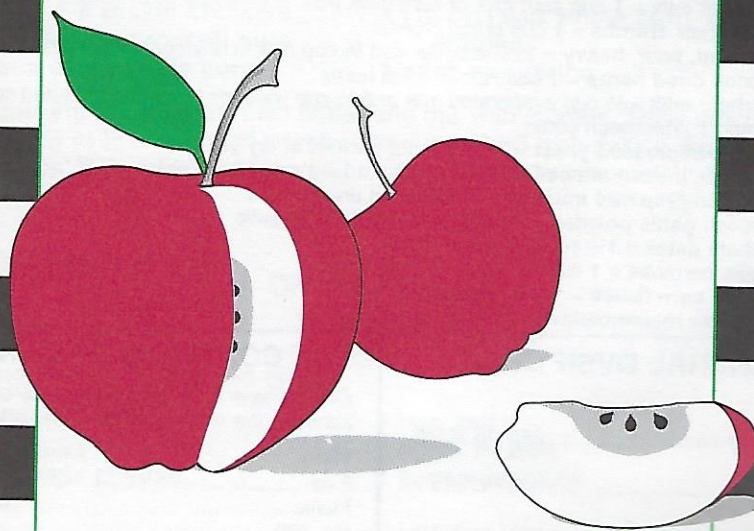
4 slices bacon, fried and chopped
¼ c. vinegar
2 Tbsp. water
1 hard-boiled egg, chopped

Shred lettuce into hot bowl; add seasonings and onions. Fry bacon until crisp; add vinegar and water. Heat and pour over lettuce. Toss until wilted and sprinkle egg over top. Or place shredded lettuce in frying pan and toss until wilted.

Arleda Wilson

Notes

Vegetables



EQUIVALENT CHART

3 tsp.	1 Tbsp.	1/4 lb. crumbled Bleu cheese.....	1 c.
2 Tbsp.	1/8 c.	1 lemon.....	3 Tbsp. juice
4 Tbsp.	1/4 c.	1 orange.....	1/3 c. juice
8 Tbsp.	1/2 c.	1 lb. unshelled walnuts.....	1 1/2 to 1 3/4 c. shelled
16 Tbsp.	1 c.	2 c. fat.....	1 lb.
5 Tbsp. + 1 tsp.	1/3 c.	1 lb. butter.....	2 c. or 4 sticks
12 Tbsp.	3/4 c.	2 c. granulated sugar.....	1 lb.
4 oz.	1/2 c.	3 1/2-4 c. unsifted powdered sugar.....	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar.....	1 lb.
16 oz.	1 lb.	4 c. sifted flour.....	1 lb.
1 oz.	2 Tbsp. fat or liquid	4 1/2 c. cake flour.....	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour.....	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked	
1 qt.	4 c.	macaroni.....	2 1/4 c. cooked
5/8 c.	1/2 c. + 2 Tbsp.	7 oz. spaghetti.....	4 c. cooked
7/8 c.	3/4 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked	
1 jigger.....	1 1/2 fl. oz. (3 Tbsp.)	noodles.....	2 c. cooked
8 to 10 egg whites.....	1 c.	28 saltine crackers.....	1 c. crumbs
12 to 14 egg yolks.....	1 c.	4 slices bread.....	1 c. crumbs
1 c. unwhipped cream.....	2 c. whipped	14 square graham crackers.....	1 c. crumbs
1 lb. shredded American cheese.....	4 c.	22 vanilla wafers.....	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces **compressed yeast** = 3 (1/4 ounce) packets of dry yeast
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic
- 1 lb. **whole dates** = 1 1/2 cups, pitted and cut
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven.....	250° to 300°F.
Slow oven.....	300° to 325°F.
Moderate oven.....	325° to 375°F.
Medium hot oven.....	375° to 400°F.
Hot oven.....	400° to 450°F.
Very hot oven.....	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic.....	1 1/4 cups
No. 300.....	1 3/4 cups
No. 1 tall.....	2 cups
No. 303.....	2 cups
No. 2.....	2 1/2 cups
No. 2 1/2.....	3 1/2 cups
No. 3.....	4 cups
No. 10.....	12 to 13 cups

VEGETABLES

BAKED RICE

½ c. rice
1 c. sugar

4 c. milk
Nutmeg or cinnamon (sprinkle with)

Stir together. Bake at 350° to 375° for 1 hour and 45 minutes, then check. Will look runny when time to take out.

Fay Whetstone

BROCCOLI AND CAULIFLOWER CASSEROLE

1½ sticks margarine

6 Tbsp. flour

Make paste.

Add:

1 lb. cottage cheese
8 oz. chopped Velveeta cheese
4 eggs, beaten (Egg Beaters also work)

1 (16 oz.) bag frozen broccoli
1 (16 oz.) bag frozen cauliflower

Bake in 9x13 inch pan for 1 hour and 15 minutes at 350°.

Janet Marner

ESCALLOPED CORN WITH BROCCOLI

1 box Chicken in a Bisket crackers
1 (10 oz.) pkg. frozen broccoli cuts
2 (16 oz.) cans cream style corn

1 (16 oz.) can whole corn, partially drained
1 stick margarine

Roll crackers into crumbs. Melt butter and mix with crumbs. Thaw broccoli and mix with corn. Stir in ½ of buttered crumbs. Pour into 9x13 inch baking dish. Top with remaining crumbs. Bake at 350° until crumbs are browned, approximately 45 minutes.

Becky Murphy

ONION PIE

1 c. soda cracker crumbs

½ stick butter

Mix and press into large pie pan.

3 c. thinly sliced onions
½ stick butter
½ lb. grated Swiss cheese
1 Tbsp. flour

1 tsp. salt
3 eggs, beaten
1 c. scalded milk

Cook onions in butter, but do not brown. Spread over crumb mixture in pie pan. Combine cheese, flour, and salt. Mix eggs and milk; add to cheese mixture and pour over onions. Bake at 325° for 40 to 45 minutes. Top with fresh chives or paprika.

Mary Litter

CHEDDAR PARMESAN POTATOES

1/4 c. butter or margarine
1/4 c. all-purpose flour
2 c. milk
1/2 tsp. salt
1 c. (4 oz.) shredded Cheddar cheese

1/2 c. grated Parmesan cheese
5 c. sliced, cooked, peeled potatoes (about 5 medium)
1/4 c. buttered bread crumbs

In a saucepan, melt butter over low heat. Stir in flour until smooth. Gradually add milk; cook and stir over medium heat until mixture thickens. Remove from heat. Add the salt, Cheddar cheese, and Parmesan cheese; stir until cheeses are melted. Add potatoes; stir gently to mix. Place in a greased 2 quart baking dish. Sprinkle bread crumbs on top. Bake, uncovered, at 350° for 30 to 35 minutes. Yield: 6 to 8 servings.

GRANDMA TRIDLE'S DEEP DISH VEGETABLE PIE

Crust:

1 pkg. dry yeast
2/3 c. warm water
2 c. all-purpose flour, divided
1/2 c. finely crushed corn chips

1 Tbsp. granulated sugar
2 tsp. finely chopped onion
3/4 tsp. salt
2 Tbsp. vegetable oil

Filling:

1 Tbsp. vegetable oil
1 Tbsp. butter or margarine
3 c. fresh broccoli flowerets
3 c. shredded cabbage (about 8 oz.)
2 c. thinly sliced zucchini squash (about 12 oz.)
1 1/2 c. chopped onion (about 3 medium onions)

1 1/2 c. thinly sliced carrots (about 6 large carrots)
1 tsp. salt
1/2 tsp. ground black pepper
1/4 tsp. garlic powder
1/4 tsp. chili powder
1 1/2 c. (about 6 oz.) shredded sharp Cheddar cheese

For crust, preheat oven to 375°. In a small bowl, dissolve yeast in warm water. In a medium bowl, combine 1 cup flour, corn chips, sugar, onion, and salt; stir until well blended. Add yeast mixture and oil to dry ingredients. Stir until smooth. Add remaining 1 cup flour; stir until well blended. On a lightly floured surface, use a floured rolling pin to roll out dough to a 13 inch diameter circle.

Press dough into bottom and 2 inches up sides of a well greased 9 inch springform pan. Cover and let rise in a warm place (80° to 85°) 10 minutes. Prick bottom of crust with a fork. Bake 25 to 30 minutes or until golden brown.

For filling, heat oil and butter in a large skillet over medium-high heat. Add remaining 9 ingredients. Stirring constantly, cook vegetables until just tender. Spoon vegetables over warm crust, using a slotted spoon. Sprinkle cheese evenly over. Bake 8 to 10 minutes or until cheese is bubbly. Cut into wedges and serve warm.

HASH BROWN CASSEROLE

- | | |
|--|-----------------------------------|
| 1 can cream of mushroom soup or
celery soup | 1 onion, chopped |
| ½ c. milk | 1 green pepper, chopped |
| ½ c. sour cream | 1 to 2 c. shredded Cheddar cheese |
| 1 pkg. frozen hash browns, thawed | Salt and pepper |

Mix all ingredients in casserole dish. Lay smoked sausage or pork chops on top. Cover; bake at 350° for 1 hour (1½ if potatoes are frozen).

Sandy Vogel

HASH BROWN CASSEROLE

Melt ½ cup (1 stick) margarine in 9x13 inch baking dish. Pour melted margarine into bowl. (This greases dish.)

Mix:

- | | |
|--|-----------------------------------|
| 2 lb. frozen hash browns (Ore-Ida
Southern style) | 1 (8 oz.) ctn. sour cream |
| 1 can cream of celery soup
(undiluted) | 8 to 10 oz. grated Cheddar cheese |
| | Chopped onion (if desired) |

3. Spread potato mixture in pan and pour melted margarine on top.
4. Bake at 325° for 1 hour.

Pam Smith

MARINATED VEGETABLE SALAD - CANNED VEGETABLES

Vegetables:

- | | |
|--|----------------------------|
| 1 (16 oz.) can tiny green peas | 1 medium onion, chopped |
| 1 (12 oz.) can tiny white shoe peg
corn | ¾ c. finely chopped celery |
| 1 (16 oz.) can French style green
beans | Chopped pimento (optional) |

Dressing:

- | | |
|-------------------|---------------|
| ½ c. salad oil | 1 tsp. salt |
| ½ c. wine vinegar | ½ tsp. pepper |
| ¾ c. sugar | |

Dressing: Combine all ingredients and heat to boiling. Cool.

Vegetables: Drain canned vegetables well and combine with remaining ingredients. Pour dressing over all.

Allow to set 24 hours before serving. Will keep several weeks in refrigerator.

Wilda Brutus (Bonnie Kramer's mother)

MARINATED VEGETABLE SALAD - FRESH VEGETABLES

3 Tbsp. red wine vinegar with garlic	1 can tomatoes or 2 fresh tomatoes
1/4 c. oil	3 sliced cucumbers
1 Tbsp. pepper	2 chopped bell peppers
1 Tbsp. salt	1 onion
7 Tbsp. sugar	

Prepare vegetables. Mix vinegar, oil, pepper, salt, and sugar. Pour mixture over vegetables and marinate.

Bonnie K...

OVEN BROASTED POTATOES

Scrub and quarter potatoes with skins on. Dip in oil and lay on cookie sheet. Sprinkle with paprika. Bake at 400° for 45 minutes or until tender and brown.

Becky M...

OVEN-FRIED POTATOES

8 large unpeeled potatoes	1/2 tsp. garlic powder
1/2 c. oil	1/2 tsp. paprika
2 Tbsp. grated Parmesan cheese	1/4 tsp. pepper
1 tsp. salt	

Cut each potato into wedges and arrange, peel side down, on a baking sheet. Mix remaining ingredients and brush over potatoes. Bake in preheated 375° oven for 45 minutes or until potatoes are golden brown and tender, brushing occasionally with oil mixture.

Virginia L...

PAPRIKA POTATOES

1/2 c. butter or margarine	3/4 tsp. salt
1/4 c. flour	1/8 tsp. pepper
1/4 c. Parmesan cheese	6 medium potatoes, peeled and quartered lengthwise
1 Tbsp. paprika	

Melt butter in a 13x9x2 inch baking pan. Combine all other ingredients (except potatoes) in a plastic bag. Rinse potatoes and drain well. Place 1/2 of the potatoes in the plastic bag and shake well. Place in a single layer in pan. Repeat with remaining potatoes. Bake at 350° for 50 to 60 minutes, until done, turning once after 30 minutes.

Eileen B...

PARTY POTATOES

1 pkg. instant potatoes	1 (4 oz.) cream cheese
3/4 tsp. chives	3 eggs, beaten

Mix potatoes according to the 4 cup directions. While mixing, add chives, cream cheese, and eggs. Beat all together. Pour into a large baking dish that has been sprayed with Pam or other cooking spray. When ready to bake, dot with margarine. Bake at 350° for 20 minutes or until light brown.

Hazel H...

RED BEANS AND RICE

- | | |
|---|---|
| Vegetable cooking spray | 1 c. boiling water |
| 1/2 c. finely chopped celery | 1 tsp. garlic powder |
| 1/4 c. chopped onions | 1 tsp. dried whole oregano |
| 1/4 c. chopped green pepper | 1/2 tsp. pepper |
| 1 (16 oz.) can kidney beans, drained | 1/8 tsp. red pepper |
| 1 tsp. beef-flavored bouillon granules | 1 c. hot cooked rice, cooked without salt or fat |

Coat a medium size, nonstick skillet with cooking spray. Place over medium heat until hot. Add celery, onions, and green pepper; saute 5 minutes or until tender. Stir in beans. Dissolve bouillon granules in boiling water. Add to sauteed vegetables. Stir in remaining seasonings; bring to boil. Add cooked rice to skillet, stirring well. Cover and remove from heat. Let stand 5 minutes before serving. Yield: 8 servings

Sue Pyle

STUFFED BAKED POTATOES

- | | |
|--|---|
| 3 large (1 lb.) baking potatoes | 1 tsp. salt |
| 1 1/2 tsp. vegetable oil (optional) | 1/2 tsp. white pepper |
| 1/2 c. sliced green onions | 1 c. (4 oz.) shredded Cheddar cheese |
| 1/2 c. butter or margarine, divided | Paprika to taste |
| 1/2 c. light cream | |
| 1/2 c. sour cream | |

Rub potatoes with oil if desired; pierce with a fork. Bake at 400° for 1 hour and 20 minutes or until tender. Allow potatoes to cool to the touch. Cut potatoes in halves lengthwise; carefully scoop out pulp, leaving a thin shell. Place pulp in a large bowl. Saute onions in 1/4 cup butter until tender. Add to potato pulp along with light cream, sour cream, salt, and pepper. Beat until smooth. Fold in cheese. Stuff potato shells and place in 13x9x2 inch baking pan. Melt remaining butter; drizzle over the potatoes. Sprinkle with paprika. Bake at 350° for 20 to 30 minutes or until heated through. Yield: 6 servings.

Editor's Note: Potatoes may be stuffed ahead of time and refrigerated or frozen. Allow additional time for reheating.

SWEET POTATO BAKE

- | | |
|---------------------------------------|-----------------------------------|
| 3 lb. sweet potatoes | 1 c. apricot nectar |
| 1 c. firmly packed brown sugar | 1/2 c. hot water |
| 1 1/2 Tbsp. cornstarch | 2 Tbsp. grated orange peel |
| 1/4 Tbsp. salt | 2 Tbsp. butter |
| 1/8 tsp. ground cinnamon | 1/2 c. chopped pecans |

Cook peeled potatoes in boiling water until tender but not mushy. Drain and cool. Combine next 4 ingredients in medium saucepan. Stir in apricot nectar, hot water, and orange peel. Bring to full boil, stirring constantly. Remove from the heat. Stir in butter. Cool slightly; stir in pecans. Cut sweet potatoes in halves and place in casserole. Pour sauce over potatoes so all are glazed. If desired, cover and refrigerate overnight. Bake, covered, in 375° oven for 25 minutes, or until sauce is bubbling. Makes 6 to 8 servings.

Betty Blackburn

SWISS VEGETABLE MEDLEY

1 (16 oz.) pkg. broccoli, cauliflower,
and carrots, thawed and drained
1 can cream of mushroom soup
1 c. shredded Swiss cheese

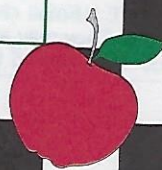
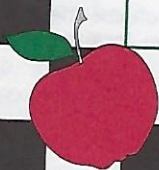
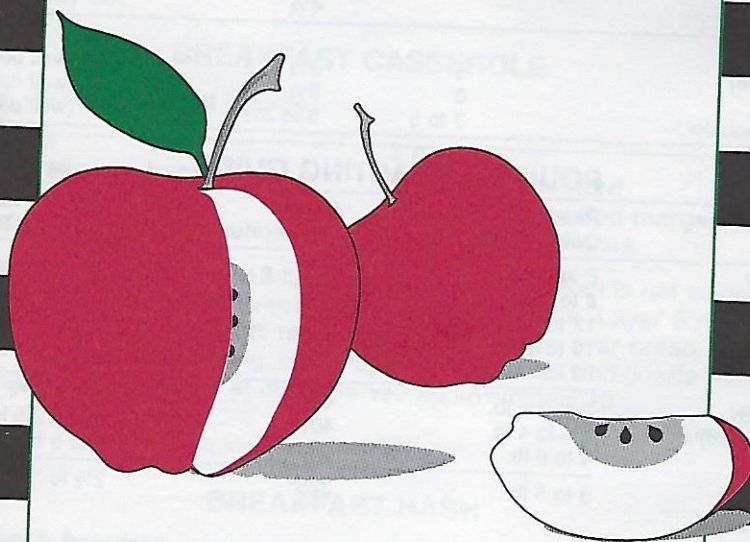
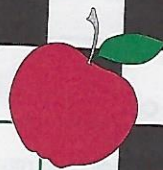
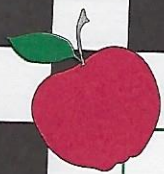
1/4 c. sour cream
1 can Durkee onions
1 jar chopped pimento (optional)

Combine vegetables, soup, 1/2 cup cheese, sour cream, pepper, pimento and 1/2 can onions. Pour into 1 quart casserole. Cook, covered, on HIGH 8 minutes (wave). Turn halfway through. Top with cheese and onions (remaining). Cook, covered, on HIGH for 1 to 2 minutes.

Also can bake at 350° for 30 minutes. Add cheese and onions and put back in oven for additional 5 to 8 minutes.

Jean

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾	140° (rare)
		2	160° (medium)
		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¾	160° (medium)
		4	170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2¼	140° (rare)
	3	160° (medium)	
		3¾	170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½	140° (rare)
		2	160° (medium)
		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
4½		180° (well done)	
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb.	400°	1 to 1½ hr.
	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

BREAKFAST CASSEROLE

- | | |
|---|--------------------------------|
| 10 eggs | 1/2 tsp. pepper |
| 3 c. milk | 1 tsp. dry mustard |
| 1 1/2 lb. pork sausage, browned and drained | 16 oz. shredded Cheddar cheese |
| 1/2 tsp. salt | 4 slices bread, diced |

Scramble eggs with milk. Add sausage and remainder of ingredients; mix well. Pour into oiled 9x13 inch pan. Refrigerate overnight. Bake at 350° for 1 hour. Cool thoroughly if not serving when baked. Cut into desired size and freeze. To serve, reheat in microwave.

Marjorie Friederick

BREAKFAST CASSEROLE

- | | |
|---|------------------------------------|
| 10 slices white bread (take crust off), cubed | 16 oz. grated sharp Cheddar cheese |
| | 16 oz. crumbled fried bacon |

Mix together and put in 9x13 inch pan.

- | | |
|-----------|--------------------|
| 6 eggs | 1 Tbsp. onion salt |
| 3 c. milk | Salt and pepper |

Mix eggs, milk, onion salt, salt, and pepper and pour it over the bread mixture. Cover and refrigerate overnight. Bake, uncovered, at 350° for 45 minutes.

Juanita Sainer

BREAKFAST CASSEROLE

A one accord breakfast favorite.

- | | |
|------------------------------|---------------------------------|
| 16 slices bread | 3 c. milk |
| 1 lb. ham (sausage or bacon) | 1/2 tsp. dry mustard |
| 2 c. grated Cheddar cheese | 1/2 to 1 stick melted margarine |
| 7 eggs, beaten | Crushed corn flakes |

Place 8 slices bread in 9x13 inch buttered pan (if bottom is not covered, add enough bread to cover). Cover evenly with meat and cheese. Layer 8 more slices. Beat eggs, milk, and mustard until mustard dissolves. Pour over bread. Cover and refrigerate overnight. Before baking, cover top with corn flakes and drizzle with melted margarine. Bake 1 to 1 1/2 hours at 300°. Serves approximately 10.

Agnes Tibbets

BREAKFAST HASH

- | | |
|-------------------------|--------------------------------|
| 2 c. frozen hash browns | 8 Eckrich Smok-Y Links, sliced |
| 2 Tbsp. butter | 2 Tbsp. chopped green pepper |
| 1 tsp. salt | 6 eggs |
| 1/4 tsp. pepper | |

Using a large skillet, brown potatoes in melted butter. Season with salt and pepper, then stir in sausage and green pepper. Beat eggs until light. Pour over and cook, stirring frequently, until eggs are thickened but moist. Makes 4 servings.

Lee Ann

EGG CASSEROLE

2 lb. sausage	1 tsp. salt
8 slices bread, cubed	$\frac{3}{4}$ tsp. dry mustard
4 eggs	$2\frac{1}{4}$ c. milk
10 oz. mushrooms	1 can mushroom soup
Shredded Colby cheese	

Brown 2 pounds sausage. Prepare a 9x13 inch baking dish; spray with oil. Line baking dish with cubed bread. Place sausage on top of bread along with shredded Colby cheese. Set aside.

Mix 4 eggs with 2 cups milk; add 10 ounces mushrooms, 1 teaspoon salt and $\frac{3}{4}$ teaspoon dry mustard. Pour over sausage and store overnight in refrigerator.

A.M.: Mix 1 can mushroom soup with $\frac{1}{4}$ cup milk. Pour over mixture in baking pan from refrigerator. Bake at 350° for 45 minutes. Serves 10 to 12.

Theresa

FARMERS OMELET

4 slices bacon	$\frac{1}{4}$ c. milk
2 c. shredded cooked potatoes	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. chopped onions	Dash of pepper
$\frac{1}{4}$ c. chopped green pepper	1 c. shredded sharp cheese
4 eggs	

In large skillet, cook bacon till crisp. Leave drippings in skillet; drain bacon in crumble. Mix next 3 ingredients; pat into skillet. Cook over low heat till underneath is crisp and brown. Blend eggs, milk, salt, and pepper; pour over potatoes. Top with cheese and bacon. Cover; cook over low heat about 10 minutes. Loosen omelet in wedges. Serves 4.

Becky

BAKED SPAGHETTI

2 lb. ground beef or Italian sausage	1 large jar spaghetti sauce
(or 1 lb. each)	1 c. Parmesan cheese
8 oz. spaghetti (uncooked)	8 oz. Mozzarella cheese

Cook spaghetti; brown the meat and drain off excess fat. Pour jar of spaghetti sauce into the meat. Add the Parmesan cheese. Add to cooked/drained spaghetti. Spread in a 9x13 inch greased cake pan. Cover with Mozzarella cheese. Bake at 350° for 15 to 20 minutes.

Can make ahead of time; place in refrigerator. Bake at 350° for 30 to 40 minutes (when ingredients are cold).

Bev

BAKED SPAGHETTI

- | | |
|---|--|
| 1 c. chopped onion | 12 oz. spaghetti, cooked and drained |
| 1 c. chopped green pepper | 2 c. (8 oz.) shredded Cheddar cheese |
| 1 Tbsp. butter or margarine | 1 can condensed cream of mushroom soup (undiluted) |
| 1 (28 oz.) can mushroom stems and pieces, drained | $\frac{1}{4}$ c. water |
| 1 (2 $\frac{1}{4}$ oz.) can sliced ripe olives, drained | $\frac{1}{4}$ c. grated Parmesan cheese |
| 2 tsp. dried oregano | |
| 1 lb. ground beef, browned and drained | |

In a large skillet, saute onion and green pepper in butter until tender. Add tomatoes, mushrooms, olives, and oregano. Add ground beef. Simmer, uncovered, for 10 minutes. Place half of the spaghetti in a greased 13x9x2 inch baking dish. Top with half of the meat mixture. Sprinkle with 1 cup of Cheddar cheese. Repeat layers. Mix the soup and water until smooth; pour over casserole. Sprinkle with Parmesan cheese. Bake, uncovered, at 350° for 30 to 35 minutes or until heated through. Makes 12 servings.

Pam Smith

BAKED SWISS STEAK

- | | |
|------------------------------------|-----------------------------|
| 2 lb. round steak (1 inch thick) | 2 onions, sliced |
| $\frac{1}{3}$ c. flour | 1 (1 lb.) can tomatoes |
| $\frac{1}{4}$ c. oil or shortening | Salt and pepper |
| 1 $\frac{1}{2}$ tsp. salt | 1 tsp. Worcestershire sauce |
| $\frac{1}{8}$ tsp. pepper | |

Trim fat from steak; cut into serving size pieces. Pound flour into both sides of steak. Heat fat in skillet; brown steak on both sides. Season with 1 $\frac{1}{2}$ teaspoons salt and $\frac{1}{8}$ teaspoon pepper. Place in single layer in baking dish. Cover with onion slices. In skillet, heat tomatoes, loosening brown bits from bottom of skillet; add Worcestershire sauce and season to taste with salt and pepper. Pour over steak, cover, and bake at 350°F. for 2 to 2 $\frac{1}{2}$ hours or until fork-tender. Makes 6 servings.

BEEF EL DORADO

- | | |
|---------------------------|---|
| 1 lb. ground beef | 1 c. sour cream |
| 1 tsp. minced onion | 1 c. small curd cottage cheese |
| 2 tsp. garlic salt | 1 7 oz. can diced green chilies |
| 2 small cans tomato sauce | 1 (6 $\frac{1}{2}$ oz.) pkg. corn tortillas |
| 1 c. sliced black olives | 2 c. grated cheese |

Place meat in skillet. Cook until done. Drain. Add onion, garlic, tomato sauce, and olives. In separate bowl, combine sour cream, cottage cheese, and chilies.

Slice tortillas and dip in hot water till soft. Add in layers in buttered glass 9x13 inch pan, tortillas, meat, and sour cream mixture. Sprinkle with cheese. Repeat until done. Bake at 350° for 30 to 35 minutes.

Robin Honaker

BEEF PIZZA

1 clove garlic, minced
1 onion, chopped
2 Tbsp. oil
1 (12 oz.) can tomato paste
1½ c. water
1 tsp. sweet basil
½ tsp. oregano

1 tsp. salt
¼ tsp. pepper
1 lb. ground beef
2 (1 lb.) loaves frozen bread dough
thawed
1 lb. Mozzarella cheese, grated
⅓ c. grated Parmesan cheese

Saute garlic and onion in oil until soft. Set aside 2 tablespoons onion with meat. Add tomato paste, water, and seasonings; simmer 1 hour. Stir occasionally. In skillet, lightly brown meat; break up to keep crumbly. Mix in 2 tablespoons onion. Roll out bread dough into 2 circles ¼ inch thick. Place on cookie sheet; pinch edges to make raised rim. Brush lightly with oil; fill with tomato sauce. Top with Mozzarella cheese. Spoon meat in crisscross pattern on each pizza; sprinkle with Parmesan. Bake at 425°F. for 20 minutes. Cut into wedges to serve. Makes 6 servings.

BEEF ROULADEN - BRAISED STUFFED BEEF ROLLS

2 lb. round steak, sliced ¼ inch thick, trimmed of fat, and pounded ⅛ inch thick
Salt and pepper
Prepared mustard
¼ c. finely chopped onion
3 dill pickles, rinsed and cut in halves lengthwise or thin carrot strips

3 Tbsp. oil, butter, or margarine
¼ lb. fresh mushrooms, sliced
¾ c. dry red wine
1 c. beef broth

Cut round steak into rectangles 4x6 inches. Season with salt and pepper and with mustard. Sprinkle with onion; add strip of pickle. Roll up; fasten with toothpick. Brown meat rolls in hot fat in skillet. Add mushrooms, wine, and broth; cover. Simmer slowly 1¼ hours. Add water, if necessary, to prevent burning. Remove toothpicks from meat rolls. Transfer to ovenproof serving dish. Thicken broth with paste of 2 tablespoons each cornstarch and cold water. Pour over meat rolls.* Circle with Duchesse Potatoes. Heat at 375° to brown potatoes. Makes 6 servings.

* May cool, cover, and refrigerate at this point. Reheat, then add potatoes.

BEEF STROGANOFF

2 lb. round steak, cut ¼ inch thick
3 Tbsp. olive oil or cooking oil
1 onion, finely chopped
½ lb. mushrooms, sliced
1 Tbsp. tomato paste or 1 tomato, peeled and sliced

1 Tbsp. flour
½ c. sherry or bouillon
Salt and pepper
1 pt. sour cream

Cut round steak into strips ¼ inch wide and 1 inch long. Brown meat in oil. Push meat to one side of skillet and add onion and mushrooms. Saute until onion is soft; mix with meat. Stir in tomato paste. Sprinkle flour over all and blend with

sherry and stir until a gravy is formed. Season to taste. Cover and cook until meat is tender. Blend in sour cream; heat but do not boil. Serve over noodles. Makes 6 servings.

BEEF STROGANOFF

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|--|-----------------------------|
| 1½ lb. sliced round steak | ¼ c. flour |
| Dash of pepper | ¼ c. butter or margarine |
| 1 (4 oz.) can sliced mushrooms,
drained | ½ c. chopped onions |
| 1 can Campbell's beef broth | 1 small minced garlic clove |
| 3 c. cooked noodles | 1 c. sour cream |

Cut round steak into thin strips; dust with flour and dash of pepper. In large skillet, brown meat in butter or margarine. Add sliced mushrooms, onions, and minced garlic. Brown lightly.

Stir in beef broth. Cook, covered, about 1 hour or until meat is tender. Stir now and then. Gradually stir in sour cream. Cook over low heat 5 minutes. Serve on 3 cups cooked noodles. Serves 4.

Arleda Wilson

CHICAGO DEEP DISH PIZZA

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|--|----------------------------|
| 1 lb. loaf frozen bread dough,
thawed | ⅓ c. Parmesan cheese |
| 1 tsp. oregano | 1 lb. sausage |
| 1 tsp. dried basil | ¼ c. chopped onion |
| 12 oz. Mozzarella cheese slices | 1 (16 oz.) can tomatoes |
| | 1 (6 oz.) can tomato paste |

Let dough stand 1 hour at room temperature on lightly floured board. Brown sausage; drain. Add onion; cook until tender. Stir in tomatoes, tomato paste, Parmesan cheese, and seasonings. Simmer 15 minutes. Roll dough into 15x11 inch rectangle; press into bottom and 1 inch up sides of greased 13x9 inch pan. Cover with ½ of Mozzarella and tomato mixture; repeat layers. Bake at 425° for 20 minutes. Sprinkle with additional Parmesan cheese. Serves about 8.

Rosemary Laughlin

CHILI SKILLET

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|---|--|
| 1 lb. ground beef | 1 tsp. dried oregano |
| 1 c. chopped onion | 1 tsp. salt |
| ½ c. chopped green pepper | ½ c. uncooked long-grain rice |
| 1 garlic clove, minced | 1 c. canned or frozen corn |
| 1 c. tomato juice | ½ c. sliced black olives |
| 1 (8 oz.) can red kidney beans
(undrained) | 1 c. (4 oz.) shredded Cheddar or
Monterey Jack cheese |
| 4 tsp. chili powder | |

In a large skillet over medium heat, cook beef, onion, pepper, and garlic until meat is brown and vegetables are tender. Drain fat. Add tomato juice, kidney beans, chili powder, oregano, salt, and rice; cover and simmer about 25 minutes or until rice is tender. Stir in corn and olives; cover and cook 5 minutes more. Sprinkle with cheese, cover, and cook only until cheese melts, about 5 minutes. Yield: 4 servings.

CLASSIC BEEF STEW

2 lb. beef stew meat, cut into 1 inch cubes
1 to 2 Tbsp. cooking oil
1½ c. chopped onion
1 (16 oz.) can tomatoes with liquid, cut up
1 (10½ oz.) can condensed beef broth (undiluted)
3 Tbsp. quick-cooking tapioca
1 garlic clove, minced

1 Tbsp. dried parsley flakes
1 tsp. salt
¼ tsp. pepper
1 bay leaf
6 medium carrots, cut into 2 inch pieces
3 medium potatoes, peeled and cut into 2 inch pieces
1 c. sliced celery (1 inch pieces)

In a Dutch oven, brown the beef, half at a time, in oil. Drain. Return all meat to pan. Add onion, tomatoes, beef broth, tapioca, garlic, parsley, salt, pepper, and bay leaf. Bring to a boil; remove from the heat. Cover and bake at 350° for 1½ hours in carrots, potatoes, and celery. Bake, covered, 1 hour longer or until meat and vegetables are tender. Remove bay leaf before serving. Yield: 6 to 8 servings.

COUNTRY-FRIED STEAKS

5 Tbsp. all-purpose flour, divided
¼ c. corn meal
½ tsp. salt
¼ tsp. pepper

4 beef cube steaks (about 1 lb.)
1 egg white
1 tsp. water
2 Tbsp. cooking oil, divided

Gravy:

1 Tbsp. butter or margarine
2 Tbsp. all-purpose flour
1½ c. milk
1 tsp. beef bouillon granules

½ tsp. dried marjoram
¼ tsp. dried thyme
⅛ tsp. pepper

Combine 3 tablespoons flour, corn meal, salt, and pepper; set aside. Coat steaks with remaining flour. Beat egg white and water; dip steaks, then dredge in corn meal mixture. In a skillet over medium-high heat, cook 2 steaks in 1 tablespoon oil for 7 minutes on each side or until crisp, lightly browned, and cooked as desired. Remove steaks and keep warm. Repeat with the remaining oil and steaks.

Meanwhile, for gravy, melt butter in a saucepan; stir in flour until well blended. Gradually add milk; bring to a boil over medium heat. Boil for 2 minutes, stirring constantly; reduce heat to medium-low. Add bouillon, marjoram, thyme, and pepper. Simmer, uncovered, for 4 to 5 minutes, stirring occasionally. Serve over steaks. Yield: 4 servings.

FRENCH MEAT PIE

2 Tbsp. cooking oil
1 large onion, thinly sliced
1 lb. ground beef
1 lb. ground pork
1 c. mashed potatoes
2 tsp. ground allspice

1 tsp. salt
¼ tsp. pepper
Pastry for double-crust pie (8 inches)
1 egg, beaten (optional)

In a skillet, heat oil over medium. Saute onion until tender. Remove and set aside. Brown beef and pork together. Drain. Combine onion, meat, potatoes, and seasonings. Line pie plate with pastry. Fill with meat mixture. Top with crust. Seal and flute edges. Make slits in top crust. Brush with egg if desired. Bake at 375° for 30 to 35 minutes or until golden brown. Yield: 6 to 8 servings.

GERMAN PIZZA

1 lb. ground beef
 1/2 medium onion, chopped
 1/2 green pepper, diced
 1 1/2 tsp. salt, divided
 1/2 tsp. pepper
 2 Tbsp. butter or margarine

6 medium potatoes (about 2 1/4 lb.),
 peeled and finely shredded
 3 eggs, beaten
 1/3 c. milk
 2 c. (8 oz.) shredded Cheddar or
 Mozzarella cheese

In a 12 inch stove top or electric skillet over medium heat, brown beef with onion, green pepper, 1/2 teaspoon salt, and pepper. Remove meat mixture from skillet and drain fat. Reduce heat to low. Melt butter; spread potatoes over butter and sprinkle with remaining salt. Top with beef mixture. Combine eggs and milk; pour over all. Cook, covered, until potatoes are tender, about 30 minutes. Top with cheese, cover, and heat until cheese is melted, about 5 minutes. Cut into wedges or squares to serve. Yield: 4 to 6 servings.

GREAT-GRANDMA'S BEEF AND NOODLE CASSEROLE

2 Tbsp. shortening to brown meat
 1 lb. ground beef, sprinkled well
 with seasoning salt
 1 lb. wide noodles, cooked and
 drained
 1 can mushroom soup

1 1/2 c. tomato juice (more or less)
 1/2 lb. grated cheese (save some for
 the top)
 1/2 tsp. salt
 1/8 tsp. pepper

Combine and bake (covered) about 40 minutes in 350° oven.

Megan McFadden

GREEN PEPPER STEAK

A good family dish. You cut economy beef, either chuck or round, into thin strips and cook it until tender, then add vegetables.

For 4 servings, you will need:

1 lb. beef chuck or round, fat
 trimmed
 1/4 c. soy sauce
 1 clove garlic
 1 1/2 tsp. grated fresh ginger or 1/2
 tsp. ground
 1/4 c. salad oil

1 c. green onion, thinly sliced
 1 c. red or green peppers, cut into 1
 inch squares
 2 stalks celery, thinly sliced
 1 Tbsp. cornstarch
 1 c. water
 2 tomatoes, cut into wedges

With a very sharp knife, cut beef across grain into thin strips 1/8 inch thick. Combine soy sauce, garlic, and ginger. Add beef. Toss and set aside while preparing vegetables.

Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30 to 40 minutes on low heat. Turn heat up and add vegetables. Toss until vegetables are tender, about 10 minutes. Mix cornstarch with water. Add to pan; stir and cook until thickened. Add tomatoes and heat through.

HUNGARIAN GOULASH

3 large onions, thinly sliced
2 Tbsp. oil
½ tsp. caraway seeds
¼ tsp. marjoram
1 tsp. salt

1 to 2 tsp. paprika
1 tsp. vinegar
2 lb. beef, cut in 1 inch cubes
1 c. dry red wine

Saute onions in oil until tender. Add caraway seeds, marjoram, salt, and vinegar, moistened with vinegar; mix well. Push to one side. Add meat and brown well on all sides. Mix with onions. Pour in wine, cover tightly, and simmer for 2 to 2½ hours until meat is tender. If necessary, add water sparingly during cooking. Serve with noodles. Makes 6 servings.

KATHI K'S MEATBALLS

1 large can grape jelly
1 jar chili sauce

1 pkg. frozen meatballs

Mix grape jelly and chili sauce in crock pot. Add ½ package of meatballs and cook for 8 hours. Can substitute 1½ packages little Smokies instead of meatballs.

LASAGNA

Sauce:

1 (3 oz.) pkg. spaghetti sauce mix
1 lb. ground round or chuck
Tomato paste, tomato sauce, or
canned tomatoes
½ lb. lasagne noodles
½ lb. Ricotta or cottage cheese

1 egg, beaten
2 Tbsp. grated Parmesan cheese
¾ lb. Mozzarella cheese or
cheese, thinly sliced
¼ c. grated Parmesan cheese

Follow directions on package for meat sauce, using ground beef or pork product of your choice. Cook noodles according to directions on package. Drain. Mix Ricotta with egg and 2 tablespoons Parmesan. In 13x9x2 inch baking dish, spread about ½ cup sauce. Over this layer ⅓ of noodles, half of Ricotta mixture, and ¼ of Mozzarella cheese. Cover with sauce; sprinkle with grated Parmesan. Repeat with remaining noodles; cover generously with sauce, remaining Mozzarella and Parmesan. Bake at 350°F. for 30 to 35 minutes or until bubbly. Let stand 10 minutes before serving. Makes 6 to 8 servings.

MANICOTTI

1 (8 oz.) pkg. manicotti noodles
2 Tbsp. butter or margarine
½ small onion, finely chopped
1 clove garlic, crushed
1 (10 oz.) pkg. frozen chopped
spinach, defrosted, squeezed
dry, and chopped again
1 lb. ground round or chuck
½ c. soft bread crumbs

¼ c. grated Parmesan cheese
2 eggs, lightly beaten
½ tsp. dried basil, crumbled
1 tsp. salt
Dash of pepper
3 c. tomato sauce for pasta (made
from mix or canned)
Grated Parmesan cheese

Cook noodles, following label directions; lift with slotted spoon. Place in bowl of cold water until ready to use. Sauté onion and garlic in butter. Add spinach; heat until moisture is absorbed. Transfer to large bowl. Brown beef; stir to break up. Add to spinach mixture with bread crumbs, ¼ cup Parmesan cheese, eggs, basil, salt, and pepper. Blend well. Drain noodles one at a time. Fill each with meat mixture. Pour a little tomato sauce into shallow baking dish. Lay manicotti, side by side, in sauce; top with remaining sauce. Sprinkle with Parmesan. Bake, uncovered, at 350° for 20 minutes or until bubbling. Brown top under broiler. Makes 6 servings.

MEXICAN CHILI CON CARNE

2 lb. round steak, cubed
2 Tbsp. salad oil
1 onion, sliced
1 clove garlic, mashed
1 (1 lb.) can tomatoes
1 c. water
1 tsp. salt

1 to 2 tsp. chili powder
1 tsp. oregano
Dash of cayenne pepper
½ tsp. cumin
2 (15 oz.) cans red kidney beans,
drained, or Mexican-style chili
beans

In Dutch oven, brown meat cubes in hot oil. Add all ingredients except beans. Cover and bring to a boil; reduce heat and simmer for 1 hour, stirring occasionally. Add more liquid as needed. Skim off fat. Add beans and simmer 30 minutes more. Makes 6 servings.

MEXICAN LASAGNA

1½ lb. ground beef
1½ tsp. ground cumin
1 Tbsp. chili powder
¼ tsp. garlic powder
¼ tsp. red pepper
1 tsp. salt or to taste
1 tsp. black pepper or to taste
1 (16 oz.) can tomatoes, chopped
10 to 12 corn tortillas
2 c. small curd cottage cheese,
drained

1 c. grated Monterey Jack cheese
with peppers
1 egg
½ c. grated Cheddar cheese
2 c. shredded lettuce
½ c. chopped tomatoes
3 green onions, chopped
¼ c. sliced black olives

Brown ground beef; drain thoroughly. Add cumin, chili powder, garlic powder, red pepper, salt, pepper, and tomatoes; heat through. Cover bottom and sides of a 13x9x2 inch baking dish with tortillas. Pour beef mixture over tortillas; place a layer of tortillas over meat mixture and set aside. Combine cottage cheese, Monterey Jack

cheese, and egg; pour over tortillas. Bake at 350° for 30 minutes. Remove from oven, sprinkle rows of Cheddar cheese, lettuce, tomatoes, green onions, and olives diagonally across center of casserole. Yield: 6 to 8 servings.

MEXICAN STUFFED SHELLS

16 to 20 pasta stuffing shells,
cooked and drained
1 lb. hamburger
1 can chopped green chilies
2 c. Mozzarella cheese

1 can onion rings
½ c. water
12 oz. picante sauce
1 (8 oz.) can tomato sauce

Brown hamburger. Drain. Add chilies, 1 cup cheese and ½ can onion rings. Combine picante sauce, water, and tomato sauce. Add ½ cup tomato mixture to hamburger mixture. Stuff shells with hamburger mixture. Pour ½ cup sauce on bottom of a 9x13 inch baking dish. Arrange shells in dish. Pour remaining sauce over shells. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onion rings. Bake, uncovered, 5 minutes longer.

Chris Jones

NOODLE DISH

½ lb. or more hamburger
1 onion, diced
1 small can corn
½ bag partially cooked noodles

1 can tomato juice (1 pt.)
Chili powder to taste
Salt and pepper to taste
Grated cheese

Brown hamburger and drain. Add onion and corn. Drain noodles and add tomato sauce, chili powder, salt, and pepper. Mix all ingredients. Put in buttered baking dish. Add grated cheese on top. Bake 1 hour at 350°.

Oretha Shaw

OLIVE MEXICAN FIESTA CASSEROLE

½ c. chopped onion
1 (16 oz.) can whole tomatoes
1 env. chili seasoning mix
1 (12 oz.) can corn, drained
1 c. pitted ripe olives, halved
1 pkg. corn chips

1 lb. ground beef
1 (8 oz.) can tomato sauce
1 (15 oz.) can red kidney beans,
drained
3 Tbsp. chopped green chilies
1 c. grated Cheddar cheese

Brown ground beef and onion. Stir in tomatoes, sauce, and chili mix. Simmer 5 minutes, uncovered. Stir in beans, corn, chilies, and olives. In a 2 quart casserole, alternately layer chips (enough to cover bottom) and meat mixture, making 3 layers of each. Sprinkle top with cheese and arrange chips around edge. Bake at 350° for 15 minutes or until cheese melts. Serves 6.

Rosemary Lash

ONIONY STEAK AND POTATOES

1 lb. round steak (½ inch thick)
1 Tbsp. salad oil
1 env. onion soup mix (4 servings)

4 medium potatoes, sliced
1½ tsp. salt
¼ tsp. pepper

In large skillet over medium heat, in hot salad oil, brown steak well on both sides. Stir in 2½ cups water, onion soup mix, potatoes, salt, and pepper. Heat to boiling. Reduce heat to low, cover, and simmer for 30 minutes, stirring occasionally. Serve.

Juanita Sainer

OVEN BEEF STEW

2 Tbsp. flour	1½ c. onion, chopped
1½ tsp. salt	½ tsp. dried basil
1½ lb. cubed beef (chuck)	4 medium potatoes, cubed
2 Tbsp. Crisco	4 medium carrots, cut into 1 inch pieces
2 cans condensed tomato soup	½ c. red cooking wine or water
2½ c. water	

Combine flour, salt, and pepper and use to coat the meat. Brown the meat in hot Crisco. Place in 9x13 inch cake pan. Mix soup, water, onion, wine, and basil together. Pour over meat. Add cubed potatoes and carrots. Cover with foil. Bake at 375° for 1½ hours or until tender.

Bev Faulkner

OVEN STEW

1½ lb. lean beef	1 can tomato soup
Carrots, cut in small pieces	½ can water
Celery, cut in small pieces	Potatoes
Onions, cut in small pieces	

Brown beef and add vegetables (amount to taste). Pour tomato soup and water on top. Bake in a 350° oven for 2 hours. Add potatoes. Bake another 45 minutes.

Oretha Stiffler

PIZZA IN A BOWL

2 c. corkscrew macaroni	½ tsp. sugar
1 (3½ oz.) pkg. thinly sliced pepperoni	⅛ tsp. garlic salt
1 lb. lean ground beef	⅛ tsp. onion salt
1 small onion, chopped (⅓ c.)	⅛ tsp. pepper
1 (15 oz.) can pizza sauce	1 (8 oz.) pkg. shredded Mozzarella cheese (2 c.)
1 (8 oz.) can tomato sauce	2 Tbsp. grated Parmesan cheese
1 (6 oz.) can tomato paste	

Cook the macaroni according to the package directions. Drain. Meanwhile, cut half of the pepperoni slices into quarters; set aside. In a large skillet, cook ground beef and onion till meat is brown and onion is tender; drain off excess fat. Stir in pizza sauce, tomato sauce, tomato paste, sugar, garlic salt, onion salt, and pepper. Stir in cooked macaroni and quartered pepperoni slices. Spoon half of the mixture into a 2 quart casserole; sprinkle with half of the Mozzarella cheese. Repeat layers. Sprinkle with the Parmesan cheese and remaining pepperoni slices. Bake, uncovered, in a 350° oven for about 40 minutes or till heated through and cheese is lightly browned. Makes 6 servings.

Pam Smith

PIZZA MEATBALLS

2 lb. ground beef
2 c. seasoned bread crumbs
1 c. milk
1/4 c. dried minced onion
2 tsp. garlic salt

1/4 tsp. pepper
1 (8 oz.) block Mozzarella cheese
1/3 c. all-purpose flour
1/4 c. cooking oil
2 (28 oz.) jars pizza sauce

In a bowl, combine the first 6 ingredients just until mixed. Shape into 48 meatballs. Cut Mozzarella into 48 cubes, 1/2 inch each; push a cube into the center of each meatball, covering the cheese completely with meat. Roll lightly in flour. In a skillet, cook meatballs in oil until browned; drain. Add pizza sauce; bring to a boil. Reduce heat; cover and simmer for 25 to 30 minutes or until meatballs are no longer pink. Serve over pasta or rice in buns or as an appetizer. Yield: 4 dozen.

SLOPPY JOES OR SPANISH SAUCE

2 lb. ground beef
2/3 c. water
1/4 c. chopped onion
4 1/2 tsp. chili powder

1 tsp. salt
2 c. ketchup
2 tsp. vinegar

Mix ground beef, onion, and water in skillet and cook. Stir in remaining ingredients. Simmer for 1 hour.

SMOTHERED POT ROAST

2 1/2 to 3 lb. eye of roast (round)
1 (10 1/2 oz.) can cream soup (potato, celery, mushrooms)

1 env. onion soup mix

Puncture meat with a fork on all sides. Spread 1/2 cream soup on bottom of cooking pan. Place roast on top of soup. Sprinkle soup mixture over meat. Cover with remaining cream soup. Gather end of bag together. Tie loosely with plastic string, leaving small space for steam to escape. Microwave at 50% power for 1/2 the total time. Let roast over. Microwave remaining time. Let roast stand in bag 20 to 30 minutes for complete tenderizing. Serve meat thinly sliced with its sauce.

SPANISH RICE

1 1/2 c. long grain rice
1/4 c. salad oil
1 clove garlic, mashed
1/3 c. celery, diced
1 (1 lb.) can tomatoes
1 (6 oz.) can tomato paste
1 small bay leaf

1 1/2 tsp. salt
Dash of cayenne pepper
4 c. hot water
1 1/2 to 2 lb. ground round
1/2 tsp. chili powder
1 tsp. sugar
1 (10 1/2 oz.) can beef broth

In large skillet, heat oil. Add rice and stir to brown rice grains. Add garlic, celery, stir, and brown a few minutes more. Add tomatoes, tomato paste, bay leaf, cayenne, and hot water. Stir well; cover. Simmer about 15 minutes. Partially cover and cook round until lightly browned. Stir in chili powder, sugar, and beef broth. Cook

and meat mixture; simmer 40 minutes or longer. Stir carefully with a fork to avoid breaking rice grains. Add a little water or tomato juice, if necessary, to prevent burning. Slow cooking improves this dish. Makes 6 to 8 servings.

SPAGHETTI SAUCE

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| 3 lb. hamburger, browned and rinsed well | 1 qt. tomatoes with juice |
| 2 Tbsp. flour | 1 Tbsp. sugar |
| 2 pkg. spaghetti sauce mix | 2 tsp. oregano |
| 1 large onion, diced | 1 tsp. garlic |
| 1 large bell pepper, diced | 2 Tbsp. Worcestershire sauce |
| | Salt and pepper to taste |

Take the cooked, drained meat and add the flour, sauce mix, onion, and bell pepper. Put into crock pot. Add 1 quart of tomatoes with juice, sugar, spices, and Worcestershire sauce. Cook for 3 hours on LOW or until done. This sauce is also good with lasagna recipes.

Robin Honaker

STRINGY BEEF BAR-B-QUE

You will need 2½ pounds of meat (beef, pork, or both). Cook in pressure cooker or crock pot. Let cool so you can string with your hands.

After stringing meat, add:

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| 2 Tbsp. brown sugar | ½ c. chopped onion |
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Stir and bring to a bubbly boil.

Add:

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| ¼ c. barbeque sauce | 1 tsp. salt |
| ½ c. catsup | ½ tsp. pepper |
| 1 Tbsp. prepared mustard | ¾ c. pickle relish |
| 1 Tbsp. Worcestershire sauce | |

Turn down heat and simmer for a while. Watch for sticking.

Debi McFadden

STUFFED BELL PEPPERS ON RICE

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| 6 large green peppers | 1 egg |
| 4 slices bread | 2 (1 lb.) cans tomatoes |
| 1½ lb. ground round or chuck | 1 tsp. instant minced onion |
| 1 Tbsp. chopped parsley or 1 tsp. dried parsley flakes | 1 tsp. salt |
| 1 clove garlic, minced | 1 tsp. sugar |
| ½ c. finely chopped celery | ¼ tsp. cinnamon |
| 1 tsp. salt | 2 whole cloves |
| ¼ tsp. pepper | 1½ Tbsp. flour |
| ¼ c. grated sharp Cheddar cheese (optional) | ½ c. cold water |

Cut tops off peppers; remove seeds and membrane. Cook peppers in salted water about 5 minutes; drain. Soak bread in water or milk to soften. Squeeze dry. Combine bread with meat and next 7 ingredients. Stuff peppers with meat mixture. Place in large baking dish.

In saucepan, combine tomatoes, onion, 1 teaspoon salt, sugar, cinnamon, and cloves; simmer 10 minutes. Sieve (or puree tomato sauce in blender); return to saucepan. Mix flour with water; add to strained sauce. Cook, stirring, until slightly thickened. Pour over peppers. Cover. Bake at 350°F. for 30 minutes. Uncover; bake 15 minutes more. Serve on fluffy rice. Makes 6 servings.

STUFFED ZUCCHINI

6 medium zucchini	1 egg
1½ lb. ground beef	Salt and pepper
4 slices bread	2 (10½ oz.) cans condensed tomato
2 Tbsp. chopped parsley	soup
2 Tbsp. grated Parmesan cheese	¾ c. water
1 Tbsp. finely chopped onion	

Wash zucchini; do not peel. Cut off thin slice at ends. Boil for 10 minutes. Cut in halves lengthwise; scoop out pulp. Drain, cut side down, on rack. Finely chop pulp. Soak bread in water for a few minutes; squeeze dry. Mix thoroughly with ground beef, zucchini, meat, parsley, Parmesan, onion, and egg. Season to taste. Fill zucchini halves with meat mixture. Place in lightly greased shallow baking dish. Shape any leftover meat into meatballs. Bake with zucchini. Mix tomato soup with water; pour over zucchini. Bake at 350°F. for 45 minutes. Makes 6 servings with enough sauce for rice or noodles.

SWEDISH MEAT BALLS

2 medium onions, chopped	1 Tbsp. salt
3 Tbsp. butter or margarine	½ tsp. freshly ground pepper
1½ lb. ground lean beef	1 Tbsp. flour
3 slices fresh bread	1 c. beef bouillon
½ c. milk	½ c. milk or cream
2 eggs	2 Tbsp. sherry (optional)

Fry onions in butter until golden brown. Soak bread in milk. Combine meat, fried onions, soaked bread, eggs, salt, and pepper. Roll into 1 inch balls and fry in butter or oil until evenly browned. Shake pan often to keep balls round. Remove balls; add flour to fat and blend. Add bouillon and milk; cook and stir until smooth and thickened. Add sherry and correct seasoning if necessary. Add meatballs, cover, and simmer for 15 minutes. Makes 6 servings.

SWEET AND SOUR MEATBALLS

Meatballs:

1 lb. hamburger	1 tsp. salt
½ c. dry bread crumbs	½ tsp. Worcestershire sauce
¼ c. milk	1 egg
2 Tbsp. chopped onion	

Sweet and Sour Sauce:

1/2 c. brown sugar
1 Tbsp. cornstarch
1 (13.25 oz.) can pineapple chunks

1/3 c. vinegar
1 Tbsp. soy sauce
1 green pepper, chopped

Mix meatball ingredients and shape into 1 1/2 inch balls. Cook on ungreased cookie sheet in 400° oven 20 to 25 minutes.

Mix brown sugar and cornstarch in skillet. Stir in pineapple with juice, soy sauce, and vinegar. Heat to boiling. Stir constantly; reduce heat. Add meatballs. Cover; simmer, stirring occasionally, 10 minutes. Stir in green pepper. Cover; simmer until crisp and tender, 5 minutes.

Lee Ann Rock

SWEET AND SOUR MEAT LOAF

1 1/2 lb. ground beef
1 c. dry bread crumbs
1 tsp. salt
1/4 tsp. pepper

2 eggs
1 tsp. instant minced onion
1 (15 oz.) can tomato sauce, divided

Topping:

Reserved tomato sauce
2 Tbsp. brown sugar
2 Tbsp. vinegar

1/2 c. sugar
2 tsp. prepared mustard

Mix together beef, bread crumbs, salt, pepper, and eggs. Add onion and 1/2 of tomato sauce. Form into loaf in 9x5x3 inch pan. Bake at 350° for 50 minutes. In saucepan, combine topping ingredients; bring to boil. Pour over meatloaf; bake 10 minutes more. Makes 6 servings.

Elaine Hill

TACO BAKE

1 lb. ground beef
1 small onion, chopped
3/4 c. water
1 (1 1/4 oz.) pkg. taco seasoning
1 (15 oz.) can tomato sauce

1 (8 oz.) pkg. shell macaroni, cooked and drained
1 (4 oz.) can chopped green chilies
2 c. (8 oz.) shredded Cheddar cheese, divided

In a skillet, brown ground beef and onion over medium heat; drain. Add the water, taco seasoning, and tomato sauce; mix. Bring to a boil; reduce heat and simmer for 20 minutes. Stir in macaroni, chilies, and 1 1/2 cups of cheese. Pour into a greased 1 1/2 quart baking dish. Sprinkle with the remaining cheese. Bake at 350° for 30 minutes or until heated through. Yield: 6 servings.

TACO PIZZA

1¼ c. corn meal
 1¼ c. all-purpose flour
 2 tsp. baking powder
 1½ tsp. salt
 ⅔ c. milk
 ⅓ c. butter or margarine, melted
 ½ lb. ground beef
 ½ lb. bulk pork sausage
 1 (6 oz.) can tomato paste
 1 (14½ oz.) can diced tomatoes
 (undrained)

1 env. taco seasoning mix
 ¾ c. water
 1½ c. (6 oz.) shredded Cheddar
 cheese
 1 c. (4 oz.) shredded Monterey
 cheese
 2 c. chopped lettuce
 1 c. diced fresh tomato
 ½ c. sliced ripe olives
 ½ c. sliced green onions

In a medium bowl, combine the corn meal, flour, baking powder, and salt. Add milk and butter; mix well. Press onto the bottom and sides of a 12 to 14 inch pan. Bake at 400° for 10 minutes or until edges are lightly browned. Cool.

In a large skillet, brown beef and sausage; drain. Stir in the tomato paste, taco seasoning, and water; bring to a boil. Simmer, uncovered, for 5 minutes. Spread over crust. Combine cheeses; sprinkle 2 cups over the meat layer. Bake at 400° for 15 minutes or until cheese melts. Top with lettuce, fresh tomato, olives, and remaining cheese. Yield: 4 to 6 servings.

TAMALE PIE

Filling:

1 lb. ground beef
 1 c. chopped onion
 1 green pepper, chopped
 1 (15 oz.) can tomato sauce
 1 (28 oz.) can tomatoes, cut up
 1 (17 oz.) can whole kernel corn,
 drained

½ c. sliced pitted ripe olives
 1 clove garlic, minced
 1 Tbsp. sugar
 ½ tsp. salt
 2 tsp. chili powder
 Dash of black pepper
 1 c. grated Cheddar cheese

Crust:

¾ c. yellow corn meal
 ½ tsp. salt
 2 c. cold water

½ tsp. chili powder
 1 Tbsp. butter

To make filling, brown ground beef, onion, and green pepper; drain. Add remaining ingredients except for cheese. Bring to boil; simmer, uncovered, 10 minutes or until thickened. Add the cheese; stir until melted. Set aside.

To make crust, combine corn meal, salt, water, and chili powder in saucepan. Cook on medium-high, stirring constantly, until thick. Add butter; mix well. Spread of crust mixture over bottom of a 12x8x2 inch baking dish. Add filling; spoon remaining crust. Bake at 375° for 45 minutes. Top with ½ cup of grated cheese if desired. Yield: 6 servings.

Diabetic Exchanges: One serving equals 2 protein, 2 bread, 1 vegetable, also 379 calories, 1,255 mg sodium, 93 mg cholesterol, 32 g carbohydrate, 25 g fat, 18 g fat.

UPSIDE-DOWN PIZZA

- | | |
|------------------------------------|---|
| 2 lb. ground beef | 1/2 c. sour cream |
| 1/4 c. onion, chopped | 1 (8 oz.) can refrigerated crescent rolls |
| 1 env. spaghetti sauce mix | 2 Tbsp. melted butter |
| 16 oz. tomato sauce | 1/3 c. grated Parmesan cheese |
| 1 1/2 c. Mozzarella cheese, grated | |

Brown ground beef and onion; drain. Add spaghetti sauce mix and tomato sauce. Simmer gently to let flavor combine. Spread mixture into 9x13 inch pan. Layer cheese and sour cream. Top with crescent rolls; brush with butter and sprinkle with Parmesan cheese. Bake at 375° for 20 to 30 minutes. Yields 8 to 10 servings.

Judy McFadden

VEGETABLE BEEF CASSEROLE

- | | |
|------------------------------------|--|
| 3 medium unpeeled potatoes, sliced | 1 tsp. salt |
| 3 carrots, sliced | 1 tsp. pepper |
| 3 celery ribs, sliced | 4 medium tomatoes, peeled, seeded, and chopped |
| 2 c. fresh or frozen green beans | 1 c. (4 oz.) shredded Cheddar cheese |
| 1 medium onion, chopped | |
| 1 lb. lean ground beef | |
| 1 tsp. dried thyme | |

In a 3 quart casserole, layer half of the potatoes, carrots, celery, green beans, and onion. Crumble half of the uncooked beef over vegetables. Sprinkle with 1/2 teaspoon each of thyme, salt, and pepper. Repeat layers. Top with tomatoes. Cover and bake at 400° for 15 minutes. Reduce heat to 350°; bake about 1 hour longer or until vegetables are tender and meat is done. Sprinkle with cheese; cover and let stand until cheese is melted. Yield: 6 to 8 servings.

SALMON LOAF

- | | |
|---|----------------------|
| Salmon | 2 Tbsp. lemon juice |
| 2 eggs | 2 tsp. chopped onion |
| Liquid from salmon, mixed with enough milk to make 1 1/2 c. | 1/4 tsp. salt |
| 3 c. coarse cracker crumbs | 1/4 tsp. pepper |

Blend all together. Bake at 350° for 45 minutes.

SWEET AND SOUR SHRIMP

- | | |
|---|--------------------------------|
| 1 1/2 lb. shrimp (fresh or frozen), peeled and deveined | 2 Tbsp. vinegar or lemon juice |
| 1 green pepper, cut into chunks | 2 Tbsp. currant jelly |
| 1 (14 1/2 oz.) can sliced pineapple | 1 tsp. prepared mustard |
| 4 water chestnuts, sliced (optional) | 1/2 tsp. salt |
| 1 1/2 c. pineapple juice | 1/4 tsp. ginger |
| 1 Tbsp. soy sauce | 1 Tbsp. cornstarch |
| | 1 Tbsp. water |

Cook shrimp in boiling salted water 3 minutes. Pour boiling water over diced green pepper; let stand 2 minutes. Drain. Drain pineapple and cut slices into quarters. Measure juice; add enough pineapple juice (or water or white wine) to make 1 1/2

cups. Combine pineapple juice, soy sauce, vinegar, jelly, mustard, salt, and green saucepan. Cook over low heat until jelly is melted. Mix cornstarch with water and hot mix. Cook, stirring constantly, until thickened. Add shrimp, pepper, pineapple and water chestnuts; cook until heated through. Serve over hot white rice. Makes 6 servings.

BAKED SPAGHETTI

8 oz. spaghetti, cooked and drained
2 eggs, beaten
1/4 c. Parmesan cheese

1 Tbsp. parsley flakes
1 large jar spaghetti sauce
8 oz. grated Mozzarella cheese

Mix eggs, Parmesan, and parsley. Coat spaghetti; put half in 9x13 inch dish. Top with half the sauce and half the Mozzarella. Repeat layers. Bake at 350° for 30 to 35 minutes. Cut into squares.

Jan Rittenberg

BUTTERMILK FRIED CHICKEN WITH GRAVY

1 (2 1/2 to 3 lb.) broiler-fryer chicken,
cut up
1 c. buttermilk
1 c. all-purpose flour

1 1/2 tsp. salt
1/2 tsp. pepper
Cooking oil for frying

Gravy:

3 Tbsp. all-purpose flour
1 c. milk

1 1/2 to 2 c. water
Salt and pepper to taste

Place chicken in a large flat dish. Pour buttermilk over; cover and refrigerate for 1 hour. Combine flour, salt, and pepper in a double-strength paper bag. Put chicken pieces; toss, one at a time, in flour mixture. Shake off excess; place on wax paper for 15 minutes to dry.

Heat 1/8 to 1/4 inch of oil in a large skillet; fry chicken until browned on all sides. Cover and simmer, turning occasionally, for 40 to 45 minutes, or until juices run clear and chicken is tender. Uncover and cook 5 minutes longer. Remove chicken and keep warm.

Drain all but 1/4 cup drippings in skillet; stir in flour until bubbly. Add milk and 1 1/2 cups water; cook and stir until thickened and bubbly. Cook 1 minute more. Add remaining water if needed. Season with salt and pepper. Serve with chicken. Makes 6 servings.

CHICKEN CACCIATORE (HUNTER'S STYLE)

4 to 5 lb. frying chicken, cut up, or
choice of chicken parts
Salt and pepper
Flour
1/4 c. olive or salad oil
1/2 c. chopped onion
1/4 lb. mushrooms, cut in quarters,
or 1 (14 oz.) can
1/4 tsp. dried basil

1 tsp. salt
Dash of pepper
1/2 c. sherry, white or red wine or
mixture of 2 Tbsp. lemon juice
and 1/2 c. apple juice)
1 (16 oz.) can whole peeled
tomatoes, diced
1/2 lb. spaghetti, cooked
2 Tbsp. chopped parsley or chives

Wipe chicken with paper towels. Sprinkle with salt and pepper; dust lightly with flour. Heat oil in large skillet. Add chicken and brown until golden on all sides, then add onion, mushrooms, basil, salt, and pepper. Cover and simmer 3 minutes. Pour wine over chicken, cover, and simmer 5 minutes. Add tomatoes, cover, and simmer 20 to 30 minutes or until chicken is tender. Shake pan occasionally to prevent sticking. Arrange spaghetti on platter; cover with chicken pieces and sauce. Sprinkle with chopped parsley or chives. Makes 6 servings.

CHICKEN CASSEROLE

1 chicken, broiled and boned	1 can mushrooms
1 can mushroom soup	2 cans chicken broth
1 can celery soup	1 box chicken Stove Top dressing

Put chicken pieces in bottom of dish. Mix soups and broths with Stove Top and put on top of chicken. Bake at 350° for 1 hour.

Esther Romine

CHICKEN CASSEROLE

2 c. boiled chicken, cut up	2 c. cooked noodles
1 can mushroom soup	½ c. sharp cheese
1 c. chicken broth	½ c. cream or milk
Buttered bread crumbs	

Combine and sprinkle with cheese and bread crumbs. Bake in greased 9x13 inch pan at 350° for 35 to 40 minutes or until brown and bubbly.

Jessica Perry

CHICKEN CASSEROLE

3 boneless chicken breasts	2 (10 oz.) pkg. broccoli spears
Garlic powder	Velveeta cheese
2 cans cream of celery soup	Chicken Stove Top dressing
Sour cream	

Cut up chicken breasts into bite-size pieces. Saute in a little butter and sprinkle with some garlic powder. Put chicken in bottom of 9x13 inch pan. Cover with 2 cans of cream of celery soup. Dab with some sour cream. Cover with broccoli spears (precooked and don't overcook). Cover with slices of Velveeta cheese. Cover with precooked chicken Stove Top dressing. Bake at 325° for 1½ hours.

Joann Utter

CHICKEN CASSEROLE

1¼ c. cooked, chopped chicken	2 cans cream of mushroom soup
1¼ c. uncooked macaroni	½ c. diced onion
1¼ c. chicken broth	½ lb. Velveeta cheese, diced

Mix ingredients and put in greased 9x13 inch baking dish or pan. Refrigerate overnight. Take out 1 hour before baking. Bake 1 to 1½ hours at 350°.

Kate Whetstone

CHICKEN CASSEROLE

6 to 8 chicken breasts (boneless)
2 cans cream of chicken soup
2 c. milk
1¾ c. water

1 stick margarine
1 (14 to 16 oz.) pkg. seasoned
croutons

Cook chicken; place in 9x13 inch pan. Combine 2 cans soup and 2 cups milk, stirring until very thin. Pour over chicken. In saucepan, heat 1¾ cups water and 1 stick margarine. Toss over 1 package seasoned croutons. Spoon mixture loosely over chicken. Bake at 350° for 1 hour.

Can be prepared ahead and placed in refrigerator until ready to bake.

Agnes Kramer (Dan's mother)

CHICKEN-GREEN BEAN CASSEROLE

1 can cut green beans, drained
1 can condensed cream of
mushroom soup
2 c. diced, cooked chicken or turkey

1 c. cooked rice
½ c. milk
1 can French fried onion rings

Combine beans, soup, chicken, rice, and milk. Pour in a 2 quart baking dish. Top with paprika if desired. Bake at 350°F. for 20 minutes. Top with onion rings. Bake 10 minutes more or until golden brown.

Jean

CHICKEN NOODLE CASSEROLE

1 box stuffing mix
6 oz. noodles, cooked in chicken
broth

2 c. cooked chicken
1 can cream of chicken soup
Shredded Cheddar cheese

Prepare 1 box of chicken flavored Stove Top stuffing and spread in a 9x13 inch dish. Cook 6 ounces noodles in chicken broth and spread over stuffing. Layer 2 cups of cooked chicken over noodles. Pour 1 can of cream of chicken (or mushroom soup diluted with ¼ cup milk over meat. Cover with shredded Cheddar cheese. Bake at 350° until heated through (at least ½ hour).

CHICKEN POT PIE

2 (10¾ oz.) cans cream of potato
soup
1 (15 oz.) can mixed vegetables,
drained
1½ c. cooked, diced chicken

½ c. milk
½ tsp. pepper
2 (9 inch) pie crusts
1 egg, slightly beaten

Combine first 6 ingredients. Spoon into pie crust. Cover with top crust. Seal edges to seal. Slit top crust and brush with egg if desired. Bake at 375° for 40 minutes. Cool for 10 minutes.

Donna

CHICKEN RICE DINNER

- | | |
|---------------------------------|---|
| 1/2 c. all-purpose flour | 2 garlic cloves, minced |
| 1 tsp. salt | 1 (4 oz.) can mushroom stems and pieces (undrained) |
| 1/2 tsp. pepper | 2 chicken bouillon cubes |
| 10 chicken thighs (about 3 lb.) | 2 c. boiling water |
| 3 Tbsp. cooking oil | Minced fresh parsley (optional) |
| 1 c. uncooked long grain rice | |
| 1/4 c. chopped onion | |

Combine flour, salt, and pepper; coat chicken pieces. In a large skillet over medium heat, brown the chicken in oil. Place rice in an ungreased 13x9x2 inch baking dish. Sprinkle with onion and garlic; top with mushrooms. Dissolve bouillon in boiling water; pour over all. Place chicken pieces on top. Cover and bake at 350° for 1 hour or until chicken juices run clear and rice is tender. Sprinkle with parsley if desired. Yield: 5 servings.

CHICKEN SPAGHETTI

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|---|---|
| 1 1/2 lb. skinned, boned chicken breast halves | 1/2 tsp. salt |
| 1/4 lb. uncooked spaghetti | 1/4 tsp. pepper |
| 1 (10 3/4 oz.) can cream of mushroom soup (undiluted) | 1 (2 oz.) jar sliced mushrooms, drained |
| 1/2 c. skim or 1% milk | 1 (2.8 oz.) can French fried onions |
| | Vegetable cooking spray |

Cook chicken in water until done. Drain well. Chop chicken and set aside. Cook spaghetti according to package directions, omitting salt and fat; drain and set aside. Yield: 8 servings.

Sue Pyle

CREAMY TURKEY AND BROCCOLI BAKE

- | | |
|---|--------------------------|
| 1 (10 oz.) pkg. frozen chopped broccoli | 1/4 c. milk |
| 2 c. cut up turkey | 6 slices American cheese |
| 1 can mushroom soup | 1 c. Bisquick baking mix |
| | 1/4 c. margarine |

Heat oven to 400°. Cook broccoli as per package directions. Grease 9x11 inch baking dish. Layer turkey and broccoli in dish. Mix soup and milk; pour over broccoli. Layer cheese on top. Mix Bisquick and margarine until crumbly. Sprinkle over cheese. Bake at 400° for 25 to 30 minutes, until golden brown.

Agnes Tibbets

CRISPY BAKED CHICKEN

- | | |
|--------------------------|--|
| 1/2 c. corn meal | 1/4 tsp. pepper |
| 1/2 c. all-purpose flour | 1 broiler/fryer chicken (3 to 3 1/2 lb.), cut up |
| 1 1/2 tsp. salt | 1/2 c. milk |
| 1 1/2 tsp. chili powder | 1/3 c. butter or margarine, melted |
| 1/2 tsp. dried oregano | |

Combine the first 6 ingredients. Dip chicken in milk, then roll in the corn meal mixture. Place in a greased 13x9x2 inch baking pan. Drizzle with butter. Bake, uncovered, at 375° for 50 to 55 minutes or until juices run clear. Yield: 4 to 6 servings

CHEDDAR CHICKEN POT PIE

Crust (can substitute with ready made crust):

1 c. all-purpose flour
 1/2 tsp. salt
 5 Tbsp. chilled butter or margarine,
 cut into pieces

3 Tbsp. cold water

Filling:

1 1/2 c. chicken broth
 2 c. peeled and cubed potatoes
 1 c. sliced carrots
 1/2 c. sliced celery
 1/2 c. chopped onion
 1/4 c. all-purpose flour

1 1/2 c. milk
 2 c. (8 oz.) shredded Cheddar
 cheese
 4 c. diced, cooked chicken
 1/4 tsp. poultry seasoning
 Salt and pepper to taste

For crust, combine flour and salt in a mixing bowl. Cut butter into flour until mixture resembles a coarse meal. Gradually add the water, mixing gently with a fork. Gather into a ball. Cover with plastic wrap and chill at least 30 minutes.

For filling, heat broth to a boil in large saucepan. Add vegetables; simmer 10 to 15 minutes or until tender. Blend flour with milk; stir into broth mixture. Cook and stir over medium heat until slightly thickened and bubbly. Stir in cheese, chicken, poultry seasoning, salt, and pepper. Heat until cheese melts. Spoon into a 10 inch (2 1/2 quart) casserole dish. Set aside.

On a lightly floured board, roll crust to fit top of casserole, trimming edges as necessary. Place in casserole over filling; seal edges. Make several slits in center of crust for steam to escape. Bake at 425° for 40 minutes, or until golden.

DAVID'S EASY CHICKEN POT PIE

1 (9 or 10 inch) pie plate
 1 unbaked pie crust
 1 (12 oz. or two 5 oz.) cans chicken
 1 (8 oz.) box frozen peas and
 carrots, thawed

1 can creamy chicken mushroom
 soup (undiluted)

Mix chicken, vegetables, and soup; place in pie plate. Top with pie crust, crimp edges and poking 2 or 3 holes in top. Bake at 400° for 30 to 35 minutes or until bubbly and golden brown.

Eileen Bower

EASY CHICKEN POT PIE

1 $\frac{2}{3}$ c. frozen mixed vegetables,
thawed
1 c. cut up cooked chickens
1 c. (10 oz.) condensed cream of
chicken soup

1 c. Bisquick original reduced fat
baking mix
 $\frac{1}{2}$ c. milk
1 egg

Heat oven to 400°. Mix vegetables, chicken, and soup in ungreased 9 inch casserole. Stir ingredients with fork until blended. Pour into casserole. Bake 30 minutes until golden brown.

Bernice Rule

MEAT AND RICE BAKE

1 $\frac{1}{2}$ c. cooked chicken breast
1 can cream of chicken soup
 $\frac{1}{2}$ c. milk
 $\frac{1}{2}$ c. sour cream

1 $\frac{1}{2}$ c. cooked rice or noodles
1 c. peas, slightly cooked
14 crushed crackers
1 Tbsp. melted butter

Microwave oven directions: Combine all ingredients except crackers and butter. Cover and cook on HIGH for 12 minutes. Stir once. Uncover and top with crackers and butter. Bake in 350° oven 5 minutes.

Oven: Top with crackers and butter. Bake, uncovered, 55 to 60 minutes.

Jan Rittenhouse

POTLUCK CHICKEN CASSEROLE

$\frac{1}{2}$ c. chopped fresh mushrooms
3 Tbsp. finely chopped onion
2 garlic cloves, minced
4 Tbsp. butter or margarine, divided
3 Tbsp. all-purpose flour
 $1\frac{1}{4}$ c. milk
 $\frac{3}{4}$ c. mayonnaise
4 c. cubed, cooked chicken

3 c. cooked long grain rice
1 c. chopped celery
1 c. frozen peas, thawed
1 (2 oz.) jar diced pimientos, drained
2 tsp. lemon juice
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{3}{4}$ c. coarsely crushed corn flakes

In a saucepan over medium heat, saute mushrooms, onion, and garlic in 3 tablespoons butter until tender. Stir in flour until thoroughly combined. Gradually add milk; bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Remove from heat; stir in mayonnaise until smooth. Add chicken, rice, celery, peas, pimientos, lemon juice, salt, and pepper; mix well. Spoon into an ungreased 13x9x2 inch baking dish. Melt remaining butter; toss with corn flakes. Sprinkle over casserole. Bake, uncovered, at 350° for 30 to 35 minutes or until bubbly. Yield: 8 to 10 servings.