

SOUPS, SALADS, DRESSINGS AND SAUCES

AMBROSIA SALAD

Mary Teel

Dissolve 2 tablespoons plain gelatin in 1 cup of cold milk. HEAT, DO NOT BOIL. Add 1 1/2 cups sugar then add 1/2 tablespoon almond extract, 1 cup of shredded coconut, 2 more cups of cold milk.

Let it stand until it is partly thickened. Add 2 1/2 cups of whipped cream. Best to let stand overnight.

APRICOT JELLO

Bonnie Kramer

1 large pkg. peach jello	1/2 c. pineapple juice
2 c. boiling water	1/2 c. sugar
2 c. cold water	1 egg, beaten
No. 2 can crushed pineapple (drained)	1 Tbsp. flour
2 bananas, diced	1 Tbsp. butter
miniature marshmallows	3 oz. cream cheese (softened)
	1 pkg. Dream Whip

Mix 1st 6 ingredients and let set. Cook next 5 ingredients until thick, add cream cheese and Dream Whip.

Spread over jello mixture and let set again.

APRICOT SALAD

Eleanor Hoover

1 large can apricots	1 c. fruit juices
1 large can crushed pineapple	1 c. small marshmallows
1 large orange jello	1 small pkg. Dream Whip
1 c. hot water	grated cheese
	chopped nuts

Drain apricots and pineapple. Cut up apricots, dissolve jello in hot water and add juices. Chill.

Add fruit and chill again until almost firm. Then add marshmallows. Chill until firm. Prior to serving top with Dream Whip and grated cheese. Sprinkle with nuts.

APRICOT SURPRISE

Betty Fawley

Bring to a boil 1 (No. 2 can) crushed pineapple (juice and all). Add 2 small packages apricot jello. Simmer until jello is dissolved. Cool until thickened slightly.

Cream:

(Cont.)

3/4 c. white sugar
1 large pkg. cream cheese

2 envelopes dry Dream Whip
1 jar junior size apricot
baby food

Add creamed mixture to jello mixture. Pour into mold or dish and chill several hours.

AUTUMN FRUIT SALAD

Marjorie Cooper

2 (3 oz.) pkgs. lemon
flavor gelatin
2 c. hot water
1 1/2 c. cold water or
cranapple juice

1 (8 oz.) can crushed pineapple
1 (1 lb.) can whole cranberry
sauce (chilled)
2 apples, cut in pieces
1 c. diced celery

Dissolve gelatin in hot water. Add cold water or cranapple juice; chill.

When mixture starts to thicken, add cranberry sauce, apples and celery. Pour into 12 x 7 1/2 inch pan. Chill until firm. Serve on greens topped with mayonnaise.

Makes 8 to 10 servings.

BEAN SALAD

Esther Sarber

1 can kidney beans
1 can yellow wax beans
1 can green French
cut beans

1/4 c. chopped onions
1/2 c. diced celery

Mix:

1/2 c. vinegar
1/3 c. salad oil

2/3 c. sugar
salt

Pour over beans and let set overnight. Drain before using.

BROCCOLI SALAD

Betty Blackburn

1 bunch broccoli
1 head cauliflower
1 c. sunflower seeds
10 strips bacon, crumbled
1/3-1/4 c. onion, chopped

cubed cheese
1 c. mayonnaise
1/2 c. sugar
2 Tbsp. vinegar

Mix broccoli, cauliflower, sunflower seeds, crumbled bacon, onion and cubed cheese.

Make dressing of 1 cup mayonnaise, 1/2 cup sugar, and 2 tablespoons vinegar. Pour over broccoli and mix well.

CHERRY SALAD

Genavee Nelson

2 pkgs. cherry jello
3 c. boiling water

1/2 c. pineapple juice

Chill this mixture.

Topping:

1 small pkg. cream
cheese

1/4 c. maraschino cherries

Cream the cheese and add the other ingredients:

1 pkg. Dream Whip
1/4 c. sliced almonds

1/2 tsp. almond extract

Tint the topping a little pink. Spread on jello mixture when it is set.

CHILLED OR FROZEN FRUIT SALAD

Betty Fawley

1 (No. 2) can crushed
pineapple, drained
1 (No. 2) can Thank
You brand strawberry
pie filling or you can use
cherry pie filling

1 large container frozen
whipped topping (8 oz.)
thawed
1 can Eagle Brand
condensed milk
crushed walnuts

Mix first 4 ingredients together and pour into a 9 inch x 13 inch baking dish. Sprinkle crushed walnuts on top. Refrigerate and serve when chilled. Also you may freeze. Thaw slightly before serving.

FROSTY FRUIT SALAD

Genavee Nelson

1 (8 oz.) pkg. cream cheese
2 bananas, mashed
1 (10 oz.) pkg. frozen
strawberries

1 (20 oz.) can crushed
pineapple
1/2 c. chopped walnuts
1 container (13 1/2 oz.) frozen,
whipped topping

(Cont.)

Combine the first 5 ingredients and mix well. Fold in whipped topping and freeze in 13 x 9 x 2 pan. Slice 10 minutes before serving.

Serves 12 to 15.

CRANBERRY SALAD

Fay Whetstone

2 (3 oz.) pkgs. Jell-O,
1 raspberry, 1 orange
1 qt. cranberries

2 apples
1 orange
2 c. sugar

Make each package Jell-O with 1 cup hot water. Cool. Grind cranberries, apples and orange finely. Add 2 cups sugar to this.

Mix and pour into Jell-O. Let set in refrigerator several hours till set. One of our families favorites.

CREAMY COLE SLAW

Eileen Bowser

1 small head cabbage
1 medium carrot
1 Tbsp. chopped onion
1 Tbsp. chopped green or red
sweet pepper
1/2 tsp. salt

1 c. mayonnaise (not
salad dressing)
3 Tbsp. sugar
1 Tbsp. vinegar
1/2 tsp. dry mustard
1/2 tsp. celery seed

Shred cabbage and carrot. Add onion and green pepper. Mix together mayonnaise, sugar, vinegar, mustard, celery seed and salt.

Add to cabbage mixture, stirring well. Refrigerate until well chilled.

FROZEN COLE SLAW

Carl's Aunt Vesta Cole
Rosemary Bazini

1 medium head cabbage
4-5 stalks celery

4-5 carrots
2 mangoes, 1 red, 1
green for color

Syrup:

1 c. vinegar
1/2 c. water
2 c. sugar

1 tsp. celery seed
1 tsp. mustard seed

Shred cabbage and add 1 tablespoon salt and let set 1 hour. Squeeze out juice, add celery, carrots and mangoes.

Make syrup of vinegar, water, sugar, celery seed and mustard seed. Boil 1 minute and let cool before putting on slaw. Put in freezer cartons and freeze or eat fresh. Good with fish or roast pork.

CORN RELISH SALAD

Pauline Silveus

1 can (12 oz.) whole kernel corn	1 jar (4 oz.) pimentos, drained and diced
1/2 c. chopped green pepper	1/3 c. salad oil
1/2 c. diced celery	3 Tbsp. vinegar
1/4 c. chopped onion	1 tsp. salt
	3/4 tsp. dry mustard
	1/4 tsp. pepper

Combine all ingredients and chill.

HOT OR COLD SALAD

Leafy Hudson

Sauce:

1 c. mayonnaise	1/2 tsp. Tabasco
1 small onion	3 hard-boiled eggs
1 tsp. prepared mustard	1 tsp. Worcestershire sauce
	juice of 1 lemon

Salad:

1 box frozen peas	1 box frozen green beans
1 box frozen baby limas	1 can water chestnuts

Mix first 7 ingredients, add water chestnuts, mix and keep refrigerated at least 2 hours. Cook vegetables, drain, add cold sauce to very hot vegetables.

Serves 8-10.

INSTANT FRUIT SALAD

Cathy Whetstone

1 pkg. dry instant vanilla pudding	1 c. miniature marshmallows
1 can fruit cocktail (not drained)	1 container Cool Whip

Blend together, refrigerate 1/2 hour and add Cool Whip, thawed. You can vary this recipe with other pudding flavors and various canned or fresh fruits. (Cont.)

You can add green grapes, bananas, pineapple, grapefruit and oranges.

JELLO SALAD

Kate Whetstone

1 (3 oz.) pkg. lime jello	1 small can crushed
2 c. boiling water	pineapple (drained)
1 (3 oz.) pkg. cream cheese	1/2 c. chopped nuts
	2 Tbsp. mayonnaise

Dissolve jello in boiling water. Stir and let set in metal mixing bowl in refrigerator until jello is very thick.

Meanwhile, combine cream cheese and mayonnaise with a mixer until smooth, then add drained pineapple and mix thoroughly. Add this mixture to set jello and mix in nuts.

Pour into jello mold and allow to chill until firm. Garnish with maraschino cherries for color and serve on a bed of lettuce.

Serves 10-12.

MIXED FRUIT

Marie Coleman

Combine in large bowl:

1 can (No. 2) pineapple tidbits	1 (No. 2) can fruit cocktail
	1 can Mandarin oranges

Do not drain. Sprinkle large instant Jell-O lemon pudding over fruit and fold in. Chill well.

Two or 3 bananas may be added just before serving. Can garnish with whipped cream or cocoanut. I have used a large can of fruit cocktail.

MOLDED MEXICAN SLAW

Marjorie Cooper

2 pkgs. lime jello	1 c. finely cut celery
3 c. hot water	1/3 c. finely cut green pepper
1/2 c. vinegar	1 1/2 c. shredded cabbage
1 3/4 tsp. salt	1/4 c. finely cut red
1/4 tsp. pepper	pimento

Dissolve gelatin in hot water, add vinegar. Chill. When mixture starts to thicken, add celery, peppers, cabbage and pimento, salt and pepper.

Pour into pan, chill until firm. This is a pretty salad for the Christmas season.

PERFECTION SALAD**Mary Teel**

- | | |
|----------------------------|-----------------------------------|
| 1 pkg. lemon jello | 1 c. chopped nuts |
| 1 c. boiling water | 1/2 c. mayonnaise |
| 1/2 lb. small marshmallows | 2 carrots, chopped fine |
| 12 oz. cottage cheese | 1 c. pineapple (<u>DRAINED</u>) |
| 2 c. chopped celery | 1 c. whipped cream |

DISSOLVE gelatin and marshmallows in hot water, allow it to cool until partly set. Fold in all the remaining ingredients and chill until firm.

PIZZA MACARONI**Pam Smith**

- | | |
|-------------------------------------|--------------------------|
| 1 (16 oz.) box small shell macaroni | 1 large green pepper |
| 1/4 lb. Provolone cheese (diced) | 3 green onions |
| 1/4 lb. hard salami (diced) | 3 stalks celery |
| 1/4 lb. pepperoni (diced) | 10 black olives (sliced) |
| 3 firm tomatoes | 10 green olives (sliced) |

Cook macaroni. Chop other ingredients. Prepare dressing.

Dressing:

- | | |
|-----------------|----------------|
| 1 Tbsp. oregano | 1/3 c. oil |
| 1 Tbsp. salt | 1/2 c. vinegar |
| 1 tsp. pepper | |

Pour dressing over salad and let set overnight. Makes enough for a crowd.

RASPBERRY JELLO**Mary Teel**

- | | |
|-----------------------------------|------------------------|
| 2 (3 oz.) raspberry jello | 2 1/4 c. boiling water |
| 2 (10 oz.) frozen red raspberries | 1/4 tsp. salt |
| | 1/2 c. lemon juice |

SUNSHINE SALAD**Jacqueline Gible**

- | | |
|---|---------------------------------------|
| 1 can apricot pie filling | 3 (11 oz.) cans Mandarin oranges |
| 1 (4 1/2 oz.) carton Cool Whip | 2 (13 1/4 oz.) cans pineapple tidbits |
| 1 (14 oz.) can sweetened condensed milk | 1 c. miniature marshmallows |

(Cont.)

1/2 c. lemon juice

1 c. chopped walnuts

1/2 c. coconut

In large bowl, combine pie filling, Cool Whip, milk and lemon juice. Reserve several orange sections for top. Fold remaining ingredients into pie filling mixture. Remember to fold.

Cover, chill overnight. Garnish salad with orange sections and sprinkle with additional coconut.

Serves 8 to 10.

SPINACH SALAD

Lucile Surface

medium size bowl of
fresh spinach, chopped
2 boiled eggs, sliced
2 Tbsp. diced onion

1 medium size tomato, chopped
3 slices crisp fried
bacon, chopped
2 Tbsp. milk

Add to spinach in a bowl, the onion, eggs, tomato and bacon, then toss lightly with 1/2 cup Miracle Whip salad dressing that has had 2 tablespoons milk added and serve.

It is very colorful, sometimes I sprinkle a little salt on the spinach before the dressing is added.

SPINACH SALAD

Barbara Ross

4 boxes frozen, chopped
spinach
8 boiled eggs, chopped
3 Tbsp. vinegar

1/2 c. sugar
small jar mayonnaise
horseradish to taste
1 c. bacon bits

Defrost spinach and drain very well. Mix all other ingredients with spinach; toss and chill.

SPINACH SALAD

**Kathryn Teel
Arleda Wilson**

20 oz. fresh spinach
1 (16 oz.) can bean
sprouts, drained
1/2 lb. bacon, fried
crisp and crumbled
4 hard-boiled eggs, sliced

1/2 c. sugar
1/2 c. vinegar
1/2 c. vegetable oil
1/3 c. ketchup

Toss together the chopped spinach and drained bean sprouts. Mix together the dressing of sugar, vinegar, oil and ketchup. Then pour the vegetables. Garnish with the fried bacon and sliced eggs. Serves 6.

TACO SALAD**Debi McFadden**

1 head lettuce	2 c. Cheddar cheese
1 lb. hamburger	salad olives
1 Tbsp. dried minced onion	4 or 5 chopped tomatoes
taco mix, 1 pkg.	taco flavor Doritos
1 pkg. Good Seasons Italian dressing	

Chop head of lettuce and place in bottom of bowl, prepare taco mix with hamburger and onion as directed. Let cool.

Put cheese on top of lettuce, then salad olives and tomatoes. Put hamburger on top of layers and pour dressing over all.

Break taco chips on top and stir together justs before serving.

TROPICAL FRUIT SALAD**Leafy Hudson**

1 large can diced pineapple	1/2 c. chopped nuts
2 Tbsp. cornstarch	2 bananas
2 eggs	maraschino cherries, optional
1 c. small marshmallows	1 kiwi, optional

Drain pineapple. Cook pineapple syrup, cornstarch, and eggs over double boiler until thick. Chill.

Add diced pineapple, sliced bananas, and nuts. Garnish with maraschino cherries and sliced kiwi.

WILTED LETTUCE SALAD**Helen Good**

1/4 lb. bacon, cut in pieces	4 Tbsp. vinegar
2/3 c. sugar	3 Tbsp. Miracle Whip
1 egg	1 head lettuce torn in bite size pieces
3 Tbsp. water	1 medium onion, chopped
5 Tbsp. flour	

Fry bacon till crisp. Reserve half of the drippings, discard rest. Mix well next 5 ingredients, add to bacon and drippings and cook until very thick (almost a paste).

Remove from heat, add Miracle Whip and mix well. Pour hot sauce over lightly salted lettuce and onions and toss lightly.

CELERY SEED DRESSING

Mary Teel

2/3 c. sugar
1 tsp. dry mustard

1 tsp. salt
1 small onion, grated

Blend these ingredients plus 1/2 of the vinegar.

1/3 c. vinegar
1 c. salad oil

1 tsp. celery seed

Add oil gradually and then add remaining vinegar in small amounts. Blend until thick and add celery seed.

FRENCH SALAD DRESSING

Mary Teel

2 c. Mazola oil
4 c. catsup
2 1/2 c. sugar
1 c. sweet pickle juice
1 c. vinegar

2 tsp. celery seed
2 tsp. salt
2 tsp. paprika
3 small buds of garlic
1 small onion, grated

VINEGAR AND OIL DRESSING

Mary Teel

3 c. salad oil
1 c. vinegar

2 pkgs. G. Washington seasoning
1 tsp. Worcestershire sauce

SHORT-CUT CHILI SAUCE

Rosemary Bazini

3 qts. chopped, peeled
tomatoes
3 c. chopped celery
2 c. chopped onions
1/4 c. salt

2 c. sugar
1/4 c. packed brown sugar
1 1/2 tsp. pepper
1 1/2 tsp. mixed pickling spices
1 c. white vinegar

Combine tomatoes, celery, onions, green pepper and salt. Let stand overnight. Drain in colander, but do not press vegetables.

Place vegetable mixture in large kettle and add sugars, pepper, pickling spices tied in a cheesecloth bag and vinegar. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes. Remove spices.

Ladle into hot jars; adjust lids. Process in boiling water bath (212°) 10 minutes. Remove jars and complete seals unless closures are self-sealing type.

Makes about 5 pints.

Serves 5.

CHOCOLATE ICE CREAM SAUCE**Eileen Bowser**

2 c. sugar	2 c. water
1/4 c. flour	1/4 c. butter or
2/3 c. unsweetened cocoa	margarine
dash of salt	1 tsp. vanilla

Mix together sugar, flour, cocoa, salt and water. Add margarine. Bring to boil, lower heat, and cook for 5 minutes, stirring constantly. Remove from heat and add vanilla. Serve warm or cold.

EGG DROP SOUP**Carol Brazo**

1 large egg	1 tsp. sesame oil
1 tsp. vegetable oil	4 c. chicken stock
4 tsp. cornstarch	

1. Beat egg well but not till frothy. Mix in vegetable oil and set aside.
2. Dissolve cornstarch in 2 tablespoons cold stock. Add sesame oil and mix well.
3. Bring stock to a gently simmer. Turn heat to lowest and very slowly stir in cornstarch mixture. Cook till thickened, 30 seconds.
4. Turn off heat. Pour egg mixture in a wide circle over top of soup. As it congeals, stir gently a few times. (1/2 cup slivered tomato may be added.) Garnish each serving with chopped green onion.

FAMOUS-BARR'S FRENCH ONION SOUP Iris Dickerhoff

1 1/4 lbs. onions	1/2 c. all-purpose flour
3 oz. butter or margarine	1 1/2 qts. canned beef bouillon
1 tsp. freshly ground pepper	Kitchen Bouquet coloring
1 Tbsp. paprika	1 c. white wine, optional
1 bay leaf	1 1/2 tsp. salt
	French bread
	grated Swiss cheese

Slice onions 1/8 inch thick. Saute onions slowly in butter for 1 1/2 hours in a large soup pot. Add all other ingredients except bouillon, bread, coloring, and cheese. Saute 10 minutes more.

Add bouillon and simmer for 2 hours. Adjust color to a rich brown with Kitchen Bouquet, if desired.

(Cont.)