

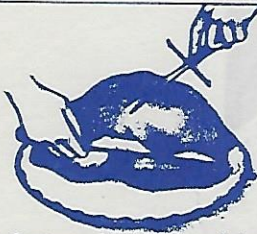
MAIN DISHES
MEAT · SEAFOOD
♡ POULTRY ♡



How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

Tips

TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .
"Cut across the grain"
If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips

TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES --
MEAT, SEAFOOD AND POULTRY

BEEF STROGANOFF

Arleda Wilson

1 1/2 lbs. sliced round steak	3 c. cooked noodles
dash of pepper	1/4 c. flour
1 (4 oz.) can sliced mushrooms, drained	1/4 c. butter or margarine
1 can Campbell's beef broth	1/2 c. chopped onions
	1 small minced garlic clove
	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, onion 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.

BEEF 'N CHEESE FOLDOVER

Cindy Spitler

1 lb. ground beef	6 slices cheese
1/4 c. chopped onion	2 (8 oz.) cans crescent dinner rolls
3/4 c. spaghetti sauce	

Brown meat and onion; drain. Stir in spaghetti sauce; set aside. Heat oven to 375°F. Unroll 1 tube of crescent dough onto an ungreased cookie sheet.

Place on cookie sheet making a long rectangle, pressing at perforations to seal. Next spread meat mixture down center of dough to within 1 inch of sides and ends. Top meat with cheese slices.

Place 2nd tube of crescent dinner rolls on top in same fashion as bottom layer, and press to seal sides and ends. Sprinkle with sesame seeds. Bake at 375° for 20 to 25 minutes or until golden brown. Let stand 5 minutes before serving.

Makes 6 servings.

CABBAGE IN SKILLET

Betty Fawley

1 Tbsp. margarine	1 (15 oz.) can tomato sauce mixed with 1 c. water
1/2 medium head cabbage, shredded	1 lb. hamburger
1 chopped onion (small)	

(Cont.)

1/2 c. uncooked rice

salt and pepper to taste

Spread cabbage over margarine in skillet with tight lid. Top with chopped onion, than layer of rice and layer of uncooked hamburger. Salt and pepper.

Pour tomato sauce and water over this. Cover and cook on low heat, 35-40 minutes, without lifting lid.

Serves 6.

This takes place of stuffed cabbage and is very good.

BAKED CHICKEN

Pat McIntyre
Buthene Smythe

4 chicken breasts (halved,
skinned and boned)
2 pkgs. dried beef

2 cans Campbell's creamy
chicken mushroom soup

On bottom of baking dish, put 2 packages of dried beef, cut into small pieces. Put chicken breasts on top of beef. Pour over top of chicken 2 cans of Campbell's creamy chicken mushroom soup (undiluted). Bake at 275° for 3 hours.

BARB HOLLOWAYS BAKED CHICKEN

Cindy Spitler

8 (8-10 oz.) chicken
breasts
2 c. sour cream
1/4 c. lemon juice
4 tsp. Worcestershire
sauce
1 3/4 c. pkg. fine dry
bread crumbs

3 tsp. celery salt
2 tsp. paprika
2 tsp. salt
1/2 tsp. pepper
4 cloves garlic, finely
chopped
1/2 c. butter or margarine
1/2 c. shortening

1. Wipe chicken with paper towel.
2. Combine in large bowl sour cream, lemon juice, Worcestershire sauce, garlic and spices and mix well.
3. Place chicken breasts in mixture coating each piece well. Next place entire bowl with chicken and mixture in refrigerator overnight.
4. Next day preheat oven to 350°.
5. Remove chicken from mixture and roll in bread crumbs to coat.
6. Put a single layer in a large shallow baking pan.
7. Next melt butter and shortening and spoon half of this mixture over chicken and bake uncovered for 45 minutes.
8. After 45 minutes of baking, spoon rest of butter and shortening mixture over chicken and bake 10-15 minutes longer until brown.

MARINATED CHICKEN BREASTS**Helen Good**

1/2 c. brown sugar 1 Tbsp. minced onions
1/2 c. soy sauce 1 clove garlic
1 Tbsp. dry wine

Heat to boil for 5 minutes. Cool, pour over chicken; let stand 4-6 hours or overnight. Grill chicken, while cooking, brush with remaining sauce.

CHICKEN CARUSO AND RICE**Gloria J. Miller**

Skin, bone and cut 2 whole chicken breasts in strips.
Season with:

garlic salt pepper

Saute in 3 tablespoons butter or margarine.
Stir in:

1 (15 oz.) jar spaghetti 1 tsp. Italian seasoning
sauce

Cover and simmer 10 minutes.

Add 2 cups sliced celery. Cook until tender and serve over a bed of 3 cups hot cooked rice.

KRISPY CHICKEN**Cindy Spitler**

1 (2 1/2 to 3 lb.) frying 1 tsp. salt
chicken, cut-up 1/4 tsp. pepper
3 to 4 c. Rice Krispies dash dried parsley
1/2 to 2/3 c. margarine dash paprika
or butter, melted

Set oven temperature at 350°F. Line a 15 x 10 shallow baking pan with aluminum foil. Wash chicken pieces and dry thoroughly. Crush Rice Krispies into medium fine crumbs.

Melt butter and mix with salt, pepper, parsley and paprika.

Dip chicken pieces in the seasoned butter and then roll in the Rice Krispies crumbs until well coated. Place skin side up in baking pan. Do not crowd pieces. Bake about 1 hour or until tender. Do not cover pan or turn chicken while cooking.

NO PEEK CHICKEN**Jacqueline Gibble**

2 c. Minute Rice
1 can celery soup
1 can mushroom soup

1 pkg. dry onion soup mix
1 cut-up chicken or
chicken legs

Place dry rice in bottom of greased 9 x 13 pan. Heat soups mixed with 1 can water and pour over dry rice.

Arrange chicken on top. Sprinkle with dry onion soup. Seal with foil. Bake at 325° for 2 hours and 15 minutes. "No peeking till done."

Nice for pot luck using all chicken legs.

SATURDAY NIGHT CHICKEN**Dorothy Krull**

1 chicken
1 can celery soup
1 c. sour cream

paprika
garlic salt

Sprinkle both sides of chicken pieces with paprika and garlic salt. Place in 9 inch x 13 inch baking dish. Mix celery soup with sour cream. Spread over chicken. Bake at 350° for 1 hour (uncovered). May require a little longer depending on size of chicken.

SKILLET CHICKEN DINNER**Debi McFadden**

1/4 c. butter
8 small potatoes, peeled
and halved
1 large carrot, cut in
sticks

1 can (10 1/2 oz.) cream of
chicken soup
1/2 c. dairy sour cream (room
temperature)
1 broiler-fryer chicken, cut-up
salt and pepper

Flour and season chicken. In skillet, melt butter, brown chicken. Push chicken pieces to one side of skillet, add potatoes and carrots.

Spoon soup over all. Cover and simmer 40-50 minutes or until tender. Remove chicken, potatoes and carrots and keep warm while making gravy.

Gravy: To drippings in skillet, stir in sour cream, season. Spoon over chicken and vegetables.

HAMBURGER AND NOODLES**Lucile Surface**

4 c. water
 1/2 lb. ground beef
 approximately 2 c. dry
 noodles

1 can Campbell's mushroom
 soup
 1 tsp. salt
 salt and pepper to taste

In a large pan, put 4 cups water and the salt, add 1/2 pound ground beef and place on stove until it boils, then add to it approximately 2 cups dry noodles and continue cooking until the noodles are tender.

Just before serving, add and stir in 1 can condensed Campbell's mushroom soup.

Bouillon cubes, beef flavor may be added if it is needed to enhance the flavor or beef broth.

Onion, garlic, herbs, or green pepper may be added if preferred.

HAM LOAF**Cathy Whetstone**

1 lb. ground ham
 1/2 lb. ground beef or pork
 2 eggs

3/4 c. bread crumbs
 3/4 c. milk

Topping:

2 tsp. mustard
 1/4 c. brown sugar

1/4 to 1/3 c. pineapple
 juice

Bake 1 1/2 at 350° in a 9 x 5 x 3 inch pan.

SPANISH HOT DOGS**Eileen Bowser**

1/4 lb. ground beef
 1/2 c. catsup
 1/2 c. chopped onion
 1 Tbsp. sugar
 2 tsp. mustard

1 tsp. salt
 2 Tbsp. pickle relish
 1 Tbsp. Worcestershire sauce
 2 Tbsp. vinegar
 2 or 3 drops Tabasco

Brown and drain ground beef. Add to remaining ingredients and simmer for 15 minutes. Serve on hot dogs in buns.

HUNTER'S STEW

Jerry Smith

2 lbs. stew meat
1 (2 1/2 can) tomatoes
1 c. frozen peas
5 sliced medium potatoes
3 medium onions, sliced

3 carrots, sliced
4 stalks celery, cut
1/3 c. Minute Tapioca
season to taste

DO NOT BROWN MEAT. Put all ingredients in large roaster pan and bake at 250° for 4-5 hours. Delicious and so easy!

MAKLOUBEH (ARABIC DISH)

Dixie Secrist

1 large head cauliflower
2 lbs. arm roast
1 large onion, chopped
2 c. Uncle Ben's long
grain rice
oil for frying

4 tsp. salt
3 1/2 c. meat broth or water
dash garlic powder
1/2 tsp. pepper
2 Tbsp. butter

Boil meat in water, skimming off the froth as it appears on the surface. Add salt and spices. Cover and let meat simmer over moderate heat until tender.

Strain broth into a bowl, reserving meat for later use. Break cauliflower into medium sized flowerets. Sprinkle with salt.

Fry in deep hot oil until golden brown. Drain on absorbent paper. Tear meat into small bite size pieces. In 5 quart pan, saute onion and meat in butter. Cover the meat and onions with cauliflower, then top the cauliflower with rice, add broth or water to cover the rice.

Let it all come to a fast boil, reduce heat and cook covered for 40 minutes or until rice is tender and the water is absorbed.

Remove from heat, let cool 1/2 hour. Then turn pot upside down on a large platter and serve.

Makloubeh means upside down in Arabic, so this is how it got it's name.

MEAT BALLS

Jacqueline Gibble

2 lbs. ground beef
1/2 c. rice, uncooked
2/3 c. milk
1/2 tsp. poultry seasoning
1/2 c. onions
1/2 c. cracker crumbs

1/4 tsp. pepper
1 tsp. nutmeg
salt and pepper to taste
1 can golden mushroom
soup
1 can mushroom soup

Mix together and form balls. Brown in oil, pour off excess fat. Add 2 cans soup and 4 cans water, simmer for 1 1/2 hours or bake at 250° for 1 1/2 hours.

Add cornstarch thickening if gravy is to thin.
Is good over whole grain rice. Do not freeze.

MEAT LOAF

Jean Smith

1 1/2 lbs. ground beef	1/2 c. milk
1/2 c. old fashioned oats	2 tsp. salt
1/3 c. catsup	1 tsp. Worcestershire sauce
1 medium onion, quartered	1/8 tsp. pepper
1 egg	2 tsp. horseradish

Topping:

1/4 c. catsup	1/2 tsp. Worcestershire sauce
2 tsp. brown sugar	

In large bowl, place ground beef and oats, set aside.

In blender container, place remaining meat loaf ingredients. Cover, blend until smooth. Add to meat and stir until well mixed.

Place in glass 8 1/2 x 4 1/2 loaf pan. Cover with waxed paper. Microwave for 5 minutes. Rotate dish half a turn and microwave 10 minutes. Remove dish from oven and pour off drippings.

Meanwhile combine topping ingredients, pour evenly over meat loaf. Return to oven. Cover and microwave 5 more minutes. Let stand 10 minutes before serving.

(Recipe for 650 watt microwave.)

MEAT LOAF IN THE ROUND

Judy McFadden

2 lbs. ground beef	1/2 c. chopped onion
1 1/2 c. shredded Cheddar cheese	1 Tbsp. Worcestershire sauce
2 c. soft bread crumbs	1 tsp. salt
1 egg	1/4 tsp. pepper
1/2 c. chopped celery	1 c. tomato sauce

Combine meat, 1 cup cheese, bread crumbs, egg, celery, onion and seasonings. Mix lightly. Shape into round loaf in baking dish. Bake at 350° for 1 hour; pour off drippings. Pour tomato sauce over meat, sprinkle with remaining cheese. Continue baking for 15 minutes, garnish with small carrots.

PANCHO'S PARTY SUPPER**Carol Boyer**

1 lb. ground beef	1 tsp. salt
2/3 c. evaporated milk	1/4 tsp. pepper
1/2 c. chopped onion	1 tsp. chili powder
1/2 c. chopped green pepper	1 Tbsp. flour
1 (15 oz.) can Coliente style chili beans	1 c. tomato sauce
	2 c. corn chips

Combine ground beef, evaporated milk, onion, green pepper, salt, pepper and chili powder in skillet. Cook over medium heat until browned; stir occasionally.

Add flour, stir well. Add tomato sauce, chili beans. Mix well. Cover bottom of 1 1/2 quart casserole with 1 cup corn chips. Pour in meat mixture. Top with remaining corn chips. Bake at 350° for 30 minutes.

6 to 8 servings.

PENELOPE'S ORIGINAL MEAT LOAF**Laurie Carlin**

1 envelope Lipton onion soup	1/4 tsp. each: pepper, celery salt, garlic salt, dry mustard, sage
1 c. sour cream	1 Tbsp. Worcestershire sauce
2 eggs	
1 1/2 lbs. ground beef	
2/3 c. fine dry bread crumbs	

Combine onion soup mix, sour cream, eggs, seasonings and Worcestershire sauce. Mix in ground beef, then bread crumbs. Lay in 9 x 5 x 3 inch loaf pan. Before baking, cover with "piquant" sauce.

Piquant Sauce:

3 Tbsp. brown sugar	1/2 tsp. nutmeg
1/4 c. barbecue sauce or catsup	1 tsp. dry mustard

PORK CHOPS ON RICE**Cathy Whetstone**

6 (3/4 inch) thick pork chops	1 c. orange juice
1 1/3 c. Minute Rice	1 (10 1/2 oz.) can chicken with rice soup

In skillet, brown pork chops on both sides; season with salt and pepper.

Place rice in 12 x 7 1/2 x 2 inch baking dish; pour orange juice over rice. Arrange pork chops on rice.

Pour chicken with rice soup over all. Cover and bake at 350° for 45 minutes. Uncover, and bake 10 minutes.

Serves 6.

CANNING SALMON

Mrs. Helen Taylor

Cut all dark fat off meat. Cut cord out and dispose of. Stuff fish chunks into jars. Fill to 1 inch of jar top.

Add to each jar: pint jar: 1/2 teaspoon salt and 1/2 teaspoon vinegar, quart jar: 1 teaspoon salt and 1 teaspoon vinegar. Seal with lids, and put into canner. Add 2 quarts water to pressure canner for a full load. Pressure can 90 minutes, 15 pounds pressure for pints. To serve, I add to the salmon:

1 egg
1 c. cracker crumbs

1/2 tsp. salt

Form patties, and fry in skillet until brown on both sides.
Variation: Add catsup.

SALMON LOAF

Cathy Whetstone

1 can salmon
1 can cream of mushroom
soup

3 large eggs
2 c. soft bread, broken up
1/2 c. celery, finely diced

Mix all together, salt and pepper to taste. Put in a baking dish. Bake about an hour at 350° until done.

SAUCED ROUND STEAK

Marjorie Cooper

1 can (8 oz.) tomato sauce
1/2 tsp. salt
2 Tbsp. brown sugar
1/4 tsp. vinegar
1/4 tsp. Worcestershire
sauce

1 1/2 lbs. beef round
steak, 1/2 inch thick
1 medium onion, sliced
salt and pepper
1 lemon, sliced

Fold a 60 inch x 18 inch piece of aluminum foil in half. Place in jelly roll pan. Mix tomato sauce, 1/2 teaspoon salt, brown sugar, vinegar, Worcestershire sauce until smooth.

Pour half the tomato mixture on center of foil in pan. Place meat on sauce. Season with salt and pepper; spread with remaining tomato mixture. Top with onions and lemon slices.

(Cont.)

Fold foil over meat and seal. Bake 350° until tender,
1 1/2 to 1 3/4 hours.

TURKEY NOODLE BAKE

Marjorie Cooper

In 1 1/2 quart casserole, mix:

1 can Campbell's cream of celery soup	2 c. cooked noodles (4 oz. uncooked)
1/2 c. milk	1 c. cooked peas
1 can boned turkey	2 Tbsp. diced pimento

Top with 1/4 cup buttered bread crumbs. Bake 25 minutes
at 375°.

4 servings.

WIENERS AND BEANS

Frances Carter

1 c. cooked navy beans	seasoning to taste
1/2 c. tomato juice	8 wieners

1. Place beans in casserole, add heated tomato juice and
seasoning.

2. Arrange wieners on top of casserole.

3. Place in moderate (350°) oven and bake for 15 to 20
minutes or until wieners are slightly brown and tomato juice
is bubbling.

Yield: 4 servings.

Exchanges: 1 serving for: 2 meat exchanges, 1/2 bread
exchange.

The most sumptuous meal when served to a table of bickering
persons becomes as saw dust, having no flavor or nourishment
for anyone who is there. What little is eaten will only cause
indigestion that will be with them for hours, causing them to
find unhappiness and gloom in all they do. We all need to forget
our troubles and hard feelings when we dine and so give the
cook a good return for her effort in preparation for the meal.

· MAIN DISHES ·
EGG · CASSEROLE
CHEESE · PASTA





To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting

MAIN DISHES --
EGG, CHEESE, PASTA AND CASSEROLE

BAKED BREAKFAST

Sandy Moriarty

1 lb. bulk breakfast sausage	6 eggs
1/2 lb. grated cheese	2 c. milk
6 slices bread (crust removed)	1 tsp. dry mustard
	1 tsp. salt

Brown sausage, remove grease. Beat eggs slightly, add salt, mustard and milk (as prepared for scrambled eggs), cut or tear slices of bread, minus crusts.

Mix in cheese, bread and sausage. Put in greased 9 x 11 inch casserole dish. Refrigerate at least 6 hours, covered. Bake at 350° for 45 minutes. Serve hot.

Yield: 15 servings.

BREAKFAST CASSEROLE

Jack and Jill Nursery School

Tear up 4 slices bread and place in 13 x 9 dish (greased). Brown and drain 1 pound bulk sausage (or links). Spoon over bread. Sprinkle 1-2 cups grated sharp cheese. Beat together 6 eggs, 2 cups milk, 1 teaspoon dry mustard, 1 teaspoon salt and pepper. Pour over mixture in baking dish. Bake 350° for 35-40 minutes until brown.

6-8 servings.

BROCCOLI CASSEROLE

Jeannette Mollenhour

1 pkg. chopped broccoli	1 can sour cream
1 pkg. green lima beans	1 envelope dry onion soup
1 can small water chestnuts	1 can mushroom soup

Cook vegetables until tender. Mix and put in large casserole. Then brown 3 cups Rice Krispies in 1 stick of margarine. Put over top. Bake 350° for 30 minutes.

BROCCOLI RICE CASSEROLE

Cathy Whetstone

1/2 c. oleo	1 c. Minute Rice
1 Tbsp. minced onion	1 can cream of mushroom soup
1 1/2 c. water	1 (8 oz.) jar Cheez Whiz
2 (10 oz.) pkgs. frozen, chopped broccoli	

(Cont.)

Bring to boil first 3 ingredients. Add frozen broccoli. Cook approximately 3 minutes. Add Minute Rice, remove from heat and let stand 5 minutes. Stir in the soup and Cheez Whiz.

Place in casserole and top with bread crumbs, or crushed potato chips, or French fried onion rings. Bake at 350° for 30-45 minutes.

CAVATINI

Eileen Bowser

Lee Ann Rock

1 c. each elbow macaroni,
rigatoni, small shells,
rotini or other shapes
(4 c.)

1 egg, beaten
1 lb. ground beef or
Italian sausage

1 (16 oz.) can spaghetti sauce
1 (8 oz.) can tomato sauce
1/2 c. chopped green pepper
1/2 c. chopped onion
1 can mushrooms, undrained
1 (12 oz.) pkg. Mozzarella
cheese, shredded

Cook pasta in boiling water until tender. Drain and return to cooking pot. Quickly stir in beaten egg.

Meanwhile, brown beef, onion and green pepper in large skillet. Drain, season with desired seasonings, and add spaghetti sauce and mushrooms.

Stir pasta into meat mixture and pour into oiled 9 x 13 baking pan. Top with tomato sauce and then the cheese.

Sprinkle with grated Parmesan, if desired. Bake at 350° for about 25 minutes until cheese is melted and mixture is bubbly.

Note: Sliced pepperoni may be added if desired.

CHICKEN CASSEROLE

Jacque Bradley, Sharon Kindig,

Mary Utter, Laurie Carlin

1 3/4 c. uncooked macaroni
2 cans mushroom soup
4 hard-boiled eggs
1 small onion

2 c. milk
2 c. diced, cooked chicken
1/2 lb. Velveeta, cut-up fine

Mix all together and pour in shallow buttered dish. Refrigerate overnight. Take out of oven 15 minutes before serving. Cook, uncovered for 1 1/2 hours at 350°.

CHICKEN CASSEROLE

Pam Smith

1 (3 lb.) chicken (cooked
and boned)
1/2 c. chopped celery
1/4 c. chopped onion
1/4 c. chopped green
pepper

1/2 c. mayonnaise
6 slices bread
1 1/2 c. milk
2 beaten eggs
1 can mushroom soup
grated Cheddar cheese

Mix together chicken, celery, onion, green pepper, and mayonnaise. Grease an 8 x 11 pan. Crumble 3 slices bread on bottom of pan. (Use more bread if needed to cover bottom.)

Put chicken mixture on top. Crumble 3 slices bread over this. Next, mix milk and beaten eggs and pour over all. Cover with foil and refrigerate overnight.

Next day, pour 1 can mushroom soup over mixture and sprinkle with cheese. Bake at 325° for 1 hour 15 minutes. Let stand 10 minutes before serving.

CHINESE CASSEROLE

Annabel Mentzer

3 chicken breasts	1 can Chinese noodles
1 c. celery, diced	1 Tbsp. lemon juice
2 cans mushroom soup	1/2 c. salad dressing or mayonnaise
1 can Chinese vegetables	1/2 c. cashews

Cook chicken breasts and slice. Mix celery, soup, vegetables, lemon juice and salad dressing. Hold chicken and noodles, mix at time of baking. Top with cashews. Bake at 350° 40 to 45 minutes.

CHINESE HAMBURGER CASSEROLE

Cindy Spitler
Thelma Eaton

1 lb. browned hamburger	1 can mushroom soup
1 c. onion	1 small can chop suey noodles
1 c. chopped celery	grated cheese
1 can chop suey vegetables (drained)	

Mix all together and bake for 1 hour at 350°F. During last 15 minutes of baking, add chop suey noodles and sprinkle with grated cheese.

DRIED BEEF CASSEROLE

Iris Anderson

2 c. uncooked macaroni	2 pkgs. dried beef
2 cans mushroom soup	1 c. milk
2 c. Velveeta cheese	

Leave set 3-4 hours or overnight in refrigerator. Bake at 350° for 1 hour.

EASY LASAGNE

Elaine Fugate

1 1/2 lbs. ground beef	1 tsp. salt
garlic powder, pure (or 2 cloves garlic, minced)	3/4 tsp. pepper
1 can (6 oz.) tomato paste	1/2 tsp. oregano
1 qt. (32 oz.) canned whole tomatoes	12 lasagne noodles
	12 oz. Swiss cheese, cut-up
	8 oz. cottage cheese

Brown ground beef and garlic in large skillet. Add tomato paste, tomatoes, salt, pepper, and oregano. Cover and simmer 20 minutes.

Cook noodles as directed on package. Heat oven to 350°.

Alternate layers of meat sauce, noodles, and cheeses in large baking dish, 9 x 15, beginning and ending with meat sauce.

Bake 20 to 30 minutes. Sprinkle with grated Parmesan cheese.

6 to 8 servings.

SHORTCUT LASAGNA

Vi McGowen

1 lb. ground beef	1/4 c. grated Parmesan cheese
1 medium (1/2 c.) onion	2 tsp. parsley flakes
1/2 tsp. salt	4 oz. (9) lasagna noodles (cooked and well drained)
1/8 tsp. garlic powder	3 pkgs. (1 1/2 c.) (or 1 large and 1 small) Mozzarella cheese
1 jar (15 1/2 oz.) spaghetti sauce	
12 oz. cottage cheese	

In medium saucepan, cook and stir meat, onion, salt, and garlic powder until meat is brown and onion is tender. Stir in spaghetti sauce; simmer 15 minutes, stirring occasionally.

Heat oven to 350°. Mix cottage cheese, Parmesan cheese and parsley flakes.

In ungreased baking dish, 11 3/4 x 7 1/2 x 1 1/2 inches, layer half each noodles, sauce, and Mozzarella cheese and cottage cheese mixture; repeat.

Cover and bake 40 to 45 minutes. Let stand at room temperature 10 minutes. Cut in squares.

LASAGNA

Joy Engle

1 lb. ground beef	1 (8 oz.) pkg. grated Mozzarella cheese
2 Tbsp. chopped onions	1 pkg. lasagna noodles, cooked
1 qt. Ragú sauce with mushrooms	

1 lb. cottage cheese
2 eggs, beaten

1/2 c. Parmesan cheese

Brown ground beef and onion in a skillet, stirring until crumbly. Pour off drippings. Add Ragú sauce, mixing well and simmering.

Combine cottage cheese, eggs, and Mozzarella cheese in a bowl, mixing until smooth. Layer noodles, sauce, and cheese mixture alternately in a 9 inch x 13 inch baking dish until all ingredients are used.

Top with Parmesan cheese. Bake covered at 325° for 50 minutes. Uncover and bake for 10 minutes longer.

LIMA STEW WITH MEAT BALLS

Carol Brazo

1 c. large dry lima beans
4 1/2 c. water
1/4 c. flour
1/2 c. cold water
1 (8 oz.) can tomatoes,
cut-up
1 c. chopped celery
1 lb. ground beef

1 c. sliced carrots
1/2 c. chopped onion
1 bay leaf
2 tsp. salt
1/4 c. dry bread crumbs
1/2 tsp. salt
1/4 c. milk
1/4 tsp. Worcestershire sauce

1. Rinse beans. Place in Dutch oven, add 4 1/2 cups water and boil 2 minutes. Cover. Let stand 1 hour (or soak beans overnight without cooking). Do not drain.

2. Combine flour and cold water. Stir into beans; cook until thickened and bubbly.

3. Add vegetables, bay leaf, and salt. Bring to boiling. Cover and bake in 375° oven for 1 1/2 hours, stirring occasionally.

4. Meanwhile, combine bread crumbs, salt, milk, Worcestershire and ground beef. Shape into small meat balls. Add to stew. Cover and continue baking 45 minutes. Remove bay leaf before serving.

MASHED POTATO CASSEROLE

Barbara Ross

10 large potatoes
2 (8 oz.) cream cheese
2 eggs

2 Tbsp. chives
2 Tbsp. parsley

Cook, peel, and mash potatoes. In separate bowl, mix all other ingredients together. Add cheese mixture to mashed potatoes and mix well. Spread in casserole dish. Top with shredded Cheddar cheese and buttered croutons. Bake at 375° for 20 minutes.

RICE CASSEROLE

Carol Brazo

1 can beef bouillon
(consomme)
1 can onion soup

1 can sliced mushrooms
1 c. rice
1/4 c. margarine

Combine all but margarine in a casserole dish. Dot the top with butter. Bake 1 hour at 350°.

Serves 6.

RIGATONI WITH CHEESE

Mrs. Tim Utter

2 lbs. ground beef
6 dashes onion powder
6 dashes garlic powder
4 c. Ragú spaghetti sauce
1 box rigatoni noodles

1/4 lb. sliced Provolone (or
Swiss) cheese
3/4 c. sour cream
1/4 lb. sliced Mozzarella
cheese
Parmesan cheese

Prepare sauce by browning 2 pounds ground beef with onion and garlic. Drain grease. Add 4 cups spaghetti sauce.

Simmer 30 minutes. Cook rigatoni noodles according to directions on box.

In a buttered 9 x 13 pan, layer 1/2 of rigatoni noodles with 1/4 pound sliced Provolone (or Swiss) cheese. Spread 3/4 cup sour cream over Provolone and top with 1/2 of sauce. Add another layer of rigatoni noodles, a layer of 1/4 pound sliced Mozzarella and the remainder of sauce.

Sprinkle generously with grated Parmesan cheese. Bake uncovered for 30-45 minutes at 350° (until bubbly).

ROTINI

Jacqueline Gible

1 1/2 lbs. ground beef
1 large onion
salt and pepper to taste
32 oz. Prego with mushrooms
1 pt. tomato juice

1 Tbsp. oregano
1 Tbsp. sweet basil
4 c. rotini macaroni
1 lb. Mozzarella cheese

Brown and drain ground beef, onion, salt and pepper. Add Prego, tomato juice, oregano, sweet basil, and simmer 20 minutes. Cook macaroni till tender and drain.

Grate cheese. Layer in 2 quart casserole dish; meat sauce, macaroni, cheese, macaroni, meat sauce and bake 325° for 30-35 minutes. Add remaining cheese on top and bake till melted.

Let stand 5 minutes before serving.

Serves 4 to 6 people.

SAUSAGE CASSEROLE**Oretha Stiffler**

1 lb. sausage
1/2 c. chopped onion
2 c. tomato juice

1 c. uncooked macaroni
1/2 can Cheddar cheese
soup

Brown sausage and onion, drain off excess fat. Mix all the other ingredients with the sausage and onion. Put in a greased casserole dish. Bake 350° for 45 minutes to 1 hour.

SPAGHETTI**Sandy Moriarty**

2 pkgs. spaghetti

Tomato Sauce:

1 bottle Heinz chili
sauce
2 cans tomato soup

1 large green pepper
(chopped)
3 medium chopped onions
1 Tbsp. chili powder

Cheese Sauce:

1/4 lb. sharp cheese
1/2 lb. medium size pkg.
Velveeta cheese

small can chopped pimentos
1 c. medium white sauce

Meat Sauce:

1 lb. ground steak (beef)

chopped onion and salt to
taste

Brown beef.

Heat each sauce at least 15 minutes.

Serve: layer spaghetti, meat sauce, tomato sauce, cheese sauce. Sprinkle with Parmesan cheese.

STUFFED GREEN PEPPERS**Eileen Bowser**

4 large green (or red)
sweet peppers
1 lb. ground beef
1/2 c. chopped onion
2 c. canned tomatoes

1/3 c. rice (not instant)
1 c. water
2 tsp. sugar
salt and pepper

(Cont.)

Clean, remove tops and core peppers. Place in oiled 2 quart baking dish. Brown ground beef, drain and add to remaining ingredients. Bring mixture to a boil and simmer for about 5 minutes.

Spoon into peppers, pouring remainder over and around peppers. Cover and bake at 350° for 1 hour.

SWEET POTATO CASSEROLE

Jeanette Mollenhour

1/3 c. butter	1 Tbsp. vanilla
3 c. mashed sweet potatoes or 2 (No. 1) cans drained	2 eggs (beaten)
	1 c. sugar

Mix and pour in 9 x 13.

Topping:

1/3 c. butter	1 c. coconut
1 c. brown sugar	1 c. chopped nuts
1/3 c. flour	

Bake at 350° for 30 minutes.

TATER TOT CASSEROLE

Betty Fawley

Fry out 1 1/2 pounds hamburger and 1 small onion, chopped, salt and pepper. Don't fry to done, just until pink is gone. (Drain well.)

Pat in bottom of square or oblong baking dish or pan. Spread a can of mushroom soup on top. (Don't add water.)

Then layer 3 kinds of cheese, grated up, Mozzarella, yellow Cheddar cheese, sharp yellow cheese. Sprinkle a little melted butter on top. Then layer Tater Tots on top.

Line up side by side and completely cover top. Bake 350° just until potatoes are nice and brown, 45 minutes to 1 hour.

TENDERLOIN CASSEROLE

Kate McGowen

1 lb. tenderloin or pork steak	2 cans mushroom bits and pieces
2 cans mushroom soup	1 can chow mein noodles (small)

Put above ingredients in large baking dish. Add 1/4 cup of milk, put chow mein noodles on top. Cover and bake 1 hour at 375°.

ZUCCHINI CASSEROLE

Pauline Silveus

Saute:

2 Tbsp. butter
1/2 c. chopped green pepper

1/4 c. onion

Mix with:

1/2 c. bread crumbs
2 c. zucchini, peeled (1/4
inch slices)

Add:

1/4 c. Parmesan cheese
1 tsp. salt

pepper to taste

Bake covered for 30 minutes at 375°.

Stir in:

2 c. tomato wedges
1/2 c. Cheddar cheese

Bake 20 minutes more (covered).

ZUCCHINI CHEESE SPECIAL

Marguerite L. Campton

1 1/2 lbs. zucchini
1 lb. ground beef
(salt and pepper)
1 c. cooked rice
1 Tbsp. oregano

1 c. grated sharp
Cheddar cheese
1 can cream of mushroom
soup

Cut zucchini in 1/4 inch rounds, cook in boiling salted water until barely tender, about 5 minutes. Drain well.

Brown beef with salt and pepper. Add rice and oregano.

Place zucchini in 2 1/2 quart casserole. Spread with beef mixture. Spoon Cheddar cheese over meat mixture. Spread soup over all. Add remaining zucchini over soup and sprinkle with grated cheese. Bake uncovered in 350° oven, 35-40 minutes until bubbly hot.

Serves 8-10.

Recipe may be prepared the day before and kept in the refrigerator. Ready for oven 1 hour before serving.