

# SEASONED WITH LOVE

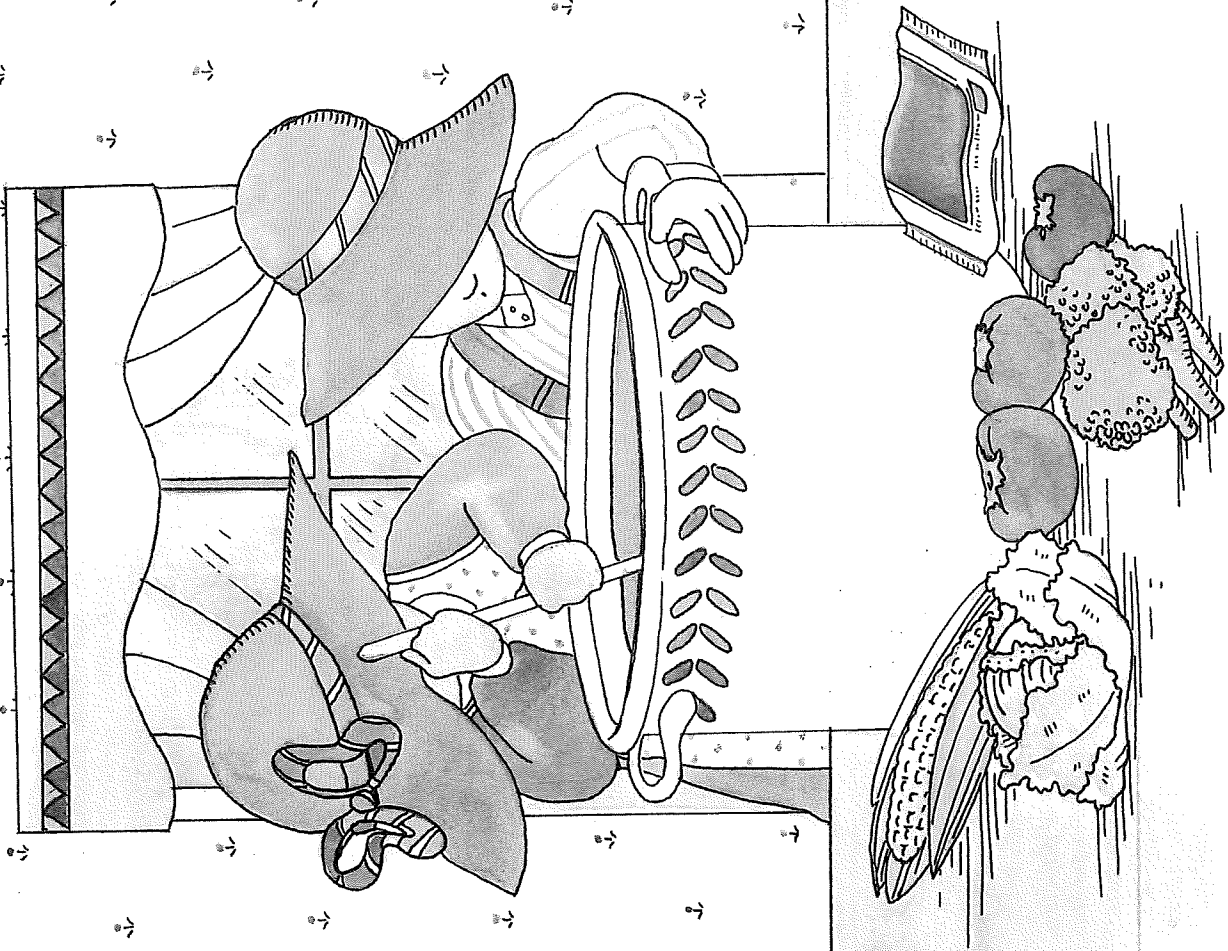


**Forest Hills United  
Methodist Church**  
Forest Lake, Minnesota

<<< Extra Recipes >>>

# Soups, Salads & Sauces

*Pat Lamborn*





# Salads

## Additions and Garnishes

Slice hard-cooked eggs  
Radishes  
Chopped green or ripe olives  
Nut meats  
Pimento  
Green pepper  
Sardines  
Anchovies  
Slivered cheeses  
Juliened ham  
Chicken  
Grated carrots  
Cubed celery  
Onions - pickled, grated or  
pearl onions  
Tomatoes, sliced and dipped in  
finely chopped parsley or chives  
Capers  
Dwarf tomatoes stuffed with  
cottage cheese  
Fresh herbs - sprigs or chopped  
Mint leaves  
Cooked beets, cut into shapes  
or sticks  
Lemon slices with pinked edges  
and dipped in chopped parsley  
Raw cauliflower

## Tips for Tossed Salads

Always handle salad greens  
with care.  
Wash well, drain and dry greens  
before storing; chill well  
before using.  
To core lettuce, smack head stem  
end down on counter top. Then  
twist the core out.  
It is better to tear greens into bite-  
sized pieces to avoid bruising  
with knife.  
Don't cut up tomatoes for a tossed  
salad since their juices thin the  
dressing and wilt the greens.  
Use them only for garnishing  
the salad bowl.  
Select only firm, hard, green  
cucumbers. The skin should have  
a slight sheen, but if it is highly  
polished, it is probably waxed  
and the skin should be removed.  
Use wild greens such as dandelion,  
sorrel or winter cress for a  
different flavor and texture in  
tossed salads.

## About Potato Salad

Potato salad is best made from  
potatoes cooked in their jackets  
and peeled and marinated while  
still warm. Small red waxy  
potatoes hold their shape when  
sliced or diced and do not absorb  
an excessive amount of dressing or  
become mushy.

## Soup Accompaniments

Clear Soups — crisp crackers,  
cheese pastry, cheese-spread toast  
strips.  
Cream Soups — cheese popcorn,  
seeded crackers, pretzels, pickles  
and olives.  
Chowders and Meat Soups —  
Melba toast, sour pickles, oyster  
crackers, bread sticks, relishes,  
toasted garlic bread.

## SOUPS, SALADS & SAUCES

### BASIC CHICKEN STOCK

3 lb. chicken parts  
3 onions  
2 cloves  
3 carrots  
2 stalks celery  
1 clove garlic  
1 parsnip or turnip  
(optional)

1 tsp. salt  
1 tsp. pepper  
5 qt. water  
2 sprigs thyme  
1 sprig marjoram  
1 bay leaf  
1 sprig parsley  
2 chives or 1 sprig onion

Tie thyme, marjoram, bay leaf, parsley and chives or onion up in cheesecloth. Stick cloves inside one onion and put all ingredients in large stew pot; all whole or large pieces. Bring water to a boil. Skim. Simmer for 4 hours. Skim several times. Cool. Remove fat and strain. Meat and vegetables can be eaten as a simple meat or put in other recipes. Stock can be used for sauces, basis for casseroles or soups. Plan meals ahead. Stock is a good basis for several meals.

Conrad White, Antigua

### BROCCOLI CHEESE SOUP

6 c. water  
4 c. fresh broccoli, chopped  
coarsely or frozen  
3/4 c. diced onion  
6 chicken bouillon cubes  
1/2 lb. margarine

1 3/4 c. flour  
1/2 c. shredded Cheddar  
cheese  
1 (16 oz.) jar Cheez Whiz  
salt and pepper to taste

Cook broccoli and onion in 2 cups water; set aside, do not drain. In another pan, put bouillon cubes and 4 cups water. Bring almost to a boil. In another pan, melt butter and stir in flour. Cook 2 to 3 minutes. Stir constantly. Mix flour and butter in bouillon water with a wire whip. Add broccoli and onion with water cooked in. Mix well and add all cheese. Cook over low heat until cheese is melted. Add salt and pepper to taste. Add milk to thin if too thick. Serves 12 to 14.

Donna Schipper

## CREAM OF WILD RICE SOUP

1 c. uncooked wild rice  
 4 c. water  
 1 tsp. salt  
 1 large onion, finely diced  
 1 rib celery, finely diced  
 1 carrot, finely diced  
 1/2 c. butter

Wash rice well in cold water; drain. Place in heavy saucepan with 4 cups water. Add salt; bring to a boil. Reduce heat and simmer covered for 40 to 50 minutes or until tender and most of the grains have split slightly. Drain and fluff. Do not overcook (makes 4 cups cooked). In 4 to 5 quart soup kettle saute onion, celery and carrot in butter about 3 minutes or until slightly softened. Sift in flour a little bit at a time, stirring and cooking until flour is blended in well, do not brown. Slowly add broth, stirring until mixture is well blended. Add rice. Heat thoroughly. Add cream and reheat gently. Do not boil. Serves 10 to 12.

Mary Lou Hosler

## VEGETABLE-BEEF SOUP

3 to 4 lb. beef stew meat  
 12 c. water  
 4 c. tomatoes or juice  
 1 c. chopped onion  
 2 Tbsp. salt  
 4 tsp. Worcestershire sauce

Cut meat into bite size pieces; brown in hot fat. Add water, tomatoes, onions and seasonings. Cover and simmer 2 hours. Add vegetables; cover and simmer 1 hour longer. Remove bay leaves before serving.

U.M.W.

## VEGETABLE-CHEESE SOUP

1 qt. water  
 1 c. chopped celery  
 1 c. chopped onion  
 2 chicken bouillon cubes  
 2 to 3 potatoes, diced  
 2 to 3 carrots, sliced

Simmer water, celery, onion and bouillon cubes for 20

minutes. Add potatoes, carrots, broccoli and cauliflower. Simmer 30 minutes. Add cheese cubes and soup. Simmer until cheese is melted. Yields 8 to 10 servings.

Lorrie Martin

## WILD RICE SOUP

6 Tbsp. butter  
 1/2 c. sliced green onions  
 1/2 c. shredded carrots  
 1/2 c. flour  
 4 c. chicken broth  
 2 c. cooked rice  
 1/2 c. cooked wild rice

1/2 c. minced ham  
 1/4 tsp. white pepper  
 1/4 tsp. thyme  
 1 c. half and half  
 1 Tbsp. dry sherry (optional)  
 1/4 c. slivered almonds

Cook onions and carrots in butter until tender. Blend in flour. Stir in broth, gradually. Cook, stirring constantly until mixture boils. Boil for 1 minute. Stir in rice, ham, pepper and thyme. Stir in half and half and sherry. Garnish with almonds.

Kathleen Mattison

## BROCCOLI SALAD

5 c. fresh broccoli buds  
 1 c. sunflower seeds, roasted  
 1/2 c. chopped onion

10 strips fried, crumbled  
 bacon

## Dressing:

1/2 c. mayonnaise  
 1 Tbsp. vinegar

2 to 4 Tbsp. sugar

Mix dressing and add to other ingredients. Let stand in refrigerator 4 hours to blend flavors.

Karen Seavey

## BROCCOLI SALAD

1 bunch broccoli, chopped  
 fine  
 1 small red onion, chopped

1/3 lb. shredded Cheddar  
 cheese  
 1/2 lb. bacon, fried and  
 crumbled

## Dressing:

1 c. Miracle Whip  
 1/2 c. sugar

1 Tbsp. vinegar

Combine broccoli, red onion, shredded cheese and bacon. Just before serving, add dressing.

Ruth Milbrandt

### CABBAGE SALAD

- 8 c. shredded cabbage
- 1/2 tsp. salt
- 1 can drained peaches, cubed
- 1/2 c. oil
- 2 Tbsp. prepared mustard
- 1 Tbsp. shredded parsley
- 1 Tbsp. chopped onion
- 1/4 c. vinegar
- 2 Tbsp. sugar
- 1 tsp. celery seed

Toss together cabbage, parsley, salt, onion and peaches. Mix vinegar, oil, sugar, mustard and celery seed to make dressing. Combine and chill.

Violet Krueger

### CABBAGE SALAD

- 1 medium head cabbage
- 1 medium onion
- 1 medium green pepper
- carrots, if preferred
- 1 1/2 c. sugar
- 3/4 c. vinegar
- 1 Tbsp. salt
- 1 Tbsp. celery seed
- 1 c. boiling water

Shred 1st four items. Place in bowl. Pour boiling water and salt over shredded ingredients and let stand 1 hour. Drain. Add sugar, vinegar and celery seed which have been mixed together and let stand several hours or overnight. Excellent!

Carole Sabasko

### CAULIFLOWER AND LETTUCE SALAD

- 1/2 c. frozen peas, thawed and uncooked
- 1 head lettuce
- 1 head cauliflower
- 1 diced medium sweet onion
- 1 lb. bacon, chopped
- 3/4 c. grated Parmesan cheese
- 2 c. mayonnaise
- 1/2 c. or less sugar
- pepper to taste

Fry bacon and set aside. Mix together Parmesan cheese, mayonnaise, sugar and pepper and set aside. Cut up lettuce, cauliflower and onion and mix together with peas. When ready to serve, stir all ingredients together.

Grace Benson

### CHICKEN SALAD

- 2 c. cooked chicken diced
- 1 c. diced celery
- 1 can mandarin oranges, drained
- 1 c. green grapes
- 1 onion, diced
- 1/2 tsp. salt
- 7 oz. shell macaroni, cooked and drained
- 1 c. salad dressing (Miracle Whip, etc.)
- 1/4 tsp. ginger
- chopped nuts (optional)

Add the ginger to the salad dressing and set aside. Mix all other ingredients together and gently fold in salad dressing. Chill before serving.

Violet Krueger

### ✓CHICKEN-FRUIT SALAD

- 2 c. diced chicken
- 1 1/2 c. seedless grapes
- 1 1/2 c. chopped celery
- 1 large can mandarin oranges
- 1/2 c. mayonnaise or Miracle Whip
- 1/2 c. sour cream
- 1 tsp. lemon juice (optional)
- 1/4 tsp. salt
- almonds may be added

Combine chicken, grapes, celery and mandarin oranges. Combine dressing, sour cream and lemon juice. Pour over chicken mixture. Chill. Serve on lettuce. Yields 6 to 8 servings.

Viola Nielsen

### CHINESE CHICKEN SALAD

- 3 chicken breasts
- 1 small piece ginger root
- 2 medium heads lettuce
- 1 (12 oz.) pkg. wonton skins
- 10 green onions, sliced
- 2 pkg. slivered almonds (small)
- 1/2 c. sesame seed, toasted

Boil chicken in water with ginger root 20 minutes. Cool and cut into pieces. Fry wontons in oil; cool. Break up. Combine all ingredients.

Dressing:

- 8 Tbsp. sugar
- 2 tsp. m.s.g.
- 8 Tbsp. vinegar
- 3 tsp. salt
- 1 tsp. pepper

Bring to a boil; remove from heat. Add 1 cup salad oil and refrigerate. Pour over salad just before serving.

Roxanne Johnson

## CHINESE NOODLE SALAD

- 1 large head Napa cabbage, finely chopped
- 3 diced green onions including tops
- 1/2 c. sesame seed
- 1/2 c. butter
- 2 pkg. Ramen noodle soup (discard seasoning packet), break apart noodles
- 1 small pkg. slivered almonds

## Dressing:

- 1 c. salad oil
- 2 tsp. soy sauce
- 1 c. sugar
- 1/2 c. white vinegar

Chop cabbage and onion; chill. Brown sesame seed, noodles and almonds in butter. (Keep separate until 20 minutes before serving.) Blend dressing ingredients with mixer. Mix dressing into other ingredients 20 minutes before serving.

Jill Bickford

## COLD TACO SALAD

- 1 lb. hamburger
- 1 head lettuce
- 2 tomatoes
- 1 pkg. shredded cheese
- 1 jar Western dressing (8 oz.)
- sour cream (on side)
- picante (on side)

Brown hamburger. Cut lettuce into shreds. Put in big bowl. Slice tomatoes. Put hamburger, cheese and tomatoes on top of lettuce. Mix well. When ready to serve, pour Western dressing in salad, as much as desired. Serve cold. Sour cream and picante are optional.

Sandie Klein

## COTTAGE CHEESE SALAD

- 1 small pkg. lemon jello
- 1 small pkg. lime jello
- 1 c. Miracle Whip
- 1 c. cottage cheese
- 1 small can evaporated milk, chilled
- 2 tsp. horseradish
- 1 small can crushed pineapple
- 1/4 c. walnuts

Set jello with 2 cups hot water. Beat milk until foamy. When jello starts to set, add remaining ingredients. Refrigerate.

Roxanne Johnson

## CRAB MEAT SALAD

- 1 head cauliflower
- 1 bunch broccoli
- 1 can sliced water chestnuts
- 1 to 2 pkg. crab meat
- 1 (16 oz.) bottle Ranch dressing
- 1/2 c. sliced carrots

Cut cauliflower and broccoli into bite size pieces. Add chestnuts, crab meat, carrots and dressing. Toss and refrigerate. Add low calorie Ranch dressing and this is a very low calorie and delicious salad.

Julie Utecht

## CRANBERRY ICE

- 2 bags cranberries
- 3 c. water
- 2 envelopes unflavored gelatin, dissolved
- 1/2 c. water
- 2 c. sugar
- 1 1/2 to 2 pt. ginger ale

Boil cranberries in 3 cups water and strain. Dissolve gelatin in 1/2 cup water (place water and gelatin in small custard dish and place custard dish inside small saucepan with 1/2-inch water in bottom of pan; simmer water in pan until gelatin in custard dish dissolves). Mix cranberry juice and gelatin together with sugar and ginger ale. Freeze. Beat 2 or 3 times during freezing process. This is great when served with roast turkey in small individual serving dishes.

Gayle Novak

## CREAMY PISTACHIO SALAD

(Heart Safe)

- 1 large container low-fat cottage cheese
- 1 can crushed pineapple in own juice
- 1 container whipped topping, low calorie
- 1 pkg. pistachio pudding (sugar-free)

Put cottage cheese in large bowl. Mix well with the pistachio pudding mix. Drain pineapple and add to cottage cheese. Blend well. Add approximately 3/4 of whipped topping. Cover and chill in refrigerator. Scrumptious!

Daun Weiss

## FRUIT SALAD

- 1 (No. 2) can fruit cocktail
- 1 (3 oz.) pkg. cream cheese
- 1 pkg. lemon Jell-O
- 1/2 c. hot water

- 8 marshmallows
- 3/4 c. celery, chop small
- 1/2 pt. whipping cream or Cool Whip

Drain cocktail; heat juice and water. Dissolve Jell-O and marshmallows. Add cheese; let cool. Add celery and fruit. Fold in the whipped cream. Put in refrigerator.

Ruth Milbrandt

## EASY FRUIT SALAD

- 1 (size 2) can fruit cocktail
- 1 (size 2) can pineapple chunks
- 14 marshmallows, cut in quarters

- 1 pkg. instant vanilla pudding
- medium size carton Dream Whip

Drain half of juice from both cans of fruit. Add together with marshmallows and pudding mix. Mix in Dream Whip until well blended. Ready to serve as salad or dessert.

Ethel Solbbing

## FRUIT SALAD

- 1 can peach pie filling
- 1 large can fruit cocktail, drained

- 1 large can pineapple tidbits, drained
- 1/2 pkg. small marshmallows
- 1 banana, sliced

Mix all ingredients together except banana. When ready to serve, stir in banana.

Helen Beeksma

## FRUIT SALAD

- 1 c. cream
- 4 egg yolks
- 4 Tbsp. sugar
- 1 pkg. white marshmallows

- 1 can chunk pineapple
- 1 can white cherries
- 1 c. cream, whipped
- juice of 1 lemon

Cook 1 cup cream, egg yolks and sugar in double boiler until thick. Cool about 2 hours. Combine juice of one lemon and one cup of whipped cream. Set in cool place overnight. Fold into thickened egg-cream mixture. Mix with fruit.

Judy Dittberner

## GERMAN COLE SLAW

- 1 head cabbage, shredded
- 1 medium onion, chopped
- 1 c. sugar
- 1/2 c. cooking oil
- 1 c. white vinegar

- 1 tsp. celery seed
- 1 tsp. dry mustard
- 1 Tbsp. salt
- 1 Tbsp. sugar

Cover cabbage and onion with 1 cup sugar and set aside. Boil ingredients for dressing and immediately pour over cabbage mixture. Stir well and refrigerate. Keeps a long time.

Julie Utecht

## HOLIDAY SALAD

- 1 pkg. dry gelatin
- 2 pkg. lemon jello
- 2 c. boiling water
- 1 1/4 c. cranberry orange relish

- 1 (size 2 1/2) can crushed pineapple
- 1 c. coarsely chopped pecans
- 2 c. coarsely cut celery

Combine plain gelatin and lemon gelatin in a large bowl. Add boiling water and stir until dissolved. Cool a bit. Add pineapple, relish, nuts and celery. Pour into a mold or a pretty bowl. Chill until firm. Serves 8 to 10.

Laura Klein

## HOT CHICKEN SALAD

- 3 c. diced cooked chicken
- 3 c. diced celery
- 1 c. grated Cheddar cheese
- 1 small onion, chopped
- 1 small jar pimento

- 1 medium green pepper, chopped
- 1 1/2 c. mayonnaise
- 1 1/2 c. chopped almonds
- 2 c. crushed potato chips

Place 1 cup chips on bottom of a 9 x 13-inch casserole dish. Mix ingredients together in order given and pour into dish. Cover with remaining chips. Bake at 375° for 1 1/2 hours.

Cynthia Scott

## HOLIDAY JELLO

- 2 large pkg. raspberry Jell-O
- 1 c. boiling water
- 2 pkg. frozen raspberries, thawed

- 1 sliced banana
- 1 c. chopped walnuts
- sour cream

Mix together first four items. Pour 1/3 of mixture into 9 x 9-inch dish. Spread on thin layer of sour cream. Add 1/3 of mixture, another layer of sour cream. Add rest of mixture, a light layer of sour cream. Sprinkle with crushed walnuts.

Judy Huntosh

**LIME SALAD**

- 1 large pkg. lime Jell-O
- 2 c. boiling water
- 1 large can crushed pineapple
- 1 large carton cottage cheese
- 2 c. chopped walnuts
- 1 pt. whipping cream

Dissolve lime Jell-O in 2 cups boiling water in a small bowl. Set in refrigerator until it just begins to gel. In large bowl combine crushed pineapple, cottage cheese and chopped walnuts. Add the Jell-O to this mixture. Whip the whipping cream, then fold into the mixture. This may be placed in a bowl or into a big mold. Refrigerate overnight.

Laurellen E. Halek

**JELLO AND COTTAGE CHEESE SALAD**

- 1 (12 oz.) pkg. cottage cheese
- 1 (8 oz.) pkg. Cool Whip, thawed
- 1 (3 oz.) pkg. dry jello (any flavor)
- 1 medium can drained fruit (cocktail or crushed pineapple)

Mix together and store in refrigerator overnight.

Helen Beeksmma

**MANDARIN ORANGE SALAD**

Salad:

- 1/2 c. slivered almonds
- 2 Tbsp. sugar
- 1/2 head iceberg lettuce
- 1/2 head romaine lettuce
- 1 c. chopped celery
- 2 Tbsp. chopped green onions
- 1 can mandarin oranges, drained

Dressing:

- 5 Tbsp. sugar
- 5 Tbsp. vinegar
- 1/2 c. oil
- 1/2 tsp. salt
- 2 Tbsp. parsley flakes

Cook almonds and sugar in skillet over medium heat,

stirring constantly until brown. Cool on plate; break into pieces. Mix together with chopped lettuces and celery and drained oranges. Add dressing when ready to serve.

Dressing: Shake well.

Kathleen Mattison

**MACARONI SALAD**

- salad olives or stuffed olives, cut in half
- macaroni
- cucumber
- onions, medium or green onion tops
- celery or celery seed
- Miracle Whip salad dressing
- radishes for color

Mix olives, macaroni (cooked and cooled), cucumber (small chunks), onions (cut up small) and celery. Mix ingredients with Miracle Whip. Add sliced radishes for color to top.

Lillian Johnson

**ORIENTAL SALAD**

- 2 1/4 lb. shredded cabbage
- 1 1/3 c. chopped green onion
- 3 pkg. chicken flavored Romano noodles, uncooked
- 1 pkg. slivered almonds
- 1 small (.75 oz.) container sesame seed

Dressing:

- 1/4 c. sugar
- 1/4 c. sesame oil
- 1/4 c. rice vinegar
- 2 tsp. salt
- 1/2 tsp. pepper
- 3/4 c. vegetable oil
- 1/2 Tbsp. chili oil

Mix together sugar, sesame oil and rice vinegar until sugar is dissolved. Add remaining dressing ingredients and whisk. Toss to mix cabbage and onions with dressing. Refrigerate overnight.

Four hours before serving break up Romano noodles and stir into salad. Sprinkle seasoning over salad and toss to mix. Refrigerate 4 more hours. Just before serving, toast almonds and sesame seed in a dry pan until golden brown. Stir into salad.

Dona Yetter

**NIGHT BEFORE SALAD**

- 1 head lettuce, chopped in chunks
- 1 head cauliflower (use flowerets)
- 2 c. mayo (not salad dressing)
- 1 medium onion, chopped
- 1/4 c. baco bits
- 1/3 c. grated Parmesan cheese
- 1/3 c. sugar

Put ingredients in large bowl, in layers as listed. Put in refrigerator overnight; toss before serving. Makes a large quantity. (Do not mix until ready to serve.)

Linda Paulson

**RAINBOW SALAD**

- 2 large cans evaporated milk

8 (3 oz.) boxes jello (4 different colors, 2 boxes each color)

1st Layer: Dissolve 1 box jello in 3/4 cup hot water. Add 3/4 cup cold water. Pour into 9 x 13-inch container; allow to set.

2nd Layer: Dissolve 1 box jello (same color as 1st layer) in 3/4 cup hot water. Add 3/4 cup evaporated milk. Pour into container. Allow to set before adding additional layers. Repeat each color with 1st layer being 3/4 cup water and 2nd layer 3/4 cup evaporated milk. With 4 boxes of jello there will be 8 different layers.

Sue Dugdale

**PEA SALAD**

- 1 medium head chopped cauliflower
- 3 stalks chopped celery
- 3 to 5 green onions, chopped
- 1 c. light mayonnaise
- 2 to 3 tsp. dill weed
- 1 pkg. (6 oz.) frozen peas, well drained on paper towels
- 1 1/2 tsp. Lawry's seasoning salt

Mix well. Chill overnight.

Barb Stigall

**RASPBERRY SALAD**

- 2 boxes (small) or 1 box (large) raspberry Jell-O
- 2 pkg. frozen raspberries
- 2 c. hot water
- 1 (1 lb. 2 oz.) can applesauce
- 3 Tbsp. lemon juice

**Topping:**

- 16 mini marshmallows

- 1 1/2 pt. commercial sour cream

Dissolve Jell-O and water. Let it start to gel. Add raspberries, applesauce and lemon juice. Pour into 9 x 13-inch pan and let set.

Topping: Mix and let stand overnight then spread over salad.

This is a wonderful accent to a holiday turkey dinner. The color is great at Christmas.

Susan Novak

**SEVEN-LAYER SALAD**

- lettuce, torn not cut
- 1 pkg. peas, frozen
- 2 bunches green onions, sliced
- 1 pkg. Swiss cheese, cut up
- 12 oz. bacon, fry so it will crumble
- Miracle Whip

In large bowl layer the lettuce, peas, onions, cheese, bacon and Miracle Whip. Repeat from top again. Top with spoonfuls of Miracle Whip. Cover and let stand overnight in refrigerator. Mix just before serving.

Kay Bergerson

**SEVEN-UP SALAD**

- 1 bottle 7-Up
- 1 pkg. lime jello
- 1 c. small marshmallows
- 1 small can crushed pineapple
- 1 small pkg. Philadelphia cream cheese
- 1/2 pt. whipping cream

Heat 1/2 bottle 7-Up and dissolve marshmallows in it. Pour this over jello. When dissolved, add the other 1/2 7-Up. Set to cool. When it thickens, add pineapple. Beat cheese and cream together and fold in chilled jello. Put in refrigerator and set completely. Serves 8.

Ruth Swanson

## SPAGHETTI SALAD

- 1 lb. vermicelli
- 1 lb. grated mild Cheddar cheese
- 2 bunches green onions, sliced
- 2 cloves minced garlic
- 4 large tomatoes, cut in 1/2-inch pieces
- 1 1/2 pkg. Hidden Valley Ranch dressing mix
- 1/4 tsp. garlic salt
- 2/3 c. vegetable oil

Cook vermicelli noodles; rinse and drain. In a large bowl mix dressing, garlic salt, vegetable oil, minced garlic and onions. Add noodles and mix well. Stir in cheese and tomatoes. Chill before serving.

Barb Kampa

## STRAWBERRY PRETZEL SALAD

- 2 c. crushed pretzels
- 1/2 c. melted margarine
- 2 Tbsp. sugar
- 1 c. sugar
- 1 (8 oz.) cream cheese
- 1 (9 oz.) Cool Whip
- 1 large pkg. strawberry jello
- 2 c. boiling water
- 2 (10 oz.) pkg. frozen strawberries, unthawed

Mix pretzels, melted margarine and sugar together and bake at 350° for 10 minutes. Cool.

Beat together 1 cup sugar, cream cheese and Cool Whip. Fold in and spread on top of crust.

Mix jello and boiling water. Add frozen strawberries (do not thaw). Pour over cream cheese mix and let set until firm. You can top with Cool Whip and use as a dessert.

Judy Benson

## TAFFY APPLE SALAD

- 1 (8 oz.) crushed pineapple, drained (reserve juice)
- 4 c. red Delicious apples, unpeeled and diced
- 1 c. salted peanuts
- 2 Tbsp. apple vinegar
- 1 beaten egg
- 1 Tbsp. flour
- 1/2 c. sugar
- 8 oz. nondairy topping

Cook and cool vinegar, pineapple juice, egg, flour and sugar. After this is cool, pour over the apples, pineapple and peanuts. Stir in nondairy topping before serving.

Lillian Truax

## TUNA-AVOCADO SALAD

## Dressing:

- 2 medium to large avocados, mashed
- 1 c. dairy sour cream (or lean)
- 1/4 c. salad oil
- 1 tsp. garlic salt
- 1 tsp. chili powder
- 1/2 tsp. salt

## Salad:

- 1 head lettuce
- 1 (6 to 7 oz.) can tuna, drained
- 1/2 lb. Cheddar cheese, shredded (reserve 1/4 c.)
- 1 (6 oz.) can pitted black olives, drained
- 1 medium size pkg. large corn chips

Blend avocados, sour cream, oil and seasonings until smooth. Just before serving, tear lettuce and toss with tuna, cheese and olives. Add the corn chips and gently toss with all the dressing. Sprinkle with 1/4 cup reserved cheese. Makes 6 to 8 ample servings.

Note: Cooked chicken can be substituted for the tuna or well drained ground beef.

Jill Bickford

## TUNA FISH SALAD

- 1 envelope Knox gelatine
- 1/4 c. cold water
- 1 c. tuna fish
- 1/2 c. chopped celery
- 1/2 c. finely chopped green pepper
- 2 Tbsp. chopped olives
- 3/4 c. boiled salad dressing
- 1 tsp. salt
- 1/4 tsp. paprika
- 2 Tbsp. vinegar

Soak gelatine in cold water 5 minutes and add to hot salad dressing. Cool and add to tuna fish, celery, pepper, olives, salt, paprika and vinegar. Turn into molds and chill. Slice olives and put in mold to decorate. I like to make it in a fish mold and use an olive slice for the eye.

Ruth Swanson

## TWENTY-FOUR HOUR SALAD

## Dressing:

- juice of 2 oranges
- juice of 1 lemon
- 1/2 c. sugar
- 1 Tbsp. cornstarch
- 2 eggs, well beaten

**Fruit:**

1 lb. Tokay grapes  
1/2 lb. miniature  
marshmallows

1 large can diced pineapple,  
drained  
1/2 pt. whipping cream,  
whipped

Cook dressing in double boiler until thickened. Cool. Add whipped cream to cooled dressing. Fold dressing and fruit mixture together. Let stand in refrigerator 24 hours. Makes 15 servings.

Gladys Fillion

## WATERGATE SALAD

24 oz. cottage cheese  
12 oz. Cool Whip, thawed  
large green jello (can use  
orange instead)

1 jar salad cherries  
1 can chunk pineapple  
1 can mandarin oranges

Drain all fruit; mix all ingredients together in large bowl. Set in refrigerator overnight.

## BARBECUE SAUCE

1/2 c. oil  
3/4 c. chopped onion  
3/4 c. catsup  
3/4 c. water  
1/3 c. lemon juice

3 Tbsp. sugar  
3 Tbsp. Worcestershire sauce  
2 Tbsp. prepared mustard  
2 tsp. salt  
1/2 tsp. pepper

Cook onion in oil until soft. Add remaining ingredients and simmer 15 minutes. Makes enough sauce for basting and serving with 2 chickens.

Lee Robinson

# Meats & Main Dishes

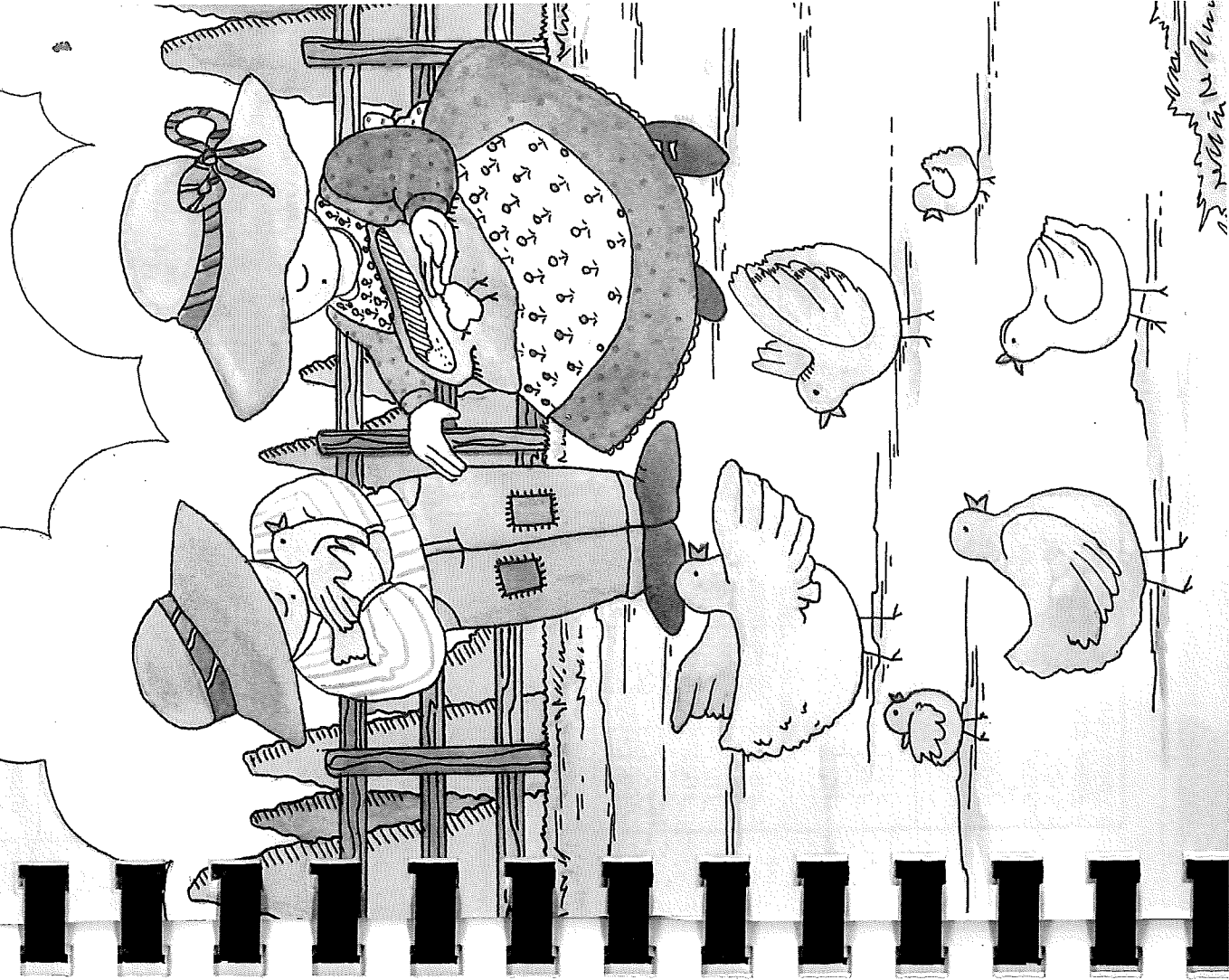
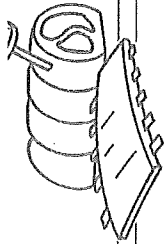


Illustration by  
William N. Allen



# Meat Cooking Chart

| Roasting                                                                                                            | Weight                                                                             | Minutes Per lb.                                       | Oven Temp.                                        | Internal Temp.                                              |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------|
| <b>FRESH PORK</b><br>Rib and loin<br>Leg<br>Picnic shoulder<br>Shoulder, butt<br>Boned and rolled<br>Shoulder       | 3 - 7 lbs.<br>5 lbs.<br>5 - 10 lbs.<br>3 - 10 lbs.<br>3 - 6 lbs.                   | 30-40<br>25-30<br>40<br>40 - 50<br>60                 | 325<br>325<br>325<br>325<br>325                   | 175 F<br>170 F<br>175 F<br>170 F<br>170 F                   |
| <b>BEEF</b><br>Standing ribs - rare<br>- medium<br>- well done                                                      | 3 - 7 lbs.<br>3 - 7 lbs.<br>3 - 7 lbs.                                             | 25<br>30<br>35                                        | 325<br>325<br>325                                 | 135 F<br>165 F<br>170 F                                     |
| For rolled and boned roasts, increase cooking time 5 to 12 minutes.                                                 |                                                                                    |                                                       |                                                   |                                                             |
| <b>LAMB</b><br>Shoulder - well done<br>- boned and rolled<br>Leg<br>- medium<br>- well done<br>Crown<br>- well done | 4 - 10 lbs.<br>3 - 6 lbs.<br>5 - 10 lbs.<br>3 - 6 lbs.<br>3 - 6 lbs.               | 40<br>40<br>40<br>40 - 50<br>40 - 50                  | 325<br>325<br>325<br>325<br>325                   | 190 F<br>182 F<br>175 F<br>182 F<br>182 F                   |
| <b>SMOKED PORK</b><br>Shoulder and picnic hams<br>Boneless butt<br>Ham                                              | 5 lbs.<br>8 lbs.<br>2 lbs.<br>4 lbs.<br>12 - 20 lbs.<br>Under 10 lbs.<br>Half hams | 30 - 40<br>30 - 40<br>40<br>25<br>16 - 18<br>20<br>25 | 325<br>325<br>325<br>325 F<br>325 F<br>325<br>325 | 170 F<br>175 F<br>180 F<br>170 F<br>170 F<br>175 F<br>170 F |
| <b>VEAL</b><br>Loin<br>Leg<br>Boneless shoulder                                                                     | 4 - 6 lbs.<br>5 - 10 lbs.<br>4 - 10 lbs.                                           | 35<br>35<br>45                                        | 325 F<br>325<br>325 F                             | 175 F<br>175 F<br>175 F                                     |
| <b>POULTRY</b><br>Chicken<br>Stuffed<br>Turkey<br>Duck                                                              | 3 - 5 lbs.<br>over 5 lbs.<br>8 - 10 lbs.<br>18 - 20 lbs.<br>5 - 10 lbs.            | 40<br>30<br>20<br>14<br>30                            | 325 F<br>325<br>325<br>325<br>325                 | 170 F<br>170 F<br>175 F<br>175 F<br>175 F                   |

## MEATS & MAIN DISHES

### BAKED CHICKEN

chicken pieces, washed and skinned  
sour cream  
cream of mushroom or chicken soup

Wash chicken pieces and remove skin. Pat dry. Rub chicken with garlic and paprika. Place in greased baking dish. Mix sour cream and cream of mushroom soup and spread over chicken pieces. Add whole mushrooms and fresh parsley. Sprinkle with coarse black pepper. Bake 1 to 1 1/2 hours at 350°. Serve with rice.

Judy Dittberner

### BAKED CHICKEN BREASTS

12 boneless, skinned chicken breasts  
2 c. sour cream  
1/4 c. lemon juice  
4 tsp. Worcestershire sauce  
4 tsp. celery salt  
2 tsp. paprika  
3 cloves garlic  
1/2 tsp. pepper  
1 3/4 c. dry bread crumbs  
1 c. margarine, melted

Combine sour cream, lemon juice, Worcestershire sauce, celery salt, paprika, garlic and pepper. Add chicken, coating each piece well. Refrigerate overnight, covered.

Remove chicken; roll in crumbs and arrange in single layer in shallow baking pan. Spoon 1/2 of margarine over chicken. Bake uncovered at 325° for 45 minutes. Spoon rest of margarine over chicken and bake 10 to 15 minutes longer until browned. Don't turn.

Julianne Carr

### BAKED FISH WITH MUSTARD SAUCE

1 1/2 lb. trout, bass or haddock filets (enough for 6)  
3/4 tsp. salt  
1/4 tsp. pepper  
1 Tbsp. butter, melted  
1 Tbsp. flour  
1 c. boiling water  
1 Tbsp. prepared mustard  
1 Tbsp. lemon juice  
1/2 c. buttered bread crumbs  
bacon slices if desired, cooked

Arrange fish in a buttered casserole and season with salt and pepper. Stir flour into butter and add boiling water

and mustard. Cook, stirring constantly until thick. (Prepare like a white sauce.) Add lemon juice and pour over fish. Top with bread crumbs and bacon slices. Bake at 350° for 45 minutes.

I have used almost any white fish.

Susan Novak

### BARBECUE BEEF SANDWICHES

4 to 5 lb. pork or beef roast  
1 1/2 c. water  
1 onion, chopped  
16 oz. bottle barbecue sauce  
hard rolls

Cook roast with water in crock-pot on low heat for 10 to 12 hours. (I place it in the crock-pot the night before and let it cook until morning.) Remove. Slice or shred. Drain juice from crock-pot. Return meat, onion and barbecue sauce to crock-pot. Add juice until sloppy (you won't use all of it). Cook on low for another 6 hours or until you are ready to serve. Serve on buns.

Mary Lou Hosler

### BARBECUED SLICED BEEF

1 1/2 c. chopped onion  
2 Tbsp. butter or margarine  
1 1/2 c. catsup  
1/4 c. firmly packed brown sugar  
1/4 c. lemon juice  
1 Tbsp. mustard  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1/8 tsp. ground cloves  
1 Tbsp. Worcestershire sauce  
12 thin slices cooked beef

In frypan, saute onions in butter until golden. Add catsup, brown sugar, lemon juice, mustard, seasonings and Worcestershire sauce. Simmer 30 minutes. Add beef; simmer 30 minutes longer. Serve on warm buns.

Judy Bushinger

### BARBECUE-STYLE MEAT LOAF

1 1/2 lb. ground beef  
1/2 c. fresh bread crumbs  
1 onion, finely chopped  
1 egg  
1 1/2 tsp. salt  
1/4 tsp. pepper  
2 cans (8 oz.) tomato sauce  
1/2 can water  
3 Tbsp. brown sugar  
3 Tbsp. vinegar  
2 Tbsp. mustard  
2 tsp. Worcestershire

Lightly mix beef, crumbs, onion, egg, seasonings and

1/2 can tomato sauce. Shape into loaf in shallow pan. Combine remaining tomato sauce with rest of ingredients. Pour over loaf. Bake at 350° for 1 1/4 hours. Baste loaf several times during baking.

Judy Bushinger

### BEEF BROCCOLI STIR-FRY

1 Tbsp. cornstarch  
1/4 tsp. ginger  
1/4 tsp. pepper  
1/2 c. water  
1/3 c. soy sauce  
1/2 lb. beef, cut in strips 3 x 1/2-inch  
3 Tbsp. oil  
1 large onion, sliced thin  
1 (10 oz.) pkg. frozen broccoli, thawed  
1 (8 oz.) can mushrooms  
1 (8 oz.) can water chestnuts, drained and sliced  
1 medium clove garlic, crushed

In bowl blend cornstarch, ginger, pepper, water and soy sauce. Add beef; mix well. Let marinate. In hot oil in large skillet or wok, stir-fry onion, broccoli, mushrooms and garlic until crisp-tender, about 3 minutes. Push to one side of pan. Remove beef from soy sauce mixture and stir-fry in hot pan until browned, 2 minutes. Add soy sauce mixture; cool and stir until mixture thickens and comes to a boil. Cook over rice. Serves 3 or 4.

Judy Huntosh

### BEEF BURGUNDY

2 lb. beef stew meat or round steak  
2 cans golden mushroom soup  
3/4 c. dry sherry  
2 (4 oz.) cans mushrooms  
1/2 envelope onion soup mix  
3/4 can water

Mix all ingredients. Pour over meat. Bake in Pyrex dish for 2 1/2 to 3 hours at 375°. Serve over rice or noodles.

JoAnne Benoy

**BEEF STIR-FRY**

(Health Smart)

1 lb. round steak, sliced  
paper thin  
2 Tbsp. Puritan oil  
1 can water chestnuts,  
drained and sliced  
1 c. beef consommé  
2 tsp. cornstarch

1/4 tsp. ginger  
2 Tbsp. tamari  
onions, sliced  
celery, sliced  
carrots, sliced  
green pepper, sliced

Brown meat in hot oil in wok. Add vegetables to wok. Mix broth, cornstarch, tamari and ginger and pour over meat and vegetables. Cover and simmer until vegetables are tender and crunchy (5 to 10 minutes). Adjust seasoning to taste. Serve over cooked rice or chow mein noodles.

Carole Sabasko

**BULGOGI**

2 lb. roast  
4 cloves garlic  
1/4 c. soy sauce

1/4 c. water  
1/4 c. sugar  
3 green onions

Cut beef into thin strips, about an inch wide, 2 to 3-inches long and about 1/8-inch thick. It helps if the roast is slightly frozen. Add the marinade (the remainder of the ingredients) and let sit for at least 8 hours. The meat can be broiled or grilled if you put foil over the grill. The marinade can also be used with chicken, pork or steaks.

Carolyn Coby

**CALICO BEANS**

(Quantity Recipe)

2 gal. pork and beans, with  
juice  
2 (1 lb. size) lima beans,  
drain  
2 (1 lb. size) butter beans,  
drain  
2 large size kidney beans

1 1/2 c. brown sugar  
4 Tbsp. vinegar  
2 lb. bacon, cooked and  
crumbled  
1 (14 oz.) bottle catsup  
3 Tbsp. mustard  
2 lb. hamburger

Brown the bacon and hamburger, draining off most of the fat. Add the remaining ingredients in a large roaster or

electric oven. Bake at 300° to develop the flavors at least 3 hours. Stir occasionally.

JoAnne Benoy

**CHEESE STRATA**

12 slices white bread  
3/4 lb. cheese, sliced  
1 (10 oz.) pkg. chopped  
broccoli, cooked and  
drained  
2 c. cooked ham, diced

6 slightly beaten eggs  
3 1/2 c. milk  
2 Tbsp. instant minced onion  
1/2 tsp. salt  
1/4 tsp. dry mustard

Freeze bread; cut donuts and save holes. Break up rest of bread; spread in 9 x 13-inch greased pan. Arrange cheese slices over bread. Sprinkle broccoli over cheese, then the ham. Arrange bread (donut holes) on top. Combine remaining ingredients and pour over all. Cover and refrigerate 6 hours or overnight. Bake uncovered 55 minutes at 325°. Just before serving, sprinkle with shredded cheese. Allow to set 10 minutes before serving.

Donna Schipper

**CHICKEN BROCCOLI HOT DISH**

1 bunch broccoli  
1 can cream of broccoli soup  
1/2 c. shredded cheese

1 1/2 c. cooked chicken  
1/3 c. milk  
1 Tbsp. buttered bread crumbs

Cut broccoli into bite sized pieces. In 9 x 13-inch pan, arrange broccoli evenly on bottom. Top with chicken. Combine milk and soup and pour over chicken and broccoli. Sprinkle with cheese. Sprinkle buttered bread crumbs over cheese. Bake at 375° for 1/2 hour.

Violet Krueger

**CHICKEN AND BROCCOLI PIE**

1 (10 oz.) frozen chopped  
broccoli  
3 c. shredded Cheddar cheese  
1 1/2 c. cooked cut up  
chicken  
2/3 c. chopped onion

1 1/3 c. milk  
3 eggs  
3/4 c. Bisquick  
3/4 tsp. salt  
1/4 tsp. pepper

Heat oven to 400°. Grease 9 x 13-inch pan. Rinse broccoli under cold water to thaw and drain. Mix broccoli, 2

cups cheese, chicken and onion and put in pan. Beat milk, eggs, Bisquick, salt and pepper and pour on top. Bake until knife is clean when inserted in center, 25 to 35 minutes. Top with remaining cheese. Bake 1 to 2 minutes, until cheese melts. Cool 5 minutes.

Carol Rought

### CHICKEN CASSEROLE

- 1 pkg. Uncle Ben's wild rice (use without seasoning packet)
- 1 beef bouillon cube
- 2 c. water
- 4 chicken breasts
- 1 can cream of mushroom soup
- 1 pkg. dry onion soup mix

Put rice on bottom of 9 x 13-inch pan or casserole dish, greased. Melt bouillon cube with water; pour over rice. Put chicken pieces on top. Season to taste. Pour soup and onion mix over chicken. Seal with heavy-duty aluminum foil or 2 thicknesses regular foil. Bake at 350° for 1 1/2 hours.

Denese Simpson

### CHICKEN DIVAN

(Health Smart)

- 2 (10 oz.) pkg. frozen broccoli spears, thawed
- 3 c. chopped cooked chicken breast
- 1/2 c. shredded low-fat Cheddar cheese
- 1 1/4 c. skim milk
- 1 can (1/3 less salt) cream of mushroom soup, undiluted
- 1 tsp. lemon juice
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 3 Tbsp. flour
- 3 Tbsp. water
- 1/2 c. finely crushed onion
- 19 flavored Melba rounds
- 1 Tbsp. margarine, melted
- 3 red bell pepper rings (optional)

In a 9 x 13 x 2-inch baking dish, arrange broccoli spears horizontally in rows, with stalks facing each other in center of dish. Spoon chicken on top of stalk ends and top chicken with cheese. Set aside. Combine milk, cream of mushroom soup, lemon juice, salt and pepper in heavy saucepan; stir well. Combine flour and water in bowl; stir well. Add to soup mixture; stir well. Bring to boil over medium heat, stirring constantly with a wire whisk. Cook 8 minutes or until thickened and bubbly. Pour evenly over chicken. Combine Melba toast crumbs and margarine in bowl. Sprinkle

over soup mixture. Garnish with bell peppers, if desired. Cover and bake for 20 minutes. Uncover and bake additional 15 minutes until thoroughly heated. Let stand 10 minutes before serving.

Susan Law

### CHICKEN DIVAN

- 4 or 5 chicken breasts, precooked, sliced or broken, skin removed
- 2 (10 oz.) pkg. frozen broccoli, semi-cooked
- 1 c. mayonnaise
- 2 cans cream of chicken soup
- 1 tsp. lemon juice
- 1/4 c. white wine or cooking sherry
- 1/2 to 1 c. shredded Cheddar cheese

Place broccoli in bottom of 9 x 13-inch pan. Arrange chicken on top. In a small bowl mix mayonnaise, soup, lemon juice and wine. Pour over chicken-broccoli dish. Cover with shredded cheese. Bake uncovered at 350° for 35 to 40 minutes or until bubbly. Serves 6 to 8 and very easy!

Susan Novak's mom,  
Mrs. Swanson

### CHICKEN DIVINE

- 1 c. diced celery
- 1 c. chopped onions
- 1 c. cashew nuts
- 1 can water chestnuts
- 1 can mushroom soup
- 5 or 6 chicken breasts, cooked and deboned
- 1 c. milk
- 1 c. chow mein noodles
- 1 c. potato chips

Mix celery, onion, soup and milk together. Put in layers with chicken on the bottom, then soup mixture, then potato chips and then add noodles and nuts. Bake, uncovered, for 45 minutes or longer at 350°.

Donna Schipper

### CHICKEN ENCHILADAS

- 3 pieces chicken
- 1 can cream of mushroom soup
- 1 pkg. taco seasoning
- 1 can cream of chicken soup
- 1 can chopped green chili peppers
- 2 pkg. flour tortillas
- 1 pkg. grated cheese

Cook chicken and cut up. Mix together chicken, soups, taco seasoning and green chilies. Place approximately 1 tablespoon (or more) into flour tortillas and roll. Place

toothpick into tortillas to hold together. Bake for 45 minutes at 350° in a covered dish or foil. When done, remove from oven and sprinkle with cheese. Place in oven for 5 more minutes, covered.

Mary Lou Hosler

### CHICKEN HOTDISH

- 6 cans cream of mushroom soup
- 6 c. cooked and diced chicken
- 3 cans sliced and drained water chestnuts
- 3 (4 oz.) cans drained mushrooms
- 2 lb. pkg. California frozen vegetables
- 12 oz. shredded Cheddar cheese
- 3 Tbsp. chopped onion

Mix all ingredients together and pour into 2 (9 x 13-inch) cake pans. Bake for 1 hour at 350°, covered. Sprinkle with croutons or sliced almonds and bake another 15 minutes.

Barb Kampa

### CHICKEN KIEV

- 4 whole chicken breasts, boned (8 pieces)
- seasoned salt
- 1/2 c. butter
- 1/2 tsp. oregano
- 1/2 tsp. marjoram
- 1/2 tsp. fresh parsley
- 1/2 lb. Monterey Jack cheese
- 2 eggs, beaten
- 1 c. flour
- 1 c. dry bread crumbs
- 1/2 c. sauterne

Bone and flatten breasts. Remove skin and membrane; flatten to 1/8-inch. Sprinkle with seasoned salt. Whip butter until fluffy (not melted). Stir in oregano, marjoram and parsley. Cut cheese in 8 pieces. Spread herb butter mixture (1/2) on cheese. Place stick of cheese on each breast. Tuck in ends and roll. Coat with flour, then egg and then bread crumbs. Place in dish and bake at 350° for 20 minutes uncovered. Melt remaining herb butter mixture. Stir in wine and pour over chicken. Bake, basting occasionally for about 15 minutes longer until golden and tender.

Karen Seavey

### CHICKEN TETRAZZINI

- 1 (10 1/2 oz.) can boned chicken (about 2 c.)
- 1 can mushrooms, stems and pieces
- 1 small can evaporated milk
- 1 can cream of chicken soup
- 1/3 tsp. salt
- 3 tsp. lemon juice
- 1/2 lb. vermicelli spaghetti
- 1/4 c. Parmesan cheese

Cook spaghetti and turn into shallow baking casserole. Heat remaining ingredients and pour over spaghetti and mix. Sprinkle with Parmesan. Bake for 20 minutes at 375° until bubbly.

Laura Klein

### CHILI-CHEESE BAKE

- 1/3 lb. shredded Mozzarella cheese
- 1/3 lb. shredded Cheddar (sharp)
- 1 can chili peppers, drained and chopped
- 3 to 4 eggs, beaten

Mix and spread in greased 9 x 9-inch pan. Top with 3 or 4 large eggs, beaten well. Bake at 400° for 20 to 25 minutes. (Use mild peppers unless you want it really hot.)

Julianne Carr

### CHOW MEIN HOT DISH

- 1 1/2 lb. hamburger
- 1/2 c. celery, chopped
- 1/2 c. onion, chopped
- 1 c. raw rice
- 1 can cream of chicken soup
- 1 can chicken and rice soup
- 1 1/4 c. water
- 1 Tbsp. soy sauce
- chow mein noodles

Brown hamburger with celery and onions. Mix all ingredients except noodles in a casserole dish. Bake for 1 hour at 375° uncovered. Add noodles during last 15 minutes.

Roxanne Johnson

### CLASSIC BEEF STROGANOFF

- 1 lb. beef tenderloin or sirloin, 1/2-inch thick
- 2 Tbsp. butter or margarine
- 1/2 lb. mushrooms, washed and sliced
- 1 medium onion, minced
- 2 Tbsp. catsup
- 1 can (10 1/2 oz.) condensed beef broth
- 1 small clove garlic, minced
- 1 tsp. salt
- 3 Tbsp. flour
- 1 c. dairy sour cream
- 3 to 4 c. hot cooked noodles

Cut meat across grain into 1/2-inch strips, about 1 1/2-inches long. Melt butter in large skillet. Add mushrooms and onions; cook and stir until onion is tender, then remove from skillet. In same skillet, cook meat until light brown. Reserving 1/3 cup of broth, stir in remaining broth, the catsup, garlic and salt. Cover; simmer 15 minutes. Blend reserved broth and flour; stir into meat mixture. Add mushrooms and onions. Heat to boiling, stirring constantly. Boil and stir 1 minute. Reduce heat. Stir in sour cream; heat. Serve over noodles. Serves 4.

Tracy L. Hansen

### COUNTRY STYLE CHICKEN KIEV

2/3 c. butter  
1/2 c. fine bread crumbs  
2 Tbsp. grated Parmesan cheese  
1 tsp. basil  
1 tsp. oregano  
1/2 tsp. garlic salt  
1/4 tsp. salt  
2 chicken breasts, split (about 1 1/2 lb.)  
1/4 c. dry white wine or apple juice  
1/4 c. chopped green onion  
1/4 c. chopped parsley

Preheat oven to 375°. Melt butter. Combine bread crumbs, cheese, basil, oregano, garlic salt and salt. Dip chicken in butter; roll in crumbs to coat. Place skin side up in ungreased 9 x 9-inch baking pan. Bake for 55 to 60 minutes or until chicken is tender and golden brown. Add wine or juice, onion and parsley to remaining butter (about 1/2 cup). Pour butter sauce over chicken when golden brown. Return to oven for 5 minutes or more until sauce is hot. Serve sauce over chicken. Delicious.

Carole Sabasko

### CREAMED TURKEY SUPREME

1/2 c. finely chopped onion  
1/3 c. butter or margarine  
1/4 c. flour  
1 1/2 c. chicken broth  
1 1/2 c. light cream  
3/4 tsp. salt  
dash of pepper  
2 slightly beaten egg yolks  
3 c. diced turkey or chicken  
1 (6 oz.) can sliced mushrooms, drained  
egg noodles

Cook onion in butter or margarine until tender, but not brown. Blend in flour; stir in chicken broth, light cream, salt and pepper. Cook and stir until sauce thickens and

bubbles. Stir small amount of hot mixture into 2 slightly beaten egg yolks; return to hot mixture. Cook and stir over low heat about 1 minute. Stir in turkey or chicken and mushrooms. Cook just until thoroughly heated. Serve over egg noodles.

Judy Bushinger

### CROCK-POT MEATBALLS

Meatballs:

2 lb. ground beef  
1 1/2 c. cracker crumbs  
2 eggs  
2 Tbsp. chopped onion

1 tsp. Lawry's seasoning  
1/2 c. milk  
1/4 tsp. pepper

Sauce:

1 large can tomatoes  
1 c. brown sugar  
1/2 c. vinegar

1/2 tsp. salt  
1 tsp. parsley flakes  
10 gingersnaps, crushed

Mix meatball mixture and roll into balls. Place on cookie sheet and bake in oven at 325° for 25 minutes. Place meatballs in crock-pot.

Combine sauce ingredients and bring to a boil. Pour sauce over meatballs. Heat on low until served.

Ruth Milbrandt

### DEEP-FRIED FISH

20 to 30 pan fish fillets,  
wash and salt slightly  
2 c. flour  
2 Tbsp. sugar  
2 tsp. baking powder

dash of salt  
2 eggs  
1 1/3 c. milk  
2 tsp. oil

In a mixing bowl thoroughly stir together flour, sugar, baking powder and salt. Beat eggs; add water and oil. Add to the flour mixture, stirring just to combine. In a skillet at least 2-inches deep, heat 1-inch of oil to 375°. (Can use deep fat fryer.) Dip fish in batter one at a time. Fry until golden brown, turning once. Drain on a paper towel. Serve hot.

Mark Reese

**EGG AND CHEESE CASSEROLE**

6 slices bread, cubed and cut  
crusts away  
1 lb. Cheddar cheese, grated  
8 eggs

2 tsp. salt  
2 tsp. dry mustard  
4 c. milk

Put bread cubes in greased 9 x 13-inch pan. Sprinkle cheese over. Mix remaining ingredients. Pour liquid over all. Refrigerate overnight. Take out and leave at room temperature 1 hour. Bake for 1 hour at 350°. Can add meat.

Judy Dittberner

**EGGS LORRAINE**

2 Tbsp. butter or margarine  
2 c. shredded Swiss or  
Cheddar cheese  
8 eggs

1/2 c. whipping cream  
8 slices bacon, cooked crisp  
minced parsley

Spread butter in an 8-inch square shallow baking dish; sprinkle with half the cheese. Crack eggs evenly over cheese. Bread egg yolks but do not stir. Drizzle cream over eggs. Top with remaining cheese. Cover and refrigerate at this point, if desired. Bake at 350° for 20 to 25 minutes or until eggs are set but not hard and cheese is melted. Add bacon and bake 2 to 3 minutes longer. Sprinkle with parsley and serve immediately. Serves 4.

Note: To serve 8, double ingredients and bake in 9 x 13-inch pan, baking time will be slightly longer.

Tracy L. Hansen

**FOOL-PROOF STANDING RIB ROAST**

10 to 12 lb. standing rib  
roast

salt and pepper  
garlic salt

Cut a 10 to 12 pound standing rib roast in half. Sprinkle garlic salt, regular salt and pepper over roast. Put in roasting pan on a rack. Separate the two pieces so there is at least an inch between them. At noon, put in oven for 60 to 70 minutes at 375°. Turn oven off. Do not open oven! Then 60 to 70 minutes before you eat, turn oven back on (90

minutes for gas ovens). The roast will be rare in the center and more well done on the ends.

JoAnne Benoy

**FORGOTTEN CHICKEN**

1 c. raw rice (can use wild  
rice for part or all)  
1 can cream of chicken soup  
1 can cream of celery soup

1/2 tsp. onion flakes  
1 c. milk  
chicken pieces, skinned

Mix all ingredients except chicken. Put in a buttered casserole dish. Lay skinned chicken pieces on top. Cover with foil. Bake at 350° for 2 hours. For browner chicken, take foil off last 20 minutes.

Lois Werhan

**FORGOTTEN STEW**

2 lb. stew meat  
carrots (desired amount)  
potatoes (desired amount)  
2 large onions

1 can cream of celery soup  
1/2 c. water  
garlic salt

Mix ingredients in a medium roaster pan and bake for 5 hours at 250°.

Lynn Ruter

**GINGER CHICKEN**

2 large chicken breasts,  
split, boned, skinned if  
desired  
1/4 c. oil

1/2 tsp. salt and pepper  
2 large cloves garlic,  
crushed  
1 to 2 tsp. ginger

Coat chicken breasts in oil mixture. Tuck edges under, skin side up. Place in shallow baking dish. Pour remaining mixture over chicken. Bake at 425° for 15 minutes. Baste. Serves 4.

Donna Gustafson

**GOLDEN BROILED FLOUNDER**

(Health Smart)

- 2 lb. flounder or other fish fillets (frozen or fresh)  
 1/3 c. salad oil  
 1 tsp. salt  
 1/4 tsp. pepper
- 2 Tbsp. finely chopped onion  
 1 Tbsp. parsley flakes  
 1/2 c. light mayo or salad dressing  
 2 egg whites, stiffly beaten

Thaw fish fillets, if frozen. Skin if necessary and cut into serving size pieces. Combine oil, salt and pepper. Combine onion, parsley and light mayo. Fold in egg whites. Place fish on oiled broiler pan; brush with half of oil mixture. Broil about 3-inches from source of heat 3 to 4 minutes. Turn carefully and brush with remaining oil mixture. Broil 3 to 4 minutes or until fish flakes easily with fork. Top fish with mayo mixture and broil 5-inches from source of heat 1 to 3 minutes or until golden brown. Serve immediately.

Susan Law

**GOULASH**

- 1 lb. hamburger  
 1 large onion, chopped  
 spaghetti noodles

- 2 cans (14 1/2 oz.) stewed tomatoes

Brown hamburger and onion. Cook spaghetti; drain. Add hamburger mixture and spaghetti to stewed tomatoes and cook on stove until hot and well blended.

Lillian Johnson

**HAM LOAF**

- 1 lb. ground cooked ham  
 1 lb. ground fresh pork  
 2 eggs, slightly beaten  
 1 c. cracker crumbs

- 1 c. milk  
 1/4 tsp. salt  
 1/8 tsp. pepper

Topping:

- 1 c. pineapple chunks, drained  
 8 maraschino cherries

- 3/4 c. brown sugar  
 2 tsp. dry mustard  
 1/4 c. vinegar

Combine all loaf ingredients; mix thoroughly. Arrange pineapple chunks and cherries in bottom of large loaf pan. Combine sugar, mustard and vinegar; mix well. Spread 1/2

sugar mixture over the fruit in bottom of pan. Top with meat mixture, packing it firmly over the fruit. Spread top of loaf with remaining sauce. Bake at 375° for 1 1/2 hours. Unmol with fruit on top.

Linda Alexander

**HAMBURGER CHOW MEIN**

- 1 lb. hamburger  
 1 medium sized onion, chopped  
 2 c. diced celery  
 1 tsp. salt  
 pepper  
 1 1/2 c. water
- 2 Tbsp. soy sauce  
 1 tsp. sugar  
 1 Tbsp. brown gravy sauce  
 2 cans bean sprouts  
 1 can mushrooms  
 2 Tbsp. cornstarch

Brown hamburger and onions. Add celery, seasonings and water. Simmer 20 minutes. Add soy sauce, sugar, brown gravy sauce, bean sprouts and mushrooms; heat. Add cornstarch mixed with water for thickening. Heat to thicken. Serve with rice chow mein noodles. Serves 4 to 6.

Mariellyn Truax

**HAMBURGER-POTATO CASSEROLE**

- 1 lb. hamburger  
 1 onion  
 2 c. chopped celery  
 8 c. sliced potatoes (raw)

- 1 can cream of mushroom soup  
 3/4 c. water  
 salt and pepper to taste

Brown hamburger with onion and celery. Add potatoes. Add cream of mushroom soup, water, salt and pepper and bake about 1 hour or until done, uncovered, at 350°.

Julie Utecht

**HAMBURGER RICE HOT DISH**

- 1 1/2 lb. ground beef  
 1 c. Minute rice  
 1 can chicken with rice soup

- 1 can mushroom soup  
 1 large onion, cut up  
 3 tsp. soy sauce

Brown beef and onion in soy sauce; drain. Mix all ingredients together in 2 1/2 quart casserole with 2 cans of water. Bake in 350° oven for 1 1/2 hours. If desired, sprinkle chow mein noodles on top 15 minutes before done. Serve with soy sauce.

Carol Schmidt

## HAMBURGER STEW

- 3 1/2 c. diced potatoes  
1 can kidney beans  
2 Tbsp. butter  
1 large onion  
1 lb. ground beef
- 1 (No. 1) can tomatoes or 2 cans (8 oz. each) tomato sauce  
3/4 c. ketchup
- Cook potatoes in small amount of water, cover tightly, until tender. Add beans. Place in large skillet ground beef, butter and onion. Brown well. Add tomatoes, ketchup, salt and pepper. Cook 5 minutes. Add potatoes and beans. Cover; cook 10 minutes. This dish is inexpensive and delicious.

Helen Beekma

## HONEY-PECAN FRIED CHICKEN

- 2 (2 1/2 to 3 lb.) frying chickens, cut into pieces  
4 c. buttermilk  
1 c. self-rising flour
- 3/4 tsp. salt  
1/4 tsp. garlic powder  
1/4 tsp. cayenne pepper  
vegetable oil for frying

Sauce:

- 1 c. butter  
1/2 c. honey
- 1/2 c. coarsely chopped pecans

Wash chicken pieces; pat dry. Pour buttermilk into large bowl. Add chicken. Cover and refrigerate 1 1/2 hours. Drain chicken. Combine flour, salt, pepper and garlic powder; dredge chicken in flour, shaking off excess. Let chicken stand 20 minutes at room temperature. Melt butter in heavy small saucepan over low heat. Stir in honey and bring to boil. Add pecans and simmer glaze 15 minutes. Meanwhile heat 1/2 to 3/4-inch oil in heavy large skillet. Fry chicken until crisp, about 7 minutes. Drain on paper towels. Arrange on platter. Pour glaze over and serve. Makes 6 to 8 servings.

Susan Law

## HOT DISH

- 3 c. cooked turkey or chicken  
3 1/2 c. cooked brown or white rice  
1 c. chopped onion  
1 c. sliced celery  
1 c. chopped green pepper  
3 Tbsp. butter or margarine
- 1 can (10 oz.) cream of mushroom soup  
1/2 c. dry wine or chicken broth  
1 can sliced mushrooms with juice  
1 can (4 oz.) pimiento  
1/4 tsp. sage

Saute onion, celery and peppers in margarine. Add all of ingredients in Dutch oven or roaster. Bake at 350° for an hour. Serve with soy sauce.

Faye Johnson

## JUST RIGHT CHILI

- 1 jar Pace picante sauce (large size)  
1 1/2 lb. hamburger  
2 cans caliente red beans with sauce  
tomato sauce (13 oz.)
- 1 to 2 cloves garlic  
1 medium onion, chopped  
1/8 tsp. chili powder  
1/8 tsp. red pepper  
1/2 tsp. coarse ground pepper

Brown hamburger; drain grease and put aside. Prepare sauce mixture with remaining ingredients; simmer 1 hour. Stir in hamburger and simmer additional 1/2 hour.

Mrs. Jennifer Blegen

## LARGE HOT DISH

- 1 1/2 lb. hamburger  
1 large onion, chopped  
1/2 bunch celery, cooked  
1/2 pkg. egg noodles  
1 can tomato soup
- 1 can cream of mushroom soup  
1 can chicken rice soup  
1 can corn  
1 can peas

Brown hamburger and chopped onion; drain. Cook celery; add to hamburger. Cook egg noodles; add to hamburger mixture. Add (without draining juice) tomato, cream of mushroom and chicken rice soups, peas and corn. Bake at 350° for 45 minutes.

Carol Humphrey

## LASAGNA

- 8 lasagna noodles, cooked
- 1 1/2 lb. hamburger
- 1 onion, diced
- salt and pepper
- 1 tsp. ground oregano
- 2 (16 oz.) cans tomato sauce

- 1 small can mushroom pieces, drained
- sliced pepperoni
- Mozzarella cheese, grated (about 4 c.)

Cook lasagna noodles; set aside. Brown hamburger, onion and seasonings; drain. Add tomato sauce; bring to boil. Lower heat and simmer about 10 to 15 minutes. Pour and spread a small amount of hamburger mixture on bottom of 9 x 13-inch cake pan, this will prevent noodles from sticking. Then layer noodles (4), sauce, mushrooms, pepperoni and 2 cups Mozzarella cheese. Repeat. Bake at 350° uncovered for 1 hour.

Judy Bushinger

## LASAGNE

- 1 1/2 lb. hamburger, browned
- 1 small cottage cheese carton
- 3/4 c. shredded Cheddar cheese (processed cheese works, too)

- 1 small tomato sauce
- 1 small carton sour cream
- 6 to 8 oz. nonskid (curly edged) noodles (small noodles), cooked

Boil noodles until ready to eat. Mix all ingredients together. Pour into a casserole. Sprinkle with 1/2 cup Cheddar cheese.

Jo Daugherty

## METHODIST HOT DISH

- 1 1/2 lb. hamburger
- 1 onion, chopped
- 2 cans mushroom soup
- 1 can chicken rice soup
- 1 can mixed vegetables

- 2 c. chow mein noodles (1 large can)
- 1 c. mushrooms, drained
- 4 Tbsp. soy sauce

Brown meat and onion. Add mushroom and chicken soups. Then add mixed vegetables, mushrooms and soy sauce. Spread noodles over top before putting in oven for 1 hour at 325°. Makes a big hot dish. I often use frozen vegetables instead of canned.

Gladys Fillion

## MOIST MEAT LOAF

- 1 egg, beaten
- 1 lb. ground beef
- 1/2 lb. ground pork
- 1/2 c. cracker crumbs
- 1 small onion
- 1 Tbsp. catsup

- 1 Tbsp. horseradish (optional)
- 1 1/2 tsp. salt
- 1 Tbsp. sugar
- 1 c. hot milk

Mix meat with beaten egg; add onion, catsup, salt and sugar. Then add cracker crumbs. Mix well. Then add hot milk. Bake at 350° for 1 hour. Fifteen minutes before done, cover with picante sauce. Combine:

- 3 Tbsp. sugar
- 1/4 c. catsup
- 1/4 tsp. nutmeg (optional)
- 1 tsp. dry mustard

Marion Mangunson

## MOO GOO GAI PAN

- 1 cooked chicken, cut in cubes
- 1/2 c. soy sauce
- 1 medium onion
- 1 can water chestnuts
- 1 1/2 c. mushrooms
- 1 tsp. salt

- 2 tsp. cornstarch to 1/2 c. cold water
- 6 stalks celery
- 1 pkg. snow peas
- 2 tsp. oil
- 1 1/2 c. water
- 1 tsp. sweetener

Chunk celery and onion; slice water chestnuts. Heat oil in wok or frypan. Stir in onion and celery. Add snow peas, mushrooms and water chestnuts. Stir in water and soy sauce. Add chicken, salt and sweetener. Cook for 5 minutes. Stir in cornstarch paste. Cook until thick.

Pat Rosenbaum

## NIGHT BEFORE HOT DISH

- 1 pkg. macaroni, uncooked
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 2 c. milk
- 2 c. diced cooked chicken or tuna

- 4 hard-boiled eggs
- 1 c. grated or diced cheese
- 1 small onion
- green pepper (optional)

Mix all together in buttered casserole and refrigerate overnight. Remove 1 hour before baking. Bake at 350° for 1 1/2 hours. Serves 12.

Laurellen E. Halek

**NORWEGIAN MEAT LOAF**

- 1 can cream of mushroom soup  
 1 1/2 lb. ground beef  
 1 egg, beaten  
 1/2 c. finely crushed herb season stuffing  
 1/4 tsp. ground nutmeg  
 1/2 c. sour cream

Mix thoroughly beef, egg, stuffing, nutmeg and 1/3 cup soup. Shape into loaf. Bake for 1 hour. Blend remaining soup and sour cream. Heat for gravy.

Cynthia J. Scott

**ORIENTAL BEEF STIR-FRY**

- 1 lb. beef steak, cut into thin slices  
 1 small bunch broccoli  
 1/4 lb. mushrooms  
 1 medium onion  
 1 red pepper  
 2 cloves garlic  
 2 tsp. fresh ginger root, minced  
 1/2 tsp. red pepper flakes  
 1/2 tsp. salt  
 oil for frying

Marinade:

- 1/3 c. teriyaki sauce  
 3 Tbsp. brown sugar  
 1 tsp. cornstarch

Marinate meat while cutting vegetables into uniform slices. Stir-fry meat for one minute. Drain meat and return meat to wok and stir-fry again for crispness. Remove meat and stir-fry vegetables and spices for 3 minutes. Remove vegetables. Put reserved marinade in wok and boil until thickened (about one minute). Mix meat with thickened marinade and spoon over vegetables. Serve over rice.

Julianne Carr

**OVEN BARBECUE CHICKEN**  
(Low cholesterol)

- 5 to 6 lb. chicken, cut up and skinned  
 1 pkg. dry onion soup mix  
 1/2 c. no cholesterol oil  
 1/2 tsp. chili powder  
 1/4 c. vinegar  
 1/2 c. catsup/ketchup  
 1/4 c. brown sugar  
 1 tsp. Worcestershire sauce

Season chicken with pepper. Combine all other ingredients. Preheat oven to 350°. Place chicken in shallow pan. Cover with 1/3 sauce. Bake for 1 hour; turn, add more sauce. Bake 1 hour more and add remaining sauce. Watch carefully if

sauce browns too much, add a little water. Reduce heat to hold until chicken is done.

Donna Gustafson

**PIZZA FONDUE**

- 1 onion, chopped  
 1/2 lb. ground beef  
 2 Tbsp. margarine or butter  
 2 (10 1/2 oz.) cans pizza sauce  
 1 Tbsp. cornstarch  
 1 tsp. fennel seed  
 1 1/2 tsp. oregano  
 1/4 tsp. garlic powder  
 10 oz. Cheddar cheese, grated  
 1 c. Mozzarella cheese, grated

Brown onion and meat in margarine in fondue pot or frypan on high. Reduce heat to medium. Mix cornstarch and seasonings into the pizza sauce and add to meat mixture. Stir well. When mixture thickens and bubbles, add cheeses by thirds, stirring well after each addition. Serve with garlic bread cubes or toasted English muffin cubes; or serve over toast English muffins for a luncheon treat.

Cindy Cadry

**POLISH SAUSAGE WITH SAUERKRAUT**

- 1 (14 oz.) can Frank's Bavarian style sauerkraut  
 1 to 2 lb. Polish sausage

Combine sauerkraut and sausage in a crock-pot. Cook on low 6 to 8 hours.

Mark Reese

**PORK WITH APRICOTS**  
(Health Smart)

- 1 lb. pork tenderloin  
 salt and pepper  
 1 Tbsp. margarine  
 1 (12 oz.) can apricot nectar  
 1/4 c. dried apricots, quartered  
 3 green onions, sliced  
 1 tsp. instant chicken bouillon granules  
 1/4 tsp. ground ginger  
 1 Tbsp. cornstarch

Cut pork crosswise into 1-inch thick slices. Season. Cook pork in margarine over medium heat until brown, turning once. Add nectar, apricots, onions and bouillon granules to skillet. Bring to boil; reduce heat. Cover and simmer until pork is no longer pink. Remove pork from skillet; keep warm.

Combine cornstarch with 2 tablespoons water; stir into mixture in skillet. Cook and stir until thick and bubbly. Serve over pork. Serve with noodles or rice. Makes 4 servings.

Carole Sabasko

### PORK CHOP HOT DISH

- 4 pork chops
- 1 c. chopped onion
- 1 c. chopped celery
- 1 c. chopped green pepper
- 3/4 c. rice, cooked
- 1 can cream of mushroom soup

Brown chops; remove from pan. Lightly brown celery, onion and green pepper. Butter casserole; place chops on bottom, then celery mixture, then rice and then soup. Repeat in layers until all is used. Bake at 350° for 45 minutes.

Ruth Swanson

### QUESADILLA PIE

- 4 (4 oz.) cans chopped green chilies, drained
- 4 c. shredded Cheddar cheese
- 2 c. milk
- 1 c. Bisquick
- 4 eggs

Heat oven to 400°. Grease a 9 x 13-inch pan. Sprinkle chilies and cheese in pan. Beat remaining ingredients until smooth. Pour into pan. Bake until knife inserted in center comes out clean, 25 to 30 minutes. Cool 10 minutes. Serve with sour cream and guacamole, if desired.

Carol Rought

### QUICK CHOW MEIN

- 1 lb. chow mein meat
- 1 c. diced onion
- 2 c. celery, diced
- 1 (4 oz.) can mushrooms
- 2 cans chicken gumbo soup
- 1 Tbsp. soy sauce
- 1 tsp. salt

Fry meat and diced onion. Boil for 15 minutes the soup, celery, soy sauce and salt. Add mushrooms and 3 level tablespoons cornstarch (dissolved in water). Cook only until thickened. Serve over noodles or rice.

Sue Dugdale

### RICE CHOW MEIN

- 1 lb. ground beef
- 1 c. celery
- 1 c. onion
- 2 c. water
- 2/3 c. rice
- 1 can chicken rice soup
- 1 can cream of mushroom soup
- 3 Tbsp. soy sauce
- 2 Tbsp. Worcestershire sauce

Brown ground beef; add celery and onion. Place in casserole. Add remaining ingredients. Stir all ingredients together. Rice is uncooked. Bake for 1 1/2 hours at 350°. Add chow mein noodles (1 1/2 cups) the last 5 minutes.

Shelly Forman

### SAVORY PORK CHOPS

- 4 pork chops
- 1/4 c. brown sugar
- 1/4 c. ketchup
- onion slices
- lemon slices or lemon juice

Place chops in greased baking dish. Sprinkle with salt and pepper. Top each with onion slice and lemon juice (a couple drops). Place 1 tablespoon sugar and 1 tablespoon ketchup on each. Cover and bake for 1 hour at 350°. Uncover and bake 30 minutes. Baste. Thicker chops bake 2 hours covered, 30 minutes uncovered.

Roxanne Johnson

### SCRAMBLED EGGS WITH WILD RICE

- 8 eggs
- 1 c. cooked wild rice
- 1/2 c. milk
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. bacon drippings

Beat eggs with a fork until blended; stir in rice, milk, salt and pepper. Heat bacon drippings in a 10-inch skillet until warm; add egg mixture. As eggs begin to set, lift cooked portion to allow uncooked portion to flow underneath. Cook eggs until thickened, but still moist (3 to 5 minutes). Yields 6 servings.

Lorrie Martin

**SHRIMP HOT DISH**

- 1 pkg. Uncle Ben's long grain and wild rice, cooked as directed  
 1/4 c. butter  
 1/2 c. chopped onion  
 2 cans shrimp (can use frozen or fresh shrimp)  
 1 can cream of shrimp soup or cream of celery  
 1/2 tsp. curry powder  
 1 c. sour cream

Cook rice. Sauté butter and onions. Add to rice. Mix in the rest of the ingredients. Bake for 1 hour at 350°.

Betty Reese

**SKILLET BEEF AND NOODLES**

(Serves 6)

- 1 lb. lean ground beef  
 1/4 lb. fresh mushrooms, sliced  
 3/4 c. chopped onion  
 2 cloves garlic, minced  
 1 (28 oz.) can tomatoes, in juice  
 1/2 c. red wine  
 1/2 tsp. Worcestershire sauce  
 1/2 tsp. oregano, crushed  
 1/8 tsp. pepper  
 6 oz. medium egg noodles  
 3 Tbsp. grated Parmesan cheese

In 10-inch skillet over medium heat, brown beef with mushrooms, onion and garlic, breaking up beef with a fork. Brown 5 minutes or until onion is soft. Add tomatoes with juice, wine and seasonings, breaking up tomatoes with fork. Bring to a boil. Stir in noodles. Cover and reduce heat. Simmer, stirring occasionally, 25 minutes or until noodles are tender. Remove from heat. Stir in 2 tablespoons cheese. Sprinkle remaining 1 tablespoon on top.

Lynn Ruter

**SKILLET HOT DISH**

- 1 lb. hamburger  
 1 onion, chopped  
 2/3 c. rice, uncooked  
 1 (15 oz.) can tomato sauce  
 1 (16 oz.) can sauerkraut

Brown hamburger and onion. Drain. Add rice, tomato sauce and sauerkraut. Bring to a boil. Lower heat. Simmer 25 to 30 minutes until rice is done.

Mark Reese

**SLO-COOKER STEW**

- 2 lb. beef stew meat  
 2 (1 lb.) cans whole tomatoes  
 1 large green pepper, diced  
 1 large onion, chopped  
 1 (7 oz.) jar stuffed olives, undrained  
 1 c. raw rice

Cut meat into 2-inch cubes. Put meat into crock-pot. Add tomatoes, green pepper, onion and olives with liquid. Cover. Simmer at medium setting for 5 hours. One hour before serving, add rice; stir gently. Keep warm for serving at low setting.

Linda Alexander

**SLOPPY JOES**

- 2 lb. hamburger  
 2 Tbsp. brown sugar, packed  
 2 Tbsp. mustard  
 2 Tbsp. vinegar  
 2 Tbsp. Worcestershire sauce  
 1 (14 oz.) bottle catsup  
 1 onion

Brown hamburger with onion. Drain. Add all other ingredients and simmer 20 to 45 minutes.

Carol Schmidt

**SLOPPY JOES**

- 1 lb. hamburger  
 1/2 medium onion, finely chopped  
 4 stalks celery  
 1 can (8 oz.) tomato sauce  
 1/2 c. catsup  
 1 Tbsp. brown sugar  
 1 Tbsp. vinegar  
 1 tsp. Worcestershire sauce  
 salt and pepper to taste

Brown hamburger; add onions and celery and cook until soft. Add tomato sauce, catsup, vinegar and Worcestershire sauce. Add salt and pepper and simmer for 30 minutes until thick.

Julie Utecht

**SMOTHERED ROUND STEAK DINNER**

- 1 1/2 lb. round steak  
 1 envelope dry Lipton onion soup  
 1 can cream of mushroom soup  
 salt and pepper  
 several stalks celery, chopped  
 4 medium size carrots  
 4 medium size potatoes

Line pan with aluminum foil, bringing up well over

edge. Put round steak on foil. Salt and pepper. Sprinkle onion soup over meat. Spread mushroom soup over top. Sprinkle celery over soups. Place carrots and potatoes around sides. Sprinkle water over top. Put another piece of aluminum foil over everything. Seal the two pieces of foil together. Bake for 2 hours at 350°. Serves 6.

Gladys Fillion

### SOUR CREAM PORK CHOPS

- 6 pork chops, cut 1/2-inch thick
- 1 tsp. dried sage, crushed
- 2 Tbsp. butter or margarine
- 2 medium onions
- 1 tsp. instant beef bouillon granules
- 1 small can mushrooms
- 1/2 c. hot water
- 1/2 c. sour cream
- 1 Tbsp. flour
- 2 Tbsp. parsley

Trim fat from pork chops; rub chops with sage. Sprinkle with pepper. Heat butter in large skillet; brown pork chops; saute onions and mushrooms. Dissolve bouillon granules in water; pour over chops. Cover and simmer 30 to 40 minutes or until meat is tender. Transfer meat to platter; keep warm. Combine sour cream and flour; add to mixture in skillet. (Add 1/4 cup more water, if needed, to mixture in skillet.) Stir until bubbly. Pour over meat. Garnish with parsley and serve.

Jill Bickford

### SPAGHETTI WITH MEATBALLS

- 2 medium cans tomato sauce
- 2 medium cans tomato paste
- 1 large onion
- 2 cloves garlic
- 2 bay leaves
- 1 beef bouillon cube
- Italian seasoning
- 1/2 lb ground turkey
- 1/2 lb. hot Italian sausage
- 1/2 c. Italian bread crumbs
- 1 egg

Sauce: Chop onion; save 1/2 for meatballs. Chop garlic. Brown onion and garlic. Add tomato sauce and 2 equal cans water in bowl. Mix until smooth. Add tomato paste and 2 equal cans water to sauce. Add bouillon cube and bay leaves. Cover top of sauce with Italian seasoning.

Meatballs: Mix turkey, sausage, egg, onion and Italian

bread crumbs. Form balls. Don't fry. Add directly to sauce. Cook. Simmer 4 hours or more.

Cynthia J. Scott

### SPAGHETTI HOT DISH

- 7 oz. cooked spaghetti
- 1 egg
- 1 c. milk
- 1 large jar Ragu spaghetti sauce
- 1/2 lb. hamburger, cooked with onion
- 3 c. Mozzarella cheese
- 1 pkg. pepperoni (on top)

Cook spaghetti. Mix together egg, milk, Ragu, hamburger and Mozzarella cheese. Layer ingredients in 9 x 13-inch pan. Put pepperoni on top. Bake at 350° for 30 to 40 minutes.

Pat Rosenbaum

### SPAM-3 BEAN CASSEROLE

- 1 can (12 oz.) Spam
- 1 can (10 oz.) lima beans
- 1 can (16 oz.) baked beans
- 1 can (16 oz.) kidney beans
- 1 can (8 oz.) tomato sauce
- 1 small onion
- 2 Tbsp. sugar
- 2 Tbsp. chili sauce
- 1 tsp. salt
- 1/4 tsp. dry mustard

Mix together and pour into 1 1/2 quart casserole. Arrange Spam slices in spoke fashion on top. Bake for 30 minutes at 400°.

Marion Manguson

### SPARERIBS

- 2 to 3 lb. ribs
- 1 Tbsp. celery seed
- 1 Tbsp. chili powder
- 1 tsp. salt
- 1 tsp. paprika
- 1/4 c. brown sugar
- 1 can tomato soup
- 1/4 c. vinegar

Combine celery seed, chili powder, salt, paprika and brown sugar together. Rub cut up ribs with dry mixture. To remaining dry mixture add undiluted can of soup and vinegar. Pour sauce over ribs (use roaster). Cover and roast at 350° for 2 hours. Baste often with juice and uncover for browning the last 1/2 hour.

Linda Alexander

**STEW HOT DISH**

potatoes  
medium onion  
1 large can beef stew

Bisquick (recipe for  
biscuits)

Grease casserole; layer 1/2 cooked potatoes (sliced) and chopped onion. Over all add can of beef stew. Make Bisquick recipe for biscuits; put over beef stew. Bake until biscuits are lightly brown at 350°.

Lillian Johnson

**STUFFED PEPPERS**

4 medium green peppers  
1 1/2 lb. ground beef  
2 c. cooked rice  
1 small onion, chopped

1 1/2 tsp. salt  
pepper to taste  
1 (16 oz.) can tomato sauce

Halve green peppers lengthwise; remove seeds and wash peppers. Lightly mix ground beef, rice, onion, seasoning and 4 ounce tomato sauce. Pile lightly into pepper halves; arrange in baking dish. Pour remaining tomato sauce over peppers. Cover tightly and bake at 350° for 1 hour or until peppers are tender.

Judy Bushinger

**SWEET AND SOUR PORK**

2 lb. pork roast  
1 c. flour  
2 Tbsp. cornstarch  
2 tsp. baking powder

1/2 c. water  
1 egg  
soy sauce for marinade

Sweet and Sour Sauce:

3/4 c. sugar  
3/4 c. vinegar  
1/4 c. water  
1/4 c. pineapple juice  
2 Tbsp. catsup

1 Tbsp. cherry juice  
1 can chunk pineapple  
1/2 green pepper, cut into  
chunks  
1/2 jar cherries

Cut up roast. Marinate in soy sauce at least 4 hours. Mix together flour, cornstarch, baking powder, water and egg. Stir into pork. Spoon meat mixture into hot oil and fry until done.

Sweet and Sour Sauce: Mix first six ingredients together over medium-high heat until boiling. Add 3 tablespoons cornstarch mixed with only enough water to make a paste. Stir constantly when adding. Add pineapple, pepper and cherries to thickened sauce. Pour sauce over fried pork and serve.

Dona Yetter

**SWEET-SOUR SPARERIBS**

3 lb. spareribs  
2/3 c. brown sugar, packed  
2 Tbsp. cornstarch  
2 tsp. dry mustard  
2/3 c. vinegar  
1/2 c. catsup

1 can (8 1/4 oz.) crushed  
pineapple, undrained  
1/2 c. water  
1/4 c. finely chopped onion  
2 Tbsp. soy sauce  
salt and pepper

Spread ribs in single layer in large shallow pan. Brown in 425° oven 20 to 30 minutes. Drain off fat. Combine remaining ingredients in saucepan. Stir until smooth. Cook over medium heat, stirring constantly until thick and glossy. Salt and pepper ribs. Add 1/2 of sauce to ribs. Bake at 350° for 45 minutes. Turn ribs and add remaining sauce. Bake 30 minutes longer or until well done.

Ethel Soebbing

**SWISS CONNIE B'FAST-BRUNCH**

14 slices bread, crusts  
removed  
2 1/2 c. cubed ham  
2 1/2 c. shredded Cheddar  
cheese

6 eggs  
1/2 tsp. dry mustard  
3 c. milk  
1/2 tsp. salt

Topping:

2 c. crushed cornflakes

1/2 c. melted butter

Cover bottom of well-greased 9 x 13-inch pan with half bread slices. Sprinkle with ham and cheese. Place remaining slices of bread on top. Beat eggs and add milk, beating together. Add salt and mustard. Pour over bread and cover with foil. Refrigerate overnight.

Remove from refrigerator and bring to room temperature

before baking. Top with cornflakes mixed with melted butter. Bake for one hour at 350° uncovered.

Denese Simpson

### TACO HOT DISH

2 to 3 lb. ground beef  
1 large onion, chopped  
2 tsp. paprika  
1/2 tsp. taco sauce  
1 tsp. Worcestershire sauce  
2 cans tomato sauce  
1 head lettuce, chopped  
2/3 c. celery, chopped  
1 green pepper, chopped  
1/2 lb. American Cheddar cheese, grated  
1 large bag Doritos, crushed

Brown ground beef and chopped onion. Add paprika, taco sauce, Worcestershire sauce and tomato sauce and simmer for 20 minutes. Prepare remaining ingredients. Add to meat mixture shortly before serving.

Shelly Forman

### TERIYAKI CROCK-POT

2 to 2 1/2 lb. chuck roast  
2 tsp. ground ginger  
2 Tbsp. granulated sugar  
4 Tbsp. oil  
1 c. soy sauce  
1 garlic clove

Cut steak into 1/4-inch slices. Mix rest of ingredients. Combine with meat. Let set in refrigerator overnight. Slow cook 6 to 8 hours.

Serve with pea pods, bean sprouts, mushrooms, water chestnuts and other oriental vegetables and rice. Optional: Almonds.

Barb Stigall

### THREE-CHEESE MACARONI

3 c. macaroni, cooked and drained  
1 (11 oz.) can Cheddar cheese soup  
1 c. milk  
1/4 tsp. ground mustard  
1/4 tsp. seasoned salt (optional)  
1/4 tsp. ground black pepper  
1/2 c. (2 oz.) shredded Swiss, divided  
1/2 c. (2 oz.) shredded Cheddar cheese, divided  
1/2 c. (2 oz.) grated Parmesan cheese, divided  
1 (2.8 oz.) can French fried onions, divided

Heat oven to 350°. In a 1 1/2 quart casserole combine hot macaroni, soup, milk, seasonings, 1/4 cup each of Swiss, Cheddar and Parmesan cheese and 1/2 can French fried onions.

Bake, covered, for 25 minutes or until heated through. Top with remaining cheeses and onions; bake, uncovered, 5 minutes or until onions are golden brown.

Tracy L. Hansen

### TUNA HOT DISH

2 cans tuna, drained  
1/2 pkg. wide noodles  
1/2 onion, diced  
1 Tbsp. Worcestershire sauce  
1 can cream of mushroom soup  
1 can cream of chicken soup  
2 stalks celery, cooked, if desired

Combine all ingredients (no water). Bake in 350° oven for 1 hour. Put crushed potato chips on top before baking, if desired.

Carol Schmidt

### TURKEY-BROCCOLI HOT DISH

2 cans crescent rolls  
1/4 c. cream of mushroom soup  
1/4 c. + 2 Tbsp. flour  
1/2 c. milk  
3/4 c. water  
1 pkg. (12 oz.) frozen chopped broccoli  
4 c. turkey  
6 oz. Swiss cheese  
2 1/2 Tbsp. mustard  
1 tsp. dried onion poultry seasoning  
1 egg, beaten

Combine soup, flour, milk and water. Cook. Remove from heat and cool. Mix turkey, cheese, etc. and put over partially baked crust. (For crust: Roll out 1/2 of the crescent rolls in oblong baking dish and bake 5 to 6 minutes.) Over the top, put the cooked ingredients. Then roll out the rest of the crescent rolls and place them on top and brush with egg. Bake at 350° for 18 to 20 minutes.

Sharon Spanel

### TURKEY DRESSING

(This is for a 20 to 25 pound turkey)

24 c. bread  
1 1/2 lb. butter or oleo  
3 c. diced celery  
1 1/2 c. minced onion  
3 Tbsp. salt  
2 tsp. pepper  
2 tsp. sage  
2 tsp. poultry seasoning  
2 tsp. thyme

Melt butter. Cut up gizzard, heart and liver and saute

in butter with onion, celery and seasonings for 10 minutes. Break bread into pieces and add sauteed mix to bread mix.

Don Humphrey

### WILD RICE WITH PORK CHOPS

6 to 8 pork chops, 1-inch thick  
1 can cream of mushroom soup  
1 c. raw wild rice  
2 cans mushrooms, stems, pieces and juice  
1 1/2 c. water  
1/3 jar instant chicken bouillon

Line a cake pan, 13 1/2 x 9 1/2 x 2-inches with heavy foil, leaving enough to bring over the top and seal. In the bottom of pan, sprinkle 1 cup washed raw wild rice. Add water and mushroom stems and pieces with the juice. Sprinkle about 1/3 jar of granulated instant chicken bouillon over the top. Spoon mushroom soup over mixture. Remove as much fat as possible from pork chops. Brown and season the chops and place on top of the rice mixture. Bring foil up over chops and seal securely. Bake in 350° oven for 1 1/2 to 2 hours. Pile rice in center of platter. Arrange chops around rice.

Arleen Fredericksen

### WILD RICE CASSEROLE

1 c. wild rice  
1 lb. hamburger  
1/2 c. chopped celery  
1 small onion, chopped  
3 beef bouillon cubes  
2 cans mushrooms and juice  
1 can cream of chicken soup  
1 can water

Soak wild rice overnight. Brown hamburger. Saute celery and onions in butter. Mix in casserole. Bake for 2 hours at 325°.

J. Huntosh

### WILD RICE CASSEROLE

1 c. wild rice  
3 bouillon cubes, beef flavored  
3 c. boiling water salt to taste  
1 stick oleo or butter 1/2 c. chopped onion  
1/4 c. chopped celery  
1 large can mushrooms, drained

Wash rice in strainer very thoroughly. Put water and bouillon together in casserole (1 1/2 quart). Saute for 20

minutes butter, mushrooms, celery and rice and place in casserole. Mix well. (Rice settles to the bottom, stir often.) Put in casserole and cover. Bake at 325° for 1 hour and 15 minutes.

Susan Novak

### WILD RICE CASSEROLE

1 c. wild rice or 1/2 wild and 1/2 brown  
1/2 lb. mushrooms  
1/2 c. celery, fine cut  
1/2 c. onion  
1 can consomme  
1 Tbsp. butter

Wash rice and put in 6 cup casserole (1 1/2 quart). Cover with consomme. Add onions and celery. Soak for 3 hours. Add 1 cup water. Saute mushrooms in butter. Add to rice and bake at least 1 hour at 325° to 350°. Add water as necessary.

Karen Seavey

### WILD RICE CASSEROLE

1 1/2 lb. hamburger  
2 small onions, chopped  
1 c. diced celery  
2 Tbsp. butter  
2/3 c. wild rice  
1 can (10 1/2 oz.) cream of mushroom soup  
1 can (10 1/2 oz.) chicken soup  
1 c. water  
2 to 3 Tbsp. soy sauce

Cook rice. Brown hamburger, onions and celery in skillet. Place in greased casserole. Add remaining ingredients. Bake uncovered at 325° for 2 hours.

Sharon Spanel

### WILD RICE COMPANY CASSEROLE

2 c. raw wild rice  
4 c. water  
2 tsp. salt  
2 lb. ground beef  
1 lb. fresh sliced mushrooms  
1/2 c. chopped celery  
1 c. chopped onion  
1/2 c. butter  
1/2 c. sliced water chestnuts  
1/4 c. chopped black olives  
1/4 c. soy sauce  
2 c. sour cream  
2 tsp. salt  
1/4 tsp. pepper  
1/2 c. slivered almonds

Wash wild rice in covered pan. Gently cook wild rice in water with 2 teaspoons salt for 45 minutes; drain rice. Brown ground beef; set aside. Saute mushrooms, celery and

onion in butter for 5 minutes. Combine soy sauce, sour cream, salt and pepper; add cooked wild rice, beef, onion, mushrooms, celery, water chestnuts and olives. Place mixture in a lightly greased 3 quart casserole dish. Bake at 350° for 1 hour, stirring several times. Garnish with reserved almonds.

Linda Paulson

### WILD RICE HOT DISH

1 1/2 lb. hamburger  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 box instant long grain wild rice  
1 c. chopped celery  
1/4 c. chopped onion  
1 can mushrooms  
1 can black ripe olives (optional)

Brown hamburger in skillet; set aside. Mix together soups, prepared cooked rice, celery, onion and mushrooms. Bake in a large casserole at 350° for 1 hour.

Mrs. Jennifer Blegen

### ZUCCHINI HOT DISH

1 lb. ground beef  
chopped onion  
chopped green pepper  
6 oz. tomato paste  
3/4 c. water  
1/2 tsp. garlic salt  
1/2 tsp. oregano  
1 tsp. salt  
dash of pepper  
1 medium zucchini  
1/2 c. Parmesan cheese  
8 oz. Mozzarella cheese  
1/4 c. Minute rice

Brown hamburger; add onion, green pepper, tomato paste, water and spices and simmer 10 minutes. Dice unpeeled zucchini in bottom of 8 x 11-inch pan. Sprinkle rice on top of zucchini. Add 1/4 cup Parmesan cheese. Then 1/2 of the meat mixture. Then 4 ounce Mozzarella cheese; repeat layer of 1/2 meat mixture and 1/4 cup Parmesan cheese. Bake at 400° for 15 minutes or more. Then add 4 ounce Mozzarella cheese and put back in oven until it melts.

Lois Werhan

### ZUCCHINI LASAGNA

3 lb. large zucchini, scrubbed  
1 qt. spaghetti or thick tomato sauce  
2 Tbsp. parsley, chopped  
1/2 tsp. dried oregano  
1/2 tsp. basil  
1 c. grated Parmesan or Romano cheese  
1 lb. Mozzarella, grated  
1 onion, chopped\*  
1 lb. hamburger\*  
1 lb. Ricotta cheese\*  
2 eggs\*

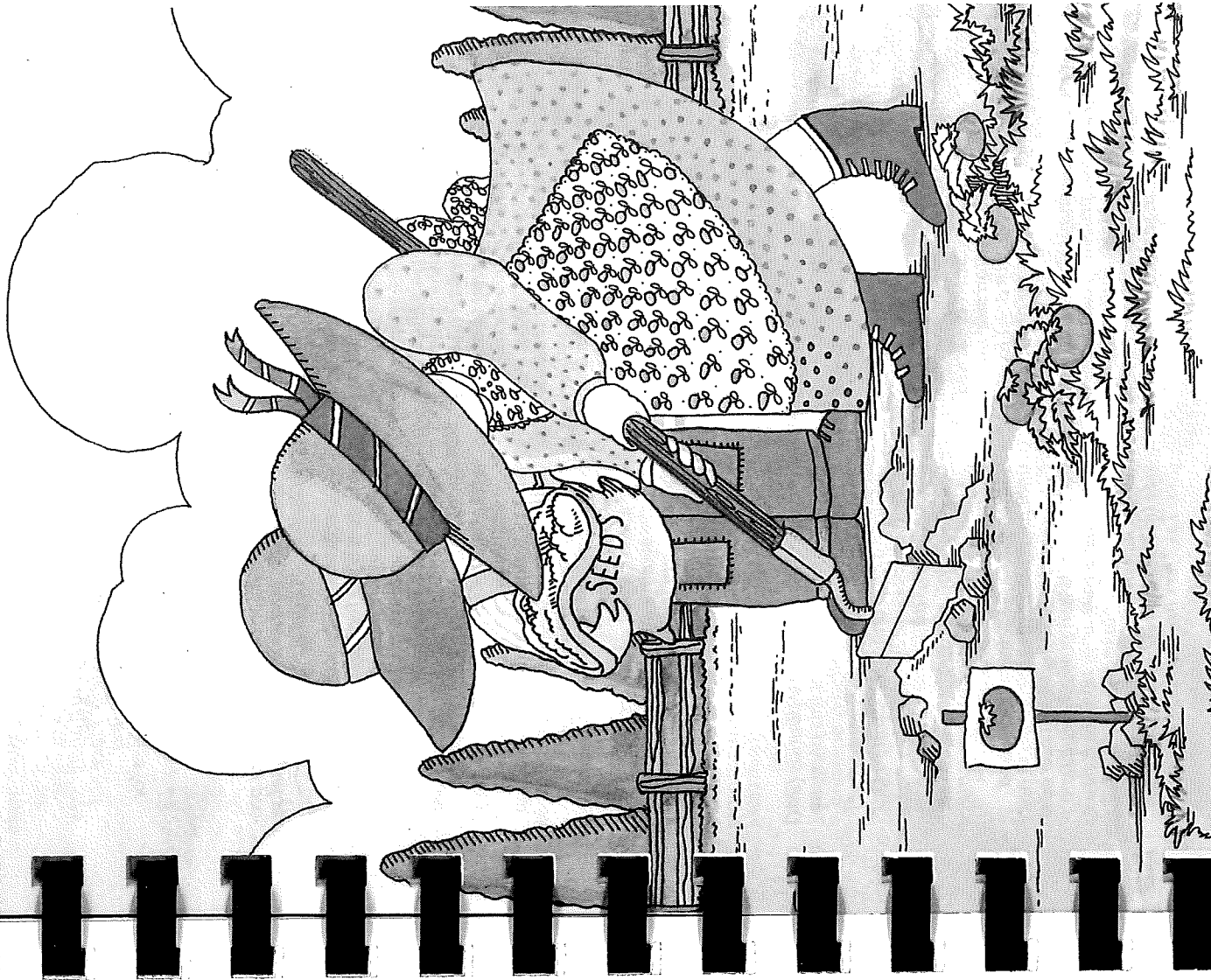
\*Instead of onion, hamburger, Ricotta cheese and eggs you can choose to use 4 eggs and 2 pounds Ricotta cheese.

Scrub zucchini; trim ends and cut into long thin slices. Cook zucchini until limp and translucent in 1-inch boiling water; drain on absorbent towels. In a 9 x 14 x 2-inch pan, start the layers; meat or tomato sauce, zucchini. Combine Ricotta cheese, eggs, parsley, seasonings, half the Parmesan cheese; spoon 1/2 of this mixture evenly over zucchini. Sprinkle with 1/2 the Mozzarella cheese. Repeat the layers: Meat (tomato) sauce, zucchini, Ricotta cheese. Top with sauce, zucchini, Mozzarella and remaining Parmesan. Bake at 350° for about an hour. Let stand about 20 minutes.

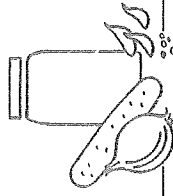
Meat sauce: Brown 1 chopped onion and hamburger in skillet; discard excess fat. Add tomato or spaghetti sauce.

Carolyn Coby

# Vegetables



# How To Can Vegetables



## POINTS ON PACKING

**Raw pack.** Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

**Hot pack.** Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

## HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience. Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

**Preparing glass jars.** Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the

special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

**Directions.** Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

- With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

## VEGETABLES

### AU GRATIN POTATOES

4 c. frozen hash browns  
1/2 c. cream  
1/2 c. milk  
1/4 c. butter

1 1/2 c. grated Cheddar cheese  
3/4 c. Parmesan cheese

Boil cream, milk and butter; pour over potatoes. Cover with cheese. Bake at 350° for 1 hour, uncovered.

Cynthia J. Scott

### BAKED CORN

16 oz. can cream-style corn  
16 oz. can whole kernel corn, drained  
1 egg, beaten

1/2 c. bread or cracker crumbs  
1/2 c. sour cream  
1/2 tsp. salt  
dash of pepper

Combine all ingredients. Mix well. Put in buttered casserole. Bake at 350° for about 40 minutes or until firm.

Mary Lou Hosler

### BOSTON BAKED BEANS

2 lb. white beans  
1 tsp. baking soda  
1 large yellow onion  
1 lb. bacon, chopped  
8 Tbsp. sugar

2/3 c. molasses  
2 tsp. dry mustard  
4 tsp. salt  
1/2 tsp. pepper

Soak beans in water to cover overnight. Cook beans in water with baking soda. Simmer 10 minutes. Drain. Rinse. Place onion in 3 quart casserole. Add half of bacon. Add beans. Top with rest of bacon. Mix sugar, molasses, mustard, salt and pepper. Pour over beans. Add water to cover. Do not stir. Bake, covered, at 300° for 6 to 7 hours. You may need to add a bit of water. Don't make beans too wet. Serves 6 to 8.

Marilyn Kandel

# CORN COW-COW (BARBADOS)

- 12 okras
- 6 1/4 c. water
- 1 1/2 Tbsp. salt
- 8 oz. cornmeal
- 1 oz. butter

Cut the stems off the okras and slice in rings. Add half of the water to half the salt; bring to a boil. Put in the okra rings and boil for 10 minutes. Sift the cornmeal; add it to the rest of the water and salt and mix thoroughly. Remove okras from the heat and stir in the cornmeal paste until well blended. Cook gently, stirring all the time for about another 10 minutes or until the mixture becomes smooth and stiff and leaves the saucepan clean. Put into a heated dish and spread with butter. Serve with fish or chicken.

Hellen Ash

## CORN SUPREME

- 1/2 c. margarine
- 1/4 c. water
- 1 (8 oz.) pkg. herb seasoned stuffing
- 1 can cream of mushroom or cream of chicken soup
- 1 pkg. frozen corn or any vegetable of your choice

Melt together butter and water. Pour over stuffing and set aside. Combine soup and corn. Layer soup-corn and stuffing in buttered casserole, ending with stuffing on top. Bake for 45 minutes at 350°; covered first 30 minutes and uncovered last 15 minutes.

Kay Bergerson

## CREAMED CUCUMBERS

- 4 large cucumbers, peeled and sliced
- 1 tsp. salt
- 1 large onion, sliced
- 3/4 c. salad dressing
- 3/4 c. milk
- vinegar
- dash of pepper

Peel and slice cucumbers. Sprinkle 1 teaspoon salt over them; mix and let stand an hour. Drain and squeeze the juice out with your hands. Add the onion. Mix the salad dressing and milk. Add vinegar in small amounts until you have a creamy dressing to taste. Add as much pepper as you prefer. Mix with cucumber and refrigerate overnight.

Betty Reese

# BROCCOLI CASSEROLE

- 1 (10 oz.) pkg. frozen broccoli
- 1 (8 oz.) jar Cheez Whiz
- 1 can sliced water chestnuts, drained
- 1/2 c. cooked Minute rice
- 1 can cream of mushroom soup

Cook broccoli to directions. Drain; combine all other ingredients in order listed. Pour into 2 quart casserole and bake at 350° for 30 minutes or until it browns. Serves 8 to 10 people.

Connie Killion

## BROCCOLI ONION DELUXE

- 1 lb. broccoli or 2 frozen pkg.
- 2 c. frozen whole onions, a jar or 3 medium onions, quartered
- 1/4 c. butter or margarine
- 2 Tbsp. flour
- 1/4 tsp. salt
- dash of pepper
- 1 c. milk
- 1 (3 oz.) cream cheese
- 1/2 c. sharp grated cheese
- 1 c. soft bread crumbs, buttered

Cook broccoli and fresh onions until just crunchy. Melt butter; add salt, pepper, flour and milk and cook until thickening. Blend cream cheese into hot sauce mixture. Pour over broccoli and onions. Top with grated cheese and bread crumbs. Bake at 350° for 40 to 45 minutes.

Melissa Reese Felland

## CHEESEY POTATOES

- 2 lb. frozen hash browns
- 1 c. diced onions
- 1 stick butter
- 1 can cream of chicken soup
- 1 lb. carton sour cream
- 8 oz. grated sharp cheese
- salt and pepper to taste

Thaw hash browns for 30 minutes. Saute onions in butter until tender. Mix hash browns and onions with remaining ingredients and put into greased casserole (2 quart). Top with crushed cornflake crumbs and bake for 1 1/2 hours at 350° covered and 1/2 hour uncovered.

Mary Lou Hostler

## GREEN VEGGIE DELIGHT

- 1 pkg. frozen baby lima beans
- 2 pkg. frozen French-style green beans
- 2 pkg. frozen green peas
- 1 pkg. frozen pea pods
- 1 c. mushrooms
- 1 c. unsweetened whipping cream
- 1 tsp. garlic salt
- 1 (6 to 8 oz.) container Blue cheese dip
- pepper to taste

Use 8 to 10 packages of frozen vegetables. Cook veggies to crisp stage. Drain. Combine with remaining ingredients and place in large flat casserole dish. Bake at 325° for about 40 minutes or until cheese sauce is hot and melted.

Gayle Novak

## PINEAPPLE STUFFING

- 1/2 c. butter
- 1 c. sugar
- 4 eggs
- 8 oz. crushed pineapple, drained
- 5 slices bread, cubed

Cream butter and sugar. Beat in eggs. Add remaining ingredients. Bake in greased dish for 1 hour at 350°. (You'll want to double this recipe.)

Barb Kampa

## RICE AND PEAS (JAMAICA)

- 8 oz. red "peas" kidney beans
- pinch of baking soda (optional)
- 3 3/4 c. boiling water
- 2 1/2 c. coconut milk or soup stock
- 2 tsp. chopped thyme
- 2 shallots or spring onions, finely chopped
- 1 chili, deseeded and chopped
- salt and pepper
- 1 lb. rice

Soak kidney beans overnight in cold water with baking soda; drain. Put beans in the fast boiling water and cook for about 25 minutes or until tender but still whole. Add the coconut milk, thyme, shallots or spring onions, chili, salt and pepper. Bring once again to boiling point and boil for 5 minutes. Add the rice; stir. Cover and cook over a very low heat until the rice is tender and the liquid absorbed, about 20 minutes. Drain and serve on very hot large platter. May also be cooked with tomatoes and carrots.

Hellen Ash

## SAVORY VEGETABLE PLATTER

- 3 c. beef bouillon
- 1/2 tsp. savory
- 1/2 tsp. tarragon
- 4 to 5 carrots, cut in 2-inch chunks
- 1 head cauliflower, trimmed
- 1/2 lb. green beans, whole
- 4 to 5 stalks celery, cut in 2-inch chunks
- 2 Tbsp. butter
- 2 Tbsp. sesame seed
- 2 Tbsp. lemon juice

Heat bouillon, savory and tarragon to a boil. Add cauliflower; cover and simmer 10 minutes. Add remaining vegetables. Cover and simmer for 20 minutes. Make sauce of butter, seed and juice. Serve vegetables in clusters on a large platter. Drizzle sauce over all. Serves 8 to 10.

Arleen Fredericksen

## THREE RICE ALMOND MEDLEY

- 2 c. cooked long grain rice, hot
- 2 c. cooked brown rice, hot
- 1 c. cooked wild rice, hot
- 2 Tbsp. butter
- 4 oz. sliced mushrooms
- 1/2 tsp. basil
- 1/4 tsp. pepper
- 1 tsp. salt
- 1 c. toasted slivered almonds

Place rice in mixing bowl. Keep hot. Melt butter in a skillet. Saute the mushrooms. Sprinkle with seasonings. Stir into bowl of rice. Sprinkle with almonds. Serve at once.

Note: Other seasonings may be substituted for variety and personal preference.

Mariellyn Truax

## VEGETABLE BAKE

- 1 pkg. frozen broccoli
- 1 pkg. frozen Brussels sprouts
- 1 pkg. frozen cauliflower
- 1 lb. carrots
- 1 jar Cheez Whiz
- 1 can mushroom soup

Lightly cook frozen vegetables. Completely cook carrots. Stir together Cheez Whiz and soup. Pour over vegetables. Bake at 350° for 30 minutes.

Kay Bergerson

## VEGETABLE CASSEROLE

1 (10 oz.) pkg. frozen Brussels sprouts  
1 (10 oz.) pkg. frozen broccoli spears

1 (10 oz.) pkg. frozen cauliflower  
1 (8 oz.) jar Cheez Whiz  
1 can cream of mushroom soup

Cook frozen vegetables as directed on packages. Drain well. Cook over low heat Cheez Whiz and mushroom soup. Cook until Cheez Whiz melts. Pour over vegetables. Bake for 20 minutes in 350° oven. Can be topped with French fried onions.

Lynn Ruter

## VEGETABLE AND CHEESE DISH

1 can creamed corn  
1 (10 oz.) pkg. frozen broccoli, cooked and drained  
1 egg, beaten  
1/2 c. coarse cracker crumbs  
2 Tbsp. melted butter

1 Tbsp. instant onion flakes  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 c. cubed cheese  
3/4 c. coarsely crushed croutons  
2 Tbsp. melted butter

Combine first 9 ingredients and pour into greased baking dish. Mix 2 tablespoons melted butter with the crushed croutons and sprinkle on top. Bake at 350° for 35 to 40 minutes. Serves 6 to 8.

Mariellyn Truax

## VEGETABLE PIZZA

2 pkg. crescent rolls  
2 (8 oz.) pkg. cream cheese  
2/3 c. mayonnaise  
1 medium onion, chopped  
1 tsp. dill weed  
1/2 tsp. garlic powder

broccoli, cut up  
cauliflower, cut up  
carrots, cut up  
onion, cut up  
grated cheese

Press crescent rolls and seal edges into large cookie sheet. Bake at 350° for 10 minutes.

Mix together cream cheese, mayonnaise, onion, dill weed and garlic powder and spread on crust. Cut up vegetables. Spread on crust. Top with grated cheese.

Judy Benson

## WILD RICE CASSEROLE

1/2 c. wild rice  
1 medium onion, chopped  
1 can beef broth

1/2 tsp. thyme  
1 can cream of chicken soup  
1 Tbsp. butter

First clean wild rice in cold water. Cover rice with water and bring to a boil. Drain off water and repeat one more time. Pour broth into the rice. Add butter and onion and bring to a boil. Add thyme and soup. Mix up. Bake for 2 hours at 350°.

LeAnn Hinton

## WILD RICE WITH MUSHROOMS AND ALMONDS

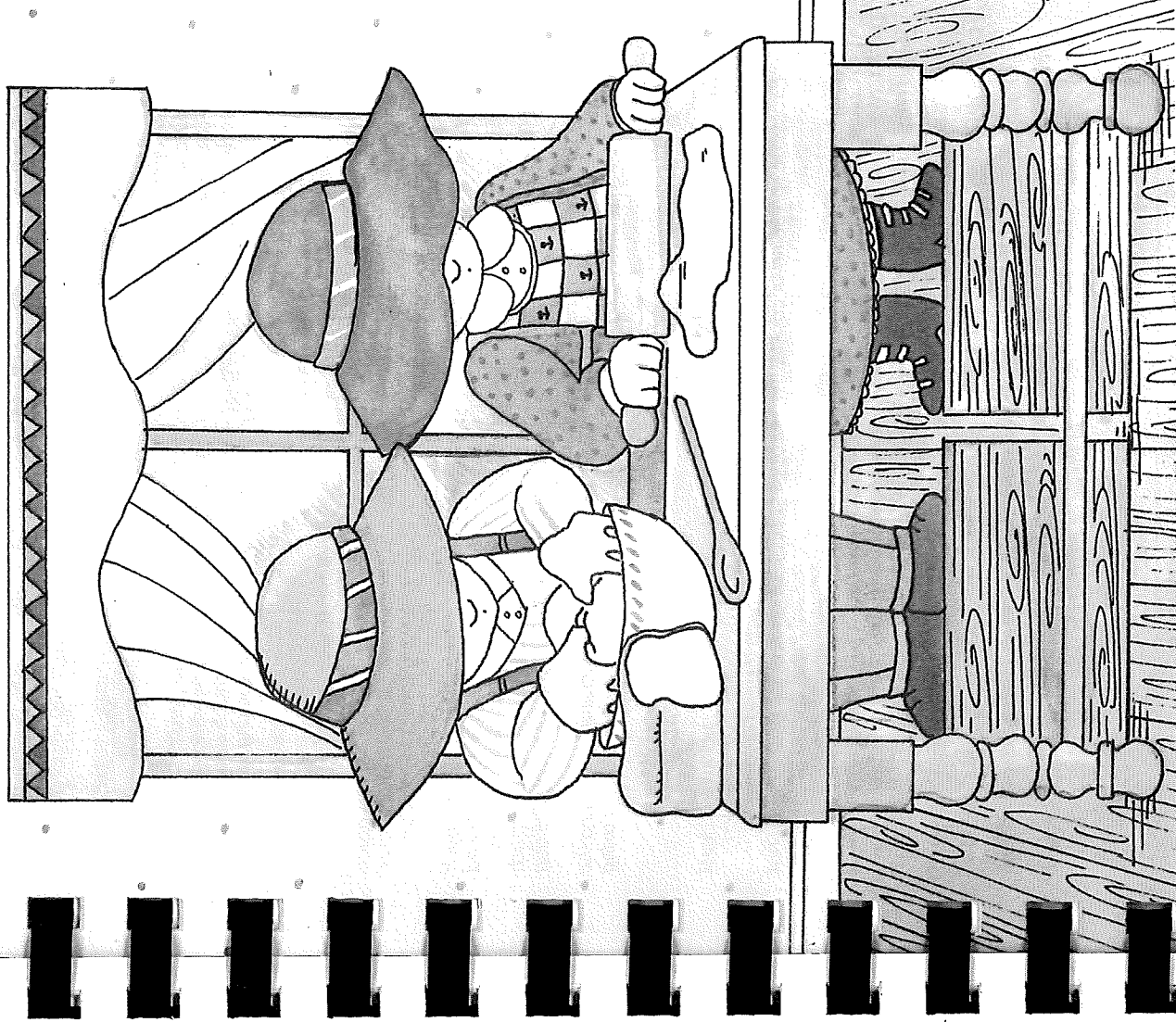
1/4 lb. butter  
1 c. wild rice  
1/2 c. slivered almonds

2 Tbsp. chopped chives, green onions or green pepper  
1/2 lb. sliced mushrooms  
3 c. chicken broth

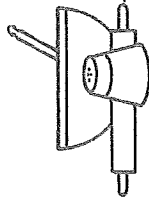
Put all ingredients except broth in heavy frying pan. Cook until rice turns yellow, stirring more or less, constantly. Put into a casserole dish with broth. Cover tightly and bake at 325° for about 1 hour. Does no harm if it stands a while (which makes it a perfect party dish!).

Gayle Novak

# Breads, Rolls & Pastries



# Baking Tips



## COMMON PROBLEMS (Common Failures)

### Biscuits

Rough biscuits..... Insufficient mixing  
Dry biscuits..... Baking in too slow an oven and handling too much  
Uneven browning..... Cooking in dark surface pan, too high a temperature and rolling the dough too thin

### Breads (yeast)

Porous bread..... Over-rising or cooking at too low a temperature  
Crust is dark and blisters just under the crust..... Under-rising  
Bread does not rise..... Over-kneading or using old yeast  
Bread is streaked..... Under-kneading and not kneading evenly  
Bread bakes unevenly..... Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

### Cakes

Cracks and uneven surface..... Too much flour, too hot an oven and sometimes from cold oven start  
Dry cakes..... Too much flour, too little shortening too much baking powder or cooking at too low a temperature  
Heavy cakes..... Too much sugar or baking too short a period  
Sticky crust..... Too much sugar  
Coarse grained cake..... Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature  
Fallen cakes..... Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder  
Uneven color..... Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans  
Uneven browning..... Not mixing well

### Cookies

Uneven browning..... Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven  
Soggy Cookies..... Cooling cookies in pans instead of racks  
Excessive spreading of cookies..... Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

### Muffins

Coarse texture..... Insufficient stirring and cooking at too low a temperature  
Tunnels in muffins, peaks in center and soggy texture..... Over-mixing

### Pies

Pastry crumbles..... Over-mixing flour and shortening  
Pastry tough..... Using too much water and over-mixing the dough  
Pies do not brown (fruit or custard)..... Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

## CAUSES OF PROBLEMS (Causes of Failures)

## BREADS, ROLLS & PASTRIES

### BANANA BREAD

1/2 c. shortening  
1 c. brown sugar  
2 to 3 mashed bananas  
2 eggs  
3 Tbsp. milk

1 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. salt  
3 c. flour  
1 c. chopped nuts

Cream together shortening and sugar. Add bananas, blending smooth. Mix in the rest of the remaining ingredients. Bake at 350° for 1 hour.

Mrs. Jennifer Blegen

### BANANA BREAD

1/3 c. butter  
1 c. sugar  
2 eggs, well beaten  
3 Tbsp. sour milk  
1 tsp. baking soda

1 tsp. baking powder  
1/2 tsp. salt  
2 c. flour  
3 medium bananas, mashed  
1 c. nuts, chopped

Cream butter and sugar. Add remaining ingredients. Mix well. Pour batter into a large greased and floured bread pan. Bake at 350° for 1 hour. Cool for 10 to 15 minutes and remove from pan.

Lorrie Martin

### BANANA BREAD

1 3/4 c. sifted all-purpose flour  
2 1/4 tsp. baking powder  
1/2 tsp. salt  
1/3 c. shortening  
2/3 c. sugar  
1 to 2 beaten eggs

3/4 tsp. grated lemon rind or 1 1/2 Tbsp. lemon juice (RealLemon)  
1 to 1 1/4 c. ripe banana pulp  
1/2 c. chopped nuts (optional)

Have all ingredients at about 70°. Preheat oven to 350°. Sift together flour, baking powder and salt. Blend until creamy the shortening, sugar and lemon rind or juice. Beat in eggs and banana pulp. Add the sifted ingredients in about 3 parts, beating the batter after each addition until smooth. Fold in nuts if desired. Place batter in greased

20 minutes at 425°. Serves 6. Delicious served with honey or maple syrup.

Hellen Ash

## CRANBERRY BREAD

- 2 c. flour
- 1/2 c. brown sugar
- 2 tsp. baking powder
- 1/4 tsp. salt
- 3/4 c. cranapple juice
- 1/4 c. vegetable oil
- 1 large egg, beaten
- 1 tsp. vanilla
- 1 1/2 c. fresh cranberries, coarsely chopped
- 1/2 c. chopped pecans

Heat oven to 350°. Grease 8 x 4-inch loaf pan. In large bowl combine flour, brown sugar, baking powder and salt. Stir in juice, oil, egg and vanilla just until blended. Fold in cranberries and nuts. Spoon into greased pan. Bake 55 to 60 minutes or until it springs back when lightly touched.

Marilyn Kandel

## DARK IRISH SODA BREAD

- 2 c. whole wheat flour
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1/4 c. eggs substitute (liquid)
- 1 c. buttermilk
- 2 Tbsp. honey
- 1/2 c. wheat germ

Mix flour, salt and soda. Combine egg, milk and honey and add them with a few quick strokes to form a sticky dough. Knead with hands and shape into round loaf on greased cookie sheet or cast-iron frying pan. Cut 2 slashes 1/2-inch deep on top. Bake at 375° for 25 to 30 minutes. Makes 10 slice loaf.

Tulida Blackford

## DUMPLINGS

- 1 c. flour
- 1 tsp. salt
- 1/3 c. milk
- 1 1/2 tsp. baking powder
- 2 Tbsp. shortening
- 1 egg, beaten

Sift dry ingredients together and cut in shortening. Add milk and egg. Mix very little and drop into boiling meat stew or gravy. Cover and steam 12 minutes. No peeking.

Judy Bull

bread pan. Bake the bread about 1 hour or until done. Cool before slicing.

Carolyn Coby

## BANANA NUT BREAD

- 1/4 c. shortening
- 1/2 c. sugar
- 1 well beaten egg
- 1 c. bran
- 2 Tbsp. water
- 1 1/2 c. flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1/2 tsp. soda
- 1 tsp. vanilla
- 1 1/2 c. mashed banana
- 1/2 c. nut meats

Cream shortening and sugar. Add egg and bran. Mix thoroughly. Combine water and banana. Add alternately with sifted dry ingredients. Add vanilla and nut meats. Bake in moderately hot oven 1 hour. Any type bran may be used. Yields 1 loaf.

Ethel Soebbing

## BROWN BREAD

(Health Smart)

- 1 c. white flour
- 1 c. graham flour
- 1/2 c. sugar
- 1/2 tsp. salt
- 1/2 tsp. soda
- 1/2 c. molasses
- 1 1/2 c. skim milk (add 1 tsp. vinegar to sour)
- 1/2 c. raisins (optional)

Combine all ingredients and beat together thoroughly. Pour into a greased 9 x 5 x 3-inch loaf pan. Bake at 325° for 50 to 60 minutes. Yields 1 loaf.

Laura Klein

## CORN BREAD

- 1 c. yellow corn meal
- 1 c. flour
- 1 tsp. salt
- 2 Tbsp. sugar
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- 1 c. milk
- 1/4 c. soft margarine or shortening
- 1 egg

Blend corn meal, flour, salt, sugar, soda and cream of tartar. Add milk, egg (slightly beaten) and soft shortening and stir thoroughly. Pour into an oiled 8 x 8-inch pan. Bake

## GINGERBREAD

- 2 1/4 c. flour  
1 1/2 tsp. soda  
1 tsp. salt  
2 tsp. ginger
- 1 c. molasses  
1 c. sour milk or add vinegar to regular milk  
1/4 c. soft shortening

Mix flour, soda, salt and ginger. Mix molasses and milk; add to flour mixture and mix well. Add shortening (melted). Beat well. Bake in greased shallow pan at 350° for 30 minutes.

Lillian Johnson

## OATMEAL BREAD

- 2 pkg. yeast  
3/4 c. warm water  
1 1/2 c. boiling water  
1 c. oatmeal  
1/3 c. shortening
- 1/2 c. dark molasses  
2 tsp. salt  
6 c. flour  
2 eggs  
1/4 c. sugar

Soak yeast in 3/4 cup warm water. Put oatmeal in large mixing bowl; add molasses, shortening and salt. Pour 1 cup boiling water over oatmeal, molasses-shortening mixture. Stir well. Cool. Add flour, eggs, yeast and salt. Knead well about 10 minutes. Let rise until double. Make into three medium sized loaves. Let rise until double. Bake at 375° for 10 minutes, then 50 minutes at 350°.

Viola Nielsen

## PULL APARTS

- 2 doz. frozen dinner rolls  
1 pkg. butterscotch pudding (not instant)  
1/3 c. butter, melted
- 2/3 c. brown sugar  
small amount molasses (to keep from getting hard)  
cinnamon

Place rolls in 9 x 13-inch pan. Sprinkle dry pudding over rolls. Mix butter, brown sugar and molasses. Spoon over rolls. Sprinkle with cinnamon; cover and set overnight. Bake at 350° for 20 to 25 minutes. Serve warm.

Lillian J. Truax

## PUMPKIN BREAD

- 1 2/3 c. flour  
1 1/2 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. salt  
2 large eggs, lightly beaten
- 1 1/2 c. sugar  
1 1/2 c. pumpkin  
1 1/2 c. vegetable oil  
1/3 c. chopped walnuts  
1/3 c. raisins

Preheat oven to 350°. Grease 9 x 5-inch loaf pan. Combine first 5 ingredients. Whisk eggs, sugar, pumpkin and oil in large bowl. Whisk in dry ingredients until smooth. Stir in nuts and raisins. Pour into greased and floured pan. Bake for 70 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan; cool.

Lois Werhan

## STRAWBERRY NUT LOAF

- 1 c. butter  
1 1/2 c. sugar  
1 tsp. vanilla  
1/4 tsp. lemon extract  
4 eggs  
3 c. sifted flour
- 1 tsp. salt  
3/4 tsp. cream of tartar  
1/2 tsp. baking soda  
1 c. strawberry jam  
1/2 c. dairy sour cream  
1/2 c. broken nut meats

Cream together the butter, sugar, vanilla and lemon extract. Add eggs, one at a time, beating well after each addition. Combine flour, salt, cream of tartar and baking soda. Combine jam and sour cream; add alternately with dry ingredients to creamed mixture until smooth and creamy. Stir in nuts. Pour into two greased and floured 8 x 4 x 2-inch loaf pans. Bake in 350° oven for 50 minutes or until loaf tests done when toothpick inserted into center comes out clean. Cool on wire racks for 10 minutes before removing from pans.

Kay Bergerson

## ZUCCHINI BREAD

- 1 c. salad oil  
3 eggs  
3 tsp. vanilla  
2 c. sugar  
2 c. grated or pureed zucchini
- 1/4 tsp. baking powder  
3 c. flour  
1 tsp. salt  
3 tsp. cinnamon  
1 tsp. baking soda

In a large bowl beat eggs, salad oil and vanilla. Add sugar, then zucchini, mixing well after each addition. Combine dry ingredients and add to liquid, mixing until smooth. Pour into 2 greased and floured 9 x 5 x 3-inch pans or 4 small loaf pans. Bake at 350° for 40 to 60 minutes. Watch carefully, they are done when they pull away from the pan and are firm to the touch.

Carolyn Coby

# WHITE BREAD

- 1 qt. warm water
- 3 scant Tbsp. yeast (3 pkg.)
- 1/3 c. sugar
- 2 c. dried milk powder
- 1 stick melted margarine
- 2 1/2 Tbsp. salt
- 12 c. flour

In large bowl dissolve yeast in water. Add sugar and milk. Add most of the melted margarine. Leave a little to grease bowl for rising. Add salt and stir. Add flour 4 cups at a time and stir very well after each addition. Turn onto floured board; knead until smooth, like baby's tummy. Grease bowl; put dough in; let rise until double, approximately 1 hour. Grease 4 bread pans; turn dough onto floured board and divide into 4 equal parts. Shape each part into a loaf and place in pan; butter tops. Let rise until just above top of pan. Bake at 375° for 10 minutes, then at 350° for 30 minutes. Remove from pans and let cool.

Note: If oven holds only 2 pans at a time, place 2 pans in refrigerator and remove to rise when first 2 are placed in oven.

Tracy L. Hansen

# WHOLE WHEAT BANANA BREAD

- 1 1/4 c. flour
- 1/2 c. whole wheat flour
- 1/4 tsp. salt
- 1 tsp. soda
- 1/2 c. sugar
- 1/4 c. oil
- 1 c. mashed banana
- 1 egg
- 1 tsp. vanilla

Combine first 4 ingredients in a small bowl. Stir well and set aside. Combine sugar and oil. Add egg. Beat 2 minutes with mixer on low speed. Add flour with banana.

Blend well. Stir in vanilla. Pour into greased 8 x 4 x 2-inch loaf pan. Bake at 350° for 45 minutes or until toothpick comes out clean. Cool 15 minutes before removing from pan.

Violet Krueger

# ZUCCHINI NUT BREAD

- 1 c. walnuts
- 4 eggs
- 2 c. sugar
- 1 c. oil
- 3 1/2 c. flour
- 1 1/2 tsp. soda
- 1 1/2 tsp. salt
- 1 tsp. cinnamon
- 3/4 tsp. baking powder
- 2 c. grated zucchini, not pared
- 1 c. raisins (optional)
- 1 tsp. vanilla

Beat eggs; add sugar and oil. Combine dry ingredients. Add to first mixture alternating with squash. Stir in raisins, nuts and vanilla. Turn into two greased bread pans. Bake on lowest rack at 350° for 55 minutes. Let stand 10 minutes, then turn on wire rack to cool.

Marion Mangnuson

# BRAN MUFFINS

- 2 1/4 c. sugar
- 1 c. oil
- 4 eggs
- 1 qt. buttermilk\*
- 5 c. flour
- 5 tsp. soda
- 2 tsp. salt
- 20 oz. generic raisin bran

Mix sugar and oil and beat in eggs. Add buttermilk and slowly add dry ingredients. Fill cups 1/2 full. Bake 20 to 30 minutes at 350°. Dough will keep 3 to 4 months in refrigerator.

\*May add vinegar to regular milk as it makes a good substitute.

Faye Johnson

# STRAWBERRY MUFFINS

- 1 c. sugar
- 1/2 c. margarine
- 2 eggs, beaten
- 1/2 c. warm milk
- 2 c. flour
- 1/2 tsp. salt
- 4 tsp. baking powder
- 1/2 tsp. almond extract
- 1 1/4 c. fresh strawberries, cut up or frozen berries, drained

Combine sugar and butter until creamy. Add eggs, milk, flour, salt, baking powder and almond extract. Mix thoroughly. Fold in strawberries. Fill muffin pan 2/3 full. Bake for 20 minutes at 400°.

Renee Hansen

### BAKING POWDER BISCUITS SUPREME

2 c. flour  
1/2 tsp. salt  
4 tsp. baking powder  
2 tsp. sugar

1/2 tsp. cream of tartar  
1/2 c. Crisco  
2/3 c. milk

Mix dry ingredients. Cut in Crisco; add milk. Stir until mixed. Roll out dough. Cut biscuits. Bake at 450° for 10 to 20 minutes.

Carole Sabasko

### DANISH PASTRY APPLE BARS

#### Crust:

2 1/2 c. flour  
1 c. shortening  
1 tsp. salt

1 egg yolk and enough milk to make 2/3 c.

#### Filling:

2 handfuls cornflakes  
8 to 10 apples

1 c. sugar

#### Topping:

1 egg white  
1 c. powdered sugar

vanilla

Mix ingredients including milk and egg yolk for crust. Roll 1/2 of dough to fill jelly roll pan, 10 1/2 x 15-inches. Sprinkle bottom crust with crushed cornflakes. Peel and slice apples and place over crust and flakes. Sprinkle with sugar and cinnamon. Roll out rest of dough and place on top; pinch edges. Beat egg white stiff. Brush over crust. Bake at 400° for 60 minutes. Frost while warm with water, powdered sugar and vanilla (spreading consistency).

Arleen Fredericksen

### PANCAKES

4 eggs  
1/2 c. sugar  
2 1/2 to 3 c. flour

2 c. milk  
2 tsp. baking powder  
3/4 c. shortening, melted

Beat eggs and sugar. Add milk; mix in flour and baking powder. Slowly add hot melted shortening and mix well.

Laurellen E. Halek

### PANCAKE PUFF

1/2 c. flour  
2 eggs  
1/2 c. milk

pinch of nutmeg  
1/4 c. butter  
powdered sugar

Mix flour, eggs, milk and nutmeg together, leaving batter a bit lumpy. Melt butter in 9-inch pie plate; pour batter on top of it. Bake at 425° for 20 minutes or until golden brown and puffy. Sift powdered sugar on top. Serve at once with syrup.

Barb Kampa

### CHERRY COFFEECAKE

2 c. flour  
1 c. sugar  
1/2 tsp. salt  
1/2 c. butter

2 tsp. baking powder  
2 eggs  
1/2 c. milk  
1 can cherry pie filling

Mix flour, sugar, salt, butter and baking powder with a pastry blender. Save 1/2 cup for top. Add 2 eggs and 1/2 cup milk to the dry ingredients and beat. Put in a 9 x 13-inch pan and cover with 1 can cherry pie filling. Sprinkle with the 1/2 cup topping saved. Bake in 325° oven for 35 to 40 minutes.

Arleen Fredericksen

### GOOD COFFEE CAKE

1 2/3 c. unsweetened  
applesauce  
3 eggs

1 yellow cake mix  
sugar  
cinnamon

Grease a 9 x 13-inch cake pan and sprinkle generously with cinnamon and sugar. Mix eggs, applesauce and cake mix in large bowl with beater. Pour 1/2 of batter in cake pan.