

Patt Robinson

A book of
favorite

RECIPES

compiled by

MARY CIRCLE

Linda Solum, Chairman

using the recipes of
the people of

Forest Hills

United Methodist Church

November 1974

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Applesauce DeLuxe

Judy Benson

- 1 pkg. (3 oz.) Jello, raspberry or cherry
- 1 c. boiling water
- 1½ c. applesauce
- 1 t. lemon juice

Dissolve Jello in boiling water. Blend in applesauce and lemon juice. Pour into individual molds or a serving dish. Chill until firm.

Pineapple Salad

Judy Benson

- 2 pkgs. lemon jello
- 2 c. hot water
- 1 - 6 oz. can crushed pineapple (drained)

Chill until thick. Beat 1 pint whipped cream and 1 pkg. (lg.) cream cheese. Fold this into thickened jello mixture. Pour into greased ring mold.

Frozen Fruit Salad

Marian Eskra

- 1 c. mayonnaise
 - 1 - 3 oz. pkg. cream cheese
 - 24 campfire marshmallows
 - 2 T. strawberry juice
 - 1 c. frozen strawberries (crushed & drained)
 - 1 c. pineapple, drained
 - 1 c. whipping cream, whipped
- Heat slowly the marshmallows and strawberry juice in saucepan until melted. Beat until smooth & fluffy. Allow to cool. Mix cream cheese and mayonnaise together. Blend in strawberries, pineapple and marsh-strawberry mixture. Fold in whipped cream. Place in refrig. tray and freeze. Serves 8. Serve with mayonnaise.

*dash 1/2
1/2 tsp lemon*

Cranberry Salad

Ruth Swanson

- 1 qt. cranberries, ground
 - 2 c. sugar
- Mix and let stand overnite. Drain in morning.
- Add:
- ½ lb. miniature marshmallows and nuts to suit.
 - 2 c. white grapes, halved and peeled
 - 1 c. whipped cream or whipped cream whip
- Chill.

Fruit Salad Base

Marion Eskra

- 1 c. pineapple tidbits & juice
 - ½ c. sugar
- Boil then add:
- 2 egg yolks
 - 2 T. cornstarch
 - 2 T. water -- Mixed together.

Add 1 pkg. marshmallows and stir. Refrigerate. Add any fruit to the above when wanted.

Fruit Salad

Betty Reese

- 1 can fruit cocktail (drained) (med. can)
- 1 can mandarin oranges (drained)
- ½ dozen cherries (cut)
- 2 c. miniature marshmallows
- 1 c. macaroni rings (cooked)
- 1 c. sour cream
- 1 c. whipping cream -- whipped

Combine ingredients. Refrigerate. Can be made the night before serving time.

Snowball Salad

Gladys Fillion

- 2 pkgs. (small) lime jello
- 1 2# can crushed pineapple
- $\frac{1}{2}$ pint whipping cream
- $\frac{1}{2}$ pkg. white or colored marshmallows

Prepare jello using 2 cups hot water and 1 cup cold water. Mix in crushed pineapple and juice. Whip cream (do not sweeten) and fold in. Pour into oiled 9 x 13 pan or 2 small molds. Refrigerate.

Cottage Cheese Salad

Marge Carlson

- 1 can (13 oz.) crushed pineapple, drained
- 1 bottle (10 oz.) maraschino cherries, cut and drained
- 1 pkg. (2-3 oz.) pecans, chopped
- 1 carton (9 oz.) Cool Whip
- 1 carton (12 oz.) cottage cheese

Combine all above or mold into a form. Serves 10.

Cottage Cheese Salad

Pat Rosenbaum

Mix:

- Carton of cottage cheese
- Package of Jello (any flavor)
- 1 can crushed pineapple
- Carton of Cool Whip

Use small package of cottage cheese, Cool Whip and Jello for 2-3 people. Use large cartons and packages for large group.

Cucumber-Lime Salad

Gladys Fillion

- 1 package lime Jello
- 1 c. hot water
- $\frac{2}{3}$ c. cold water
- $\frac{1}{2}$ c. chopped cucumber
- 1 T. vinegar
- 1 t. horseradish
- $\frac{1}{2}$ t. salt
- 1 small can crushed pineapple, drained

Dissolve Jello and salt in hot water. Add cold water. Chill until slightly thickened. Add cucumber, vinegar and pineapple and horseradish. Put in mold and refrigerate.

Sauerkraut Salad

Gladys Fillion

- 1 jar of kraut, well-drained
- 1 c. chopped celery
- 1 c. chopped onion
- 1 c. chopped green pepper
- 1 small jar pimento, cut up
- $\frac{1}{3}$ c. salad oil
- $\frac{1}{2}$ c. vinegar
- $\frac{1}{2}$ c. sugar

Mix together and let set 24 hours before serving.

Crunchy Salad

Pat Rosenbaum

- 1 can shoestring potatoes (3 cups)
- 1 c. chopped celery
- 1 c. finely grated carrots
- 1 c. Swanson boned chicken or tuna
- 1 c. mayonnaise (dilute with cream)
- 1 whole minced onion.

Toss together and serve.

Yum-Yum Vegetable Salad

Gladys Fillion

- 1 head lettuce, crisped and broken into small pieces
1/2 c. celery
2 c. green pepper
1/2 c. chopped green onion
1 pkg. frozen peas, cooked, drained and cooled
2 c. mayonnaise (not salad dressing) by spoonfuls
2 T. sugar
1/4 lb. cheese, grated
10 pieces crisp bacon, crushed

Put everything in large Tupperware bowl in layers as given. Cover and refrigerate for 24 hours before serving. Stir together lightly just before serving.

Bean Salad

Marge Carlson

Drain the following:

- 1 can green beans
1 can wax beans
1 can kidney beans (rinsed)

Add:

- 1/2 c. chopped green peppers
1/4 c. chopped onion

Combine:

- 1/2 c. wine vinegar
1/3 c. salad oil
1/2 c. sugar
1/2 t. salt
dash pepper

Mix together with above and chill several hours.

Bean Salad

Marion Eskra

- 1 t. salt
1/4 t. pepper
1/2 c. oil
3/4 c. sugar
1/4 t. paprika
3/4 c. vinegar
Place in covered jar and shake well.

Drain well and add:

- 1 can green beans
1 can wax beans
1 can kidney beans
slice 2 small onions thin and make rings
1 green pepper (slivered)
Let stand overnight to marinate. Drain off most of juice before serving.

Tuna Fish Salad

Ruth Swanson

- 1 envelope Knox gelatin
1/2 c. cold water
1 c. flaked tuna fish
1 c. chopped celery
1/2 c. finely chopped green pepper
2 T. chopped olives
3/4 c. boiled salad dressing
1/2 t. salt
1/4 t. paprika
2 T. vinegar

Soak gelatin in cold water 5 min. Add to hot salad dressing. Cool and add tuna fish, celery, pepper, olives, salt, paprika, vinegar. Turn into molds and chill. For large fish mold, make double recipe.

Taco Salad

Dorothy Watts

- 1# ground beef, browned, well drained and cooled
1 small onion, diced
1 avocado, diced
2 tomatoes, diced (3)
4 oz. cheddar cheese, cubed
1 can kidney beans, drained
2 hard boiled eggs, chopped
1/4 c. green pepper, chopped (optional)

Mix with dressing made of:

- 1/3 c. vinegar
2/3 c. veg. oil
1 T. taco sauce
salt and pepper to taste

Blend dressing.

Mix well, refrigerate 3-4 hours. Just before serving add 1 cup chopped lettuce and 1 cup broken taco chips.

Crunchy Tuna Salad

Darlene Mack

- 1/2 c. mayonnaise
1 T. lemon juice
1 T. prepared mustard
1 can French Fried onions
1 c. thinly sliced celery
2 cans tuna (7 oz.)
Dash pepper and salt

Mix mayonnaise, lemon juice, mustard, and oil drained from tuna. Add tuna chunks, celery, and mix lightly. Salt and pepper and chill. Add French fried onions and serve on lettuce.

Basic Blender Mayonnaise

Anonymous

Ingredients at room temperature.

- 1 egg
2 T. cider vinegar
3/4 t. salt
1/2 t. dry mustard
dash white pepper
1 c. oil (olive or Wesson)

Place egg, vinegar, salt, dry mustard, and pepper in blender. Blend at high speed. Add 1/4 c. oil. Blend on low. With blender on low, add oil in steady stream -- approximately 20 seconds. Makes 1 1/3 c. Should mayonnaise curdle, beat in 1 T. hot water.

Clear Garlic Dressing

Anonymous

- 1 1/3 c. salad oil
1/2 c. vinegar
1 t. sugar
1 1/2 t. salt
1/2 t. dry mustard
4 cloves garlic

Blend and store covered in refrigerator.
Makes 2 cups.

French Dressing

Diane Stromberg

- 2 c. ketchup
- 1 c. vinegar
- 2 c. mazola oil
- 1 t. paprika
- 1 t. salt
- $\frac{1}{2}$ t. pepper
- 2 t. brown sugar
- 1 lg. onion, chopped

Mix well in blender or mixer. Makes a large amount.

Russian Dressing

Marge Carlson

Combine and beat in mixing bowl or use blender:

- $\frac{1}{2}$ c. sugar
- 2 t. paprika
- $\frac{3}{4}$ c. mazola
- 1 scant T. lemon juice
- 2 t. salt
- $\frac{2}{3}$ c. catsup
- $\frac{1}{2}$ c. vinegar

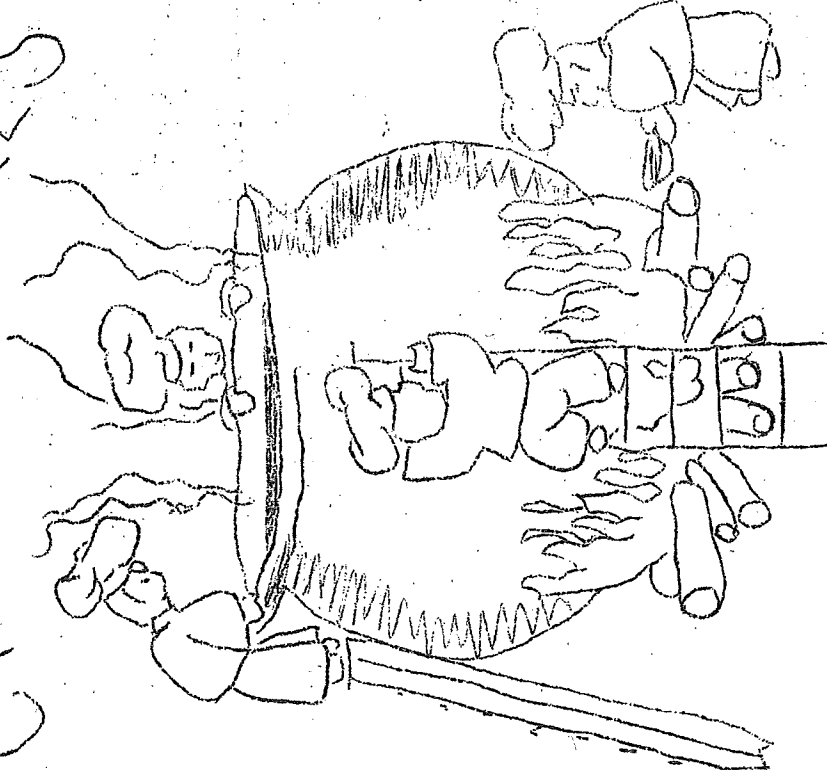
Thousand Island Dressing

Anonymous

- 1 C. miracle whip
- $\frac{1}{2}$ c. chili sauce
- $\frac{1}{4}$ c. pickle relish or sweet pickles, chopped
- $\frac{1}{4}$ c. chopped celery
- 1 boiled egg, diced
- $1\frac{1}{2}$ T. diced onion

Store in covered glass jar.

CASSEROLES



MAINE DISHES

Bean Pot (Large Amount)

Betty Reese

1 lg can Green Giant pork & beans in molasses
Drain off liquid from following:

- 1 can lima beans
- 1 can kidney beans
- 1 can butter beans
- $\frac{1}{2}$ lb. bacon

use 2 lg. onions made into rings

1 clove garlic, cut into pieces (or salt/powder)

1. Fry bacon, onion rings and garlic until half done.

Put in baking dish or bean pot.

2. Add pork and beans (or B & M beans may be used)

Put in drained beans

4. Add: $\frac{1}{4}$ c. vinegar $\frac{1}{3}$ c. catsup

$\frac{3}{4}$ c. brown sugar, $\frac{1}{4}$ t. dry mustard

5. Mix and bake 1 hour at 350°.

Vegetable Hot Dish (Lg. Amt.) Betty Reese

2 lb. hamburger

1 lg. onion

3 stalks celery

5 potatoes (sliced thin)

5 carrots (sliced thin)

1 t. worcestershire sauce

1 can undrained lima beans

1 can undrained kidney "

1 can tomato soup

1 c. beef bouillon or

1 can bouillon soup

Brown beef and onion. Cook celery 10 min. Combine the remaining ingredients. Put in a large casserole. Bake 350° for 2 hours. or until carrots and potatoes are done.

Rice Chow Mein

Linda Solum

1 lb. hamburger (browned)

2 c. chopped celery

1 chopped onion

$\frac{3}{4}$ c. uncooked rice

$\frac{1}{4}$ c. soy sauce

$\frac{1}{2}$ c. water

1 can mushroom soup

Mix all ingredients together. Bake 350°, 1 hr. 15 min.

Delicious Hot Dish

Linda Solum

1 lb. hamburger (browned with chopped onion)

1 can undiluted veg. beef soup

1 can undiluted cr. of mushroom soup

1 can undiluted chicken gumbo soup

1 can undiluted cr. chicken 1 sm. pkg. chow mein noodles

Mix all ingredients together and bake 45 min. in

2 qt. casserole at 350°. Do not add salt

Spam and Noodle Chow

Gladys Fillion

1 stalk diced celery (cook)

1 can Spam cubed

1 lg. pkg. chow mein noodles

Put in layer of celery layer of noodles layer of spam and do so until casserole is full. Pour 1 can Cream of Mushroom soup diluted slightly with water over top and bake until bubbly. (do not add salt)

Dinner in a Dish

Gladys Fillion

Sliced potatoes

Sliced carrots

$\frac{1}{2}$ c. washed rice

Sliced onions

1 lb. ground beef

1 lb. can tomatoes

$\frac{1}{3}$ c. water

salt, pepper & buttered crumbs

Into a buttered casserole, place a layer of sliced potatoes, a layer of carrots, half cup of rice, layer of onions, 1 lb. browned ground beef, tomatoes, and water. Season layers as you go with salt and pepper. Place buttered crumbs on top. Bake in 350° oven for 1 $\frac{1}{2}$ hrs.

Easy Baked Beans

Carole Miller

Saute:

1 lb. chopped bacon and 1 med. onion

Add:

lg. can pork n' beans kidney beans

Sm. can butter beans with red beans

molasses added 1 - 2 T. vinegar

$\frac{1}{2}$ to $\frac{3}{4}$ c. molasses $\frac{1}{2}$ c. br. sugar (to taste)

Simmer until thick. Freezes well. You can alter recipe according to family's bean favorites.

Beef Hash Hot Dish

Carole Miller

1 to 2 # ground beef (spread raw on bottom of 9x13 layer of raw potatoes (5--6 sliced thin) pan)

salt and pepper

1 small can tomatoes

1 small can tomato sauce

Optional: green pepper, celery, carrots, corn

Bake at 325° for 1 $\frac{1}{2}$ hrs. or until potatoes are done.

Meatballs and Gravy

Pat Rosenbaum

1 $\frac{1}{2}$ lb. hamburger

24 crushed soda crackers

1/3 c. minced onion

1/4 c. milk

2 eggs

1 T. parsley

1 1/8 t. salt

1/4 t. pepper

1/2 t. worcestershire

1/8 t. allspice

1/8 t. nutmeg

Mix ingred. and shape into 1 inch balls. Melt butter in lg. skillet, brown meat balls, put in casserole. Add 5 beef bouillon cubes and 2 c. boiling water to butter. Add thickening and stir. Pour gravy over meatballs. Bake covered 30 min. at 350°.

Chili Corn Taco

Judy Benson

1 c. diced celery

1 T. salad oil

1 pkg. chili seasoning

1 can tomatoes

12 tortillas

Saute celery & onion in oil until tender. Add meat, browned. Stir in remaining ingred, let simmer 15 min. uncovered. Spoon into fried tortillas on serve as chili.

$\frac{1}{2}$ c. onion

1 lb. gr. beef

1 can corn

1 can tom. sauce

Chicken Cashew Casserole

Sharon Clark

1 c. chicken cubed

1 can cr. chicken soup

or mushroom soup

$\frac{1}{4}$ c. water

3 oz. chow mein noodles ($\frac{1}{4}$ for top)

1 c. parboiled celery

1 onion, chopped

$\frac{1}{4}$ lb. cashew nuts

Mix all ingredients. Pour into greased casserole. Top with noodles. Bake in 350° oven about 40 min. Serves 4.

Mary Helen's Quick LaSagna

Sharon Clark

$\frac{1}{4}$ lb. gr. beef, browned

1 sm. onion, chopped

(brown with gr. beef)

add 1 can tomato sauce

& cook till bubbly.

Put $\frac{1}{2}$ mixture into greased casserole. Cover with

1 c. cottage cheese. Cover with remaining meat-noodle mixture. Top with slices or grated cheddar cheese. Bake at 350° for 30 min. Serves 4.

Stir in 1 t. oregano

1 c. small twisted

noddles (partially

cooked) Drain. Stir

into sauce

Potato-Bacon or Ham-Corn Casserole Betty Reese

2 T. chopped onion (I use more)
 10 med. potatoes -- sliced
 2 cans cream style corn
 1 lb. bacon, cut in 1" pieces (sometimes I use leftover ham)
 Place onion in bottom of a large buttered casserole, then 1/3 of the potatoes and sprinkle with 2 T. flour, salt and peper to taste. On this arrange 1/3 bacon or ham and cover with 1 can of cream corn. Repeat layers, ending with potatoes and bacon or ham. Pour milk over until it can be seen around edges of casserole. Cover and bake at 350° for 1 1/2 hr. to 2 hrs., or until potatoes are done. Uncover last few minutes to brown. I cut this receipe in half for 6 people.

Pizza Burgers Pat Rosenbaum
 1 lb. hamburger, browned Add: 1- 15 oz. can pizza or spaghetti sauce with meat
 1 can Spam, mashed 1/2 t. mustard
 Mix Together. 1/2 t. oregano
 Put in bun -- garnish with mozzarella cheese -- wrap in foil. Bake at 425° for 25 min. Makes 3 doz. Mixture freezes well.

Hamburger Hot Dish Judy Benson
 1 lb. ground beef 1 can cr. chicken soup
 1 c. chopped onion 1 can cr. mushroom soup
 1 c. chopped celery 1 c. milk
 3 T. butter 1 6 oz. pkg. egg noodles
 1 t. salt
 1/4 t. pepper
 Brown beef, onions, and celery in butter over med. heat. Arrange beef mixture and noodles in layers in greased 2 qt. casserole. Combine soups, milk and seasoning and pour over beef and noodles. Cover and bake in 325° oven for 1 hr.

Mexichili Casserole Diane Stromberg
 (No Meat)

Mix in 1 1/2 qt. casserole:
 1 - 6 oz. pkg. fritos (save 1 cup)
 2 c. shredded sharp cheese (save 1/2 c.)
 1 -- 15 oz. can chili beans
 1 - 15 oz. enchalada sauce (mild)
 1 - 8 oz. tomato sauce
 1 t. instant onion
 Bake uncovered 20 min. - 375°. Spread 1 cup sour cream on top. Fritos around sides and cheese in middle. Put back in oven for 5 min.

Poor Man's Stroganoff Diane Stromberg

2 cans Cream of Mushroom Soup
 1 envelope onion soup
 1 cup cooking sherry
 1 pound stew meat
 Cut stew meat into bite size pieces and put in deep casserole. Heat soups and add sherry. Pour over stew meat (do not brown meat). Cover. Bake 4-5 hours. 250°. Pour over rice or noodles.

Hot Dish

Ruth Swanson

1 1/2 lbs. hamburger 2 cans chicken soup
 1 c. rice 1 can mushrooms
 1 lg. onion 3 T. soy sauce
 2 c. celery
 Brown hamb. and onions together. Cook rice and celery and add all ingredients together. Place in baking dish and bake 1 hour. No salt or pepper.

Old Fashioned Bean Soup

Gladys Fillion

Ham bone with meat
Wash and soak 2 heaping cups navy beans
2 med. onions
 $\frac{1}{2}$ c. tomatoes or juice
1 T. catsup
2 carrots diced
2 med. potatoes (cubed)
2 stalks celery (cut up)

Boil ham bone first with enough cold water to cover. Then add the beans and the rest of ingredients. When meat is tender remove from bone and cut up in soup. Simmer until beans are tender all day if beans are not tender. Don't boil. Use a little pepper for seasoning. Taste to see if it needs salt. (Usually it doesn't.)

5 Hour Stew

Carole Miller

2 lbs. round steak
1 lb. bag carrots
6 potatoes, cut large
1-2 stalks celery cut lg.
1 onion or $\frac{1}{4}$ c. instant
1 lg. can tomatoes
 $\frac{2}{3}$ c. water
5 T. tapioca
 $\frac{1}{2}$ t. pepper
1 T. sugar
1 t. salt

Mix everything together RAW. Bake at 300° for 5 hrs. covered. Stir occasionally.

Beef and Vegetable Scramble

Gladys Fillion

$1\frac{1}{2}$ lb. hamburger
1 onion chopped
2 cans cr. of mushroom soup
1 can chicken rice soup
1 can mushrooms
1 can mixed vegetables
or 1 pkg. frozen veg.
2 c. chow mein noodles
4 T. soy sauce

Brown hamburger and onion add soups, mixed veg. mushrooms and soy sauce. Mix 1 cup noodles into hamb. mix. Bake in 325° oven for 1 hr. Last cup of noodles spread on top the last 15 min. Makes a big hot dish.

Pizza Casserole

Gladys Fillion

1 lb. ground beef
1 lg. onion (chopped)
 $\frac{1}{2}$ c. chopped gr. pepper
1 clove garlic (chopped)
or $\frac{1}{2}$ t. garlic salt
1 -- 4 oz. can mushrooms
1 can 15 oz. spaghetti sauce with mushrooms
8 oz. thin sliced or grated Mozzarella cheese
1 can 15 oz. pkg. wide egg noodles
1 -- $1\frac{1}{2}$ c. grated American cheese
1 can 15 oz. tomato sauce
 $\frac{1}{2}$ c. water or mushroom juice
 $\frac{1}{2}$ t. salt
 $\frac{1}{4}$ t. pepper
1 T. oregano
1 8-10 oz. pkg. wide egg noodles
1 -- $1\frac{1}{2}$ c. grated American cheese

Brown beef, onion, green pepper, garlic. Add sauces, mushrooms, water, seasonings. Mix and simmer 15 min. Cook noodles as directed for use in any hot dish. Drain, add American cheese and toss lightly until noodles are coated with cheese. Spread a couple tablespoons or so of sauce in bottom of 9x13 pan greased or lg. casserole. Cover with $\frac{1}{3}$ of noodles, another layer of sauce, and Mozzarella Cheese. Repeat layers twice, ending with sauce and cheese. Bake at 375° for 25 min. or until bubbly.

Manicotti

Marge Carlson

$\frac{1}{2}$ lb. ground beef
1 clove garlic, crushed
8 oz. creamed cottage cheese
4 oz. mozzarella cheese (shredded)
 $\frac{1}{2}$ c. mayonnaise
8 manicotti (cooked & $\frac{1}{2}$ t. oregano, drained)
1 - 16 oz. jar spaghetti sauce
parmesan cheese

Brown meat and garlic in skillet, drain fat. Blend next 4 ingred. in bowl, stir in meat. Fill each manicotti with $\frac{1}{4}$ c. filling. Place manicotti in single layer in oblong pyrex baking dish. Sprinkle with oregano and Parmesan cheese. Cover with foil and bake at 325° for 15 min. Remove foil and bake 10 min. Serves 4.

Potato Casserole

2 lb. bag tater tots
or hash browns (thaw)
1 can potato soup
1 can celery soup
1 chopped onion

Carole Miller

$\frac{1}{2}$ chopped green pepper
1 (8 oz.) sour cream
salt & pepper lightly
parsley flakes &
paprika on top

Mix together. Bake in 9 x 13 pan at 350° for 1 $\frac{1}{2}$ hrs.
Serves 12.

Oven Sandwiches

1 can Prem or Spam
 $\frac{1}{2}$ lb. Am. cheese
1 med. onion
 $\frac{1}{4}$ green pepper

Gladys Fillion

Grind together and add
1 T. worcestershire
sauce and 1 T. mustard

Mix with enough salad dressing to spreading consistency. Makes about 16 weiner buns. Wrap each in foil. Bake 20 min. at 325°.

Meat-za Pie

1 lb. hamburger
 $\frac{1}{2}$ t. garlic salt
 $\frac{1}{2}$ c. fine bread crumbs
2/3 c. evaporated milk
1/3 c. tomato paste/or
catsup

Marge Carlson

1 can sliced mushrooms
or $\frac{1}{2}$ c. chopped gr. pepper
3 slices velveta cheese
cut into strips
 $\frac{1}{4}$ t. oregano
2 T. grated Parmesan
cheese

Mix together beef, salt, bread crumbs, and evaporated milk. Put into bottom of 10 inch pie pan or

7 x 9 pyrex dish. Spread mixture evenly over bottom of pan raising a rim about $\frac{1}{2}$ inch high around edge. Spread catsup or tomato paste over meat to the rim. Arrange drained mushrooms or green peppers on this. Place cheese strips in criss-cross pattern over top. Sprinkle with oregano and generously with Parmesan cheese. Bake in 400° oven for 20 min. or till cheese is melted and lightly browned. Cut into wedges and serve. Serves 4-6.

Beef Porcupines

Linda Solum

1 pkg. beef Rice a Roni
1 lb. hamburger
1 egg beaten

Combine and shape into small meatballs. (approx. 20) Brown on all sides in skillet. Combine beef seasoning packet with 2 $\frac{1}{2}$ c. hot water. Pour over meat. Cover and simmer 30 min. Thicken gravy, if desired.

Quick Macaroni & Cheese

Gladys Fillion

$\frac{1}{4}$ c. chopped onion
1 T. butter or oleo
1 can Cheddar Cheese soup
 $\frac{1}{2}$ c. milk
3 c. cooked macaroni

Cook onion in butter until tender. Blend in soup -- gradually add milk. Heat and stir often. Mix in macaroni. Heat, stirring. Serves 4 to 6.

Oriental Casserole

Darlene Mack

1 lb. hamburger
2 T. butter
 $\frac{1}{2}$ c. onion
2 c. celery
1 c. raw rice

1 can mushroom soup
1 can cr. chicken soup
2 c. water
 $\frac{1}{4}$ c. soy sauce
1 c. drained bean sprouts

Brown hamburger. Drain. Add rest of ingredients and put in a 9 x 13 pan. Bake at 350° for 1 $\frac{1}{2}$ hrs. Add $\frac{1}{4}$ c. cashew nuts $\frac{1}{2}$ hr. before serving.

Tater Tot Hot Dish

Darlene Mack

- 1½ lb. browned hamb.
- 1 pkg. onion soup mix
- 1 can mushroom soup
- 10 oz. pkg. frozen veg.
- 1 pkg. tater tots

Brown hamburger, drain. Mix all ingredients together except potatoes. Bake at 350° for 45 min. Remove from oven and put on tater tots. Bake 10 - 15 min.

Glorified Creamy Baked Chops Gladys Fillion

4 pork chops

- 1 can cream of vegetable, celery, mushroom or tomato soup
- ¼ to 1/3 c. water

In skillet, brown chops. Pour off fat. Stir in soup and water. After adding liquids, put in casserole or oven proof skillet. Cover, bake at 350° for 45 min. or until tender, depending on thickness of chops.

Smothered Steak Rollups

Pat Rosenbaum

- 2 lbs. thinly sliced round steak
- 2 c. pkg. herb seasoning stuffing
- 2 T. butter
- 1 can onion soup
- ½ c. water
- 2 T. flour

Pound steak, cut into 6 pieces, long enough to roll. Place ½ c. stuffing near center and roll. Fasten with toothpick. Brown rollup in butter. Add soup and water. Cover. Cook over low heat for 1 hr. Or bake at 325° for 1½ hrs. Can add thickening to make gravy.

Minute Steaks

Pat Rosenbaum

- 6 minute steaks
- 1 can cr. mushroom soup
- 1 can water
- 3 T. kitchen bouquet
- 1 t. salt

Brown meat. Add other ingredients. Bake at 350° for 35 minutes.

Navy Beans

Ruth Swanson

- 1 lb. navy pea beans
 - 4½ c. cold water
- Place in deep pot and let simmer on low heat until tender.

Add salt to taste, diced bacon, about ¼ c. molasses, a little catsup, a little minced onion, about ½ c. brown sugar. A little jelly can be added for flavor. Continue simmering on low heat until done. The longer the cooking, the better the flavor will be.

Chicken and Rice

Pat Rosenbaum

Mix in 9 x 13 pan:

- 1 can cream of chicken soup
 - 1 can cream of celery soup
 - 1 c. rice (2 cups)
 - ½ c. milk (1½ milk 1 c. water)
 - 1 pkg. onion soup mix
- Lay cut up chicken on top. Cover with foil. Bake at 400° for 2 hours.

Ham Balls

Ruth Swanson

- 1½ lb. smoked ham, ground
- 1 lb. fresh ham, ground
- 1 c. bread crumbs
- ½ c. milk
- 1 egg

Form into balls and cover with liquid.

Liquid

- 1 c. brown sugar
 - 1 c. hot water
 - ½ c. vinegar
- Bake for 1½ hours.

Jiffy Meat Loaf

Ruth Swanson

1½ lb. ground beef
1 egg, beaten
1 T. Worcestershire sauce
½ t. salt
18 (2" size) crackers, crushed
1 can spanish rice

Mix, shape in loaf, top with catsup. Bake
1 hour in 350° oven.

Marinated Chuck Roast

Pat Rosenbaum

3-5 lbs. arm cut chuck roast
1 c. strong coffee
1 T. vinegar
1 c. soy sauce
1 T. sesame seed
1 T. worcestershire sauce- dab butter
Meat tenderizer -- use 1 large onion
as directed.

Brown sesame seeds in butter, add onion and
cook until onions wilt. Add all ingredients.
Pour over roast. Let stand at room temperature
all day, turning every few hours. Charcoal
broil 1-2 hours.

All In Package
Steak Dinner

Pat Rosenbaum

Place ingredients in 18" foil placed in 9 x 13
pan.

1½ lb. chuck steak--cut 1" thick
1 envelope onion soup mix
3 med. carrots (quartered)
2 stalks celery (cut in slices)
2-3 med. potatoes (halved)
Top with 2 T. butter and ½ t. salt
Bake 450° for 1-1½ hours.

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Meatballs

Pat Rosenbaum

1 lb. hamburger
1 slightly beaten egg
1 t. salt
¼ t. pepper
1 med. onion

Shape into meatballs the size of walnuts.

1 envelope onion soup
1 med. bay leaf
Drop meatballs in this boiling mixture. Simmer
for ½ hour.
½ t. salt
3 c. boiling water

Good Meat Loaf

Pat Rosenbaum

2 lbs. ground round
2 eggs
1½ c. bread crumbs
¾ c. ketchup
1 t. accent
½ c. warm water
1 pkg. onion soup mix

Beat. Put in loaf pan, top with 2 strips bacon
and 8 oz. can tomato sauce. Bake 1 hour at 350°.

Extra Good Barbequed Ribs

Dorothy Watts

Yield: 5-6 servings
Cooking time: 2½ hours

4# spareribs
1 c. sliced onions
1 c. catsup
1 c. water
2 t. salt
2 T. Worcestershire
¼ c. vinegar
¼ c. brown sugar
2 t. dry mustard
1 t. paprika
1 t. liquid smoke
¼ t. chili powder
dash of garlic powder

Cut spareribs into serving pieces. Brown them in
skillet over surface heat. Combine the remaining
ingredients and pour over the ribs. Cover, bake
in moderate oven, 325° for 2 hours. Spoon the
sauce over 3 or 4 times during baking. Bake 275°
for 30 min. uncovered.

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Super Beef Stroganoff

Dorothy Watts

- 1/4 c. minced onions
- 1/2 c. butter
- 1 lb. fresh mushrooms, sliced
- 1 lb. round steak, cut in 1/2 inch strips
- 2 T. flour
- 1/2 t. salt
- dash of ground pepper
- 1/8 t. garlic powder
- 1 t. dry mustard
- 1 c. consomme
- 1 c. dry white wine
- 1 c. dairy sour cream
- 3 T. sherry

Saute onion in butter 10 min.: add mushrooms, cover and continue cooking 5 min. Remove onions and mushrooms to a bowl. Brown meat in same skillet over low heat, then blend in flour with the fat left in pan. Add seasonings, onions and mushrooms, consomme and white wine. simmer gently for 1 hour, until meat is tender. Just before serving, stir in sour cream and sherry. Heat, but do not boil. Serve on rice or broad noodles. Serves 4.

Stuffed peppers

Dorothy Watts

- 6 med. green peppers
- 1 pound ground beef
- 1 small onion, diced
- salt and pepper to taste
- 1/4 c. raw reg. rice
- 15 oz. can tomato sauce
- Par boil cleaned peppers in salted water (1 t.) for 5 min. Mix ground beef, onion, salt and pepper, rice and 1/3 can tomato sauce thoroughly. Place peppers in casserole, stuff with meat mixture. Pour remaining tom. sauce on top. Bake 1 hr. 375°, uncovered.

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Chow Mein

Dorothy Watts

- 1 1/2 # chow mein meat (beef and pork) or all pork
- 1 bunch celery, sliced
- 2 c. sliced onion
- 2 cans bean sprouts, drained
- 1 can water chestnuts, sliced
- 1 can (4 oz.) mushrooms, sliced
- 1 small jar pimento, chopped
- 1 6 oz. pkg. Chinese pea pods
- 1 beef bouillon cube
- 1 t. salt
- 2 T. soy sauce
- cashews

Brown meat in 2 T. butter, when brown sprinkle with 1 t. soy sauce. Let brown another minute. In large pan, add meat, celery, onion. After meat is out of skillet, add 2 c. water and simmer to get all browned drippings. Add this water to meat, celery and onion. Add enough water to cover veg. Add bouillon cube, salt and soy sauce. Cook until veg. are tender, but still crisp. (10-15 min) Add mushrooms, chestnuts, pimentos. Bring to boil, cook 2-3 min. Add bean sprouts, heat through. Thicken with cornstarch dissolved in water. Serve on Chinese noodles, garnish with cashews. Serves 8.

Bean Dish

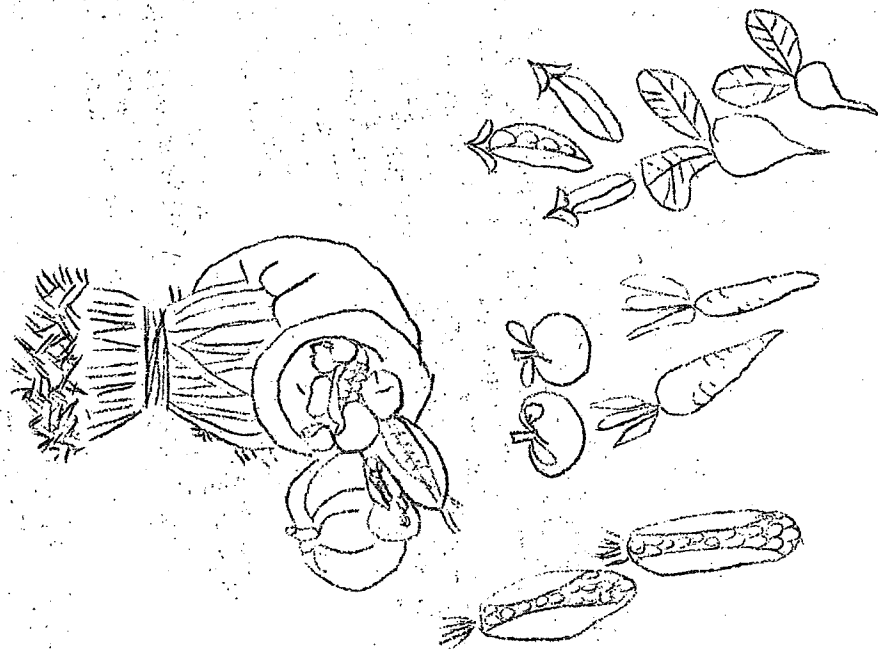
Pat Rosenbaum

- Fry bacon strips and pour off fat.
- Brown 1 lb. ground beef and 1/2 c. onion.
- Add: 1 lg. can pork and beans
- 1 can kidney beans
- 1 can ~~lima beans~~ *butter beans*
- 2 T. vinegar
- 1/2 c. brown sugar.
- Simmer or bake in oven until hot throughout.

--30--

NOTES:

VEGETABLES



Scalloped Potatoes

Gladys Fillion

1 can cr. mushroom soup
 $\frac{1}{2}$ to $\frac{3}{4}$ c. milk
dash pepper
4 c. thinly sliced potatoes

Blend soup, milk and pepper. Arrange alternate layers of potatoes, onion and sauce in greased casserole. Dot top with butter, sprinkle with paprika. Cover. Bake in 375° oven for 1 hour. Uncover, bake 15 min. more. 4-6 servings.

Note: Sliced cooked potatoes may be substituted for raw potatoes. Mince onion and reduce cooking to about 30 min. Bake uncovered.

Harvard Beets

Gladys Fillion

$\frac{1}{2}$ c. sugar
1 T. corn starch
 $\frac{1}{2}$ t. salt
2 T. butter

Mix sugar, cornstarch, and salt. Add vinegar and boiling water and cook until clear. Add beets, heat thoroughly. Add butter and serve.

Green Bean Casserole

Gladys Fillion

1 can cr. mushroom soup
1 t. or more soy sauce
1 can french fried onions
dash pepper

In casserole, stir soup and soy sauce until smooth. Mix in $\frac{1}{2}$ can onions, beans and pepper. Bake in 350° oven 20 min. or until bubbly. Top with remaining onions. Bake 5 min. more. Serves 6.

BBQ Cheese Potatoes in Foil

Shirle Bedient

Serve piping hot right from its foil package.

3 large baking potatoes, pared

Salt

Cracked or coarsely ground pepper

4 or 5 slices bacon, crisp cooked

1 large onion sliced

$\frac{1}{2}$ pound Cheddar Cheese, sliced 2 c.

1 stick butter or margarine

Slice potatoes onto a big piece of heavy aluminum foil and sprinkle with salt and pepper. Crumble bacon over. Add onion and the cheese slices. Slice butter over all. Mix on the foil: bring edges of foil up - leaving space for expansion of steam - and seal well with double fold. Place pkg. on grill and cook over coals for 1 hour or till done" turn several times. Makes 4-6 servings.

Fancy Vegetables

Diane Stromberg

5 slices bread

garlic salt

1 lb. Diced American Cheese 2 pkg. frozen mixed vegetables

Put vegetables in hot water long enough to separate-drain. Melt in double boiler. cheese with milk. Butter bread and sprinkle with garlic salt, be generous, and cut into bite size pieces. Mix with vegetables in 9 x 9 glass pan. Pour on melted cheese-mix slightly. Bake 350° for 35-45 min. Delicious!

Mexican Hot Dish

NOTES: Brown 1# or more ground beef & onion

Add 1 can cr. mushrooms

1" cr. chicken

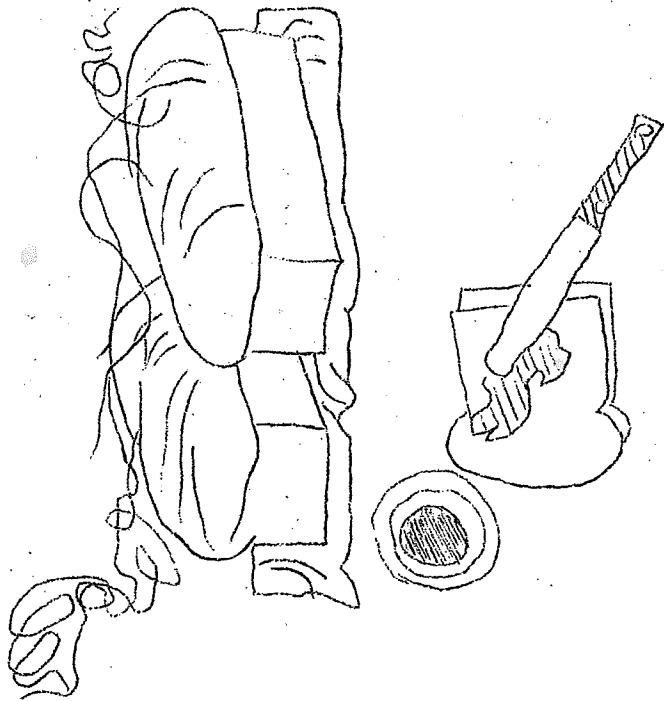
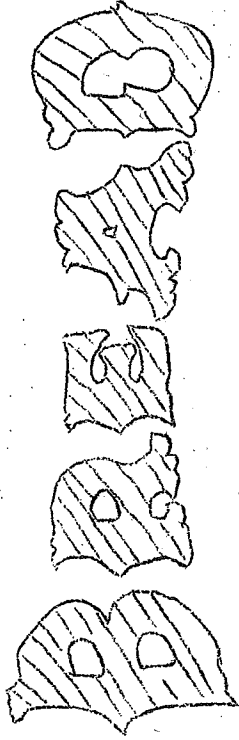
1 can taco sauce

1" El Monterey Sausage & 1 can water

Layer tortillas, meat & cheese

6 layers -

Bake 350° - 1 hr



Rhubarb Bread

Marge Carlson

1 $\frac{1}{2}$ c. brown sugar
1 $\frac{1}{3}$ c. oil
1 egg
1 c. buttermilk
1 t. salt

1 t. soda
1 t. vanilla
2 $\frac{1}{2}$ c. flour
1 $\frac{1}{2}$ c. rhubarb
(cut fine)

1 $\frac{1}{2}$ c. chopped nuts
Mix all but rhubarb and nuts. Add them last.
Bake 1 hour at 350°. Sprinkle cinnamon-sugar mixture over top while warm. Makes 1 large loaf.

English Honey Loaf (Quick Bread)

Marge Carlson

2 $\frac{1}{4}$ c. flour
1 c. sugar
1 t. baking powder
1 t. salt
3 $\frac{1}{4}$ t. soda
1 $\frac{1}{2}$ t. each: cinnamon,
cloves, allspice
1 $\frac{1}{4}$ t. ginger

1 c. raisins
1 c. chopped walnuts
1 $\frac{1}{3}$ c. shortening
1 $\frac{1}{3}$ c. honey
1 $\frac{1}{2}$ c. strong cold coffee
2 eggs
1 $\frac{1}{2}$ t. grated lemon peel

Combine all above in large mixer bowl and blend till moistened. Beat 2 min. on low speed. Put into well greased 9 x 5 loaf pan. Bake 350° for 1 hour or till toothpick comes out clean. Cool thoroughly before slicing. Best the next day.

Pizza Dough

Carole Miller

1 t. dry yeast or 1 $\frac{1}{3}$ yeast cake
1 t. lukewarm water
Let soak for a few minutes. Add:
1 $\frac{1}{3}$ t. salt
2 $\frac{1}{3}$ c. lukewarm water
2 c. flour

Stir together, then knead into ball. Makes 1 pizza.

Quickie bread

1 c. walnut
4 eggs
2 c. sugar
1 c. Vegail
3 $\frac{1}{2}$ c. flour
1 $\frac{1}{4}$ t. soda
1 $\frac{1}{2}$ t. salt
1 t. cinnamon
3 $\frac{1}{4}$ t. oil
1 c. Raisin
1 t. vanilla

2 c. grated quickie

Chopped nuts - beat eggs - add sugar
oil add dry ingredients. Add sugar

+ rest

2 q. for pane low rack
350° - 35°