

BARBECUPS

3/4 lb Ground Round
2 tbsp Brown Sugar
1 can Biscuits (10)
3/4 cup shredded Cheddar Cheese
1/2 cup Barbecue Sauce (Bull's Eye is best.)
2 tbsp Instant Minced Onion

Brown beef & drain. Stir in barbecue sauce, minced onion & brown sugar. Press each biscuit into a 10 cup muffin pan (ungreased). Press dough around inside of cup. Spoon hot meat mixture into cups, then sprinkle each cup with cheddar cheese. Bake at 375° for 10-15 minutes or until golden brown.

Stephie Arnsparger Gemmer

BEAN POT

1 can Bush Baked Beans (Remove meat)
1 can Butter Beans, drained
1 small jar Pimentos, drained
1/4 cup Open Pit BBQ Sauce
1/4 cup Brown Sugar
1 tbsp Vinegar
1/2 tsp Salt
2 slices Bacon
1 can Kidney Beans, drained
1 jar Button Mushrooms, drained
1 medium Onion, diced
1/4 cup Molasses
1/3 cup Sweet Vermouth
1 tbsp Dry Mustard
1/2 tsp Pepper
1 cup cubed Cheddar Cheese

Mix all but last 2 ingredients in slow cooker. Place bacon on top. Set cooker on Low. Cook 10-12 hours with lid. Remove lid & cook 2 hours on High. Just before serving, stir in 1/2 cheese & place remainder on top.

Dottie Arnsparger Brockman

BAKED BEEF BRISKET

1 3-4 lb Brisket
1 12-oz can Cola
1 8-oz btl Chili Sauce
1 envelope Lipton Onion Soup Mix

Score brisket. Place fat side down n roaster. Mix chili sauce, cola & soup mix. Pour over brisket. Cover. Bake at 350° until fork tender. *"Lickin' good, we think."*

Hilda Oak Ziegler

BEEF & PASTA PRONTO

1 lb Ground Beef
1/4 tsp Pepper
2 cans Campbell's Golden Mushroom
Soup
2 cups cooked Mixed Vegetables
1 cup shredded Sharp Processed
Cheese

1 tsp Basil
1/8 tsp Garlic Powder
1 can (8 oz) Tomatoes, undrained,
cut up
1/2 cup Mostaccioli Macaroni,
cooked & drained

Cook beef until browned, stirring to separate meat. Spoon off fat. Stir in remaining ingredients except macaroni. Heat through. In large bowl, combine macaroni & soup mixture. Spoon into 2 quart greased baking dish. Cover. Bake at 400° for 20 minutes.

Kristina Hunter Philips

OLD-FASHIONED BEEF POT ROAST

Roast

4 lb Beef Chuck Roast
1 tbsp Cooking Oil
1/2 tsp Dried Marjoram, crushed
1/4 tsp Dried Basil, crushed
1/2 Onion, sliced
1/2 cup Dry Red Wine
1 lb Carrots, pared & cut in chunks
1/2 cup Water
1/2 tsp Salt

2 tbsp All-Purpose Flour
2 tsp Salt
1/8 tsp Dried Thyme, crushed
1/4 tsp Pepper
1/2 cup Water
3 medium Onions, cut in 6ths
1 lb, about 8, small potatoes
pared

Sprinkle roast lightly with flour; rub in. In Dutch oven, brown meat slowly on all sides in hot fat. (If you trim fat from roast, the liquid will make excellent grease for browning roast.) Season with salt, pepper, marjoram, thyme, basil, wine & sliced 1/2 onion. Add 1/2 cup water. Cover tightly. Cook slowly 2 1/2-3 hours. Add remaining onions, carrots, potatoes, 1/2 cup water & 1/2 tsp salt. Cook 3/4-1 1/4 hours more or till meat & vegetables are tender. Remove to platter.

Gravy

Skim fat from pan juices & add enough water to make 1 1/2 cups liquid in pan.

1/2 cup cold Water
4 tbsp Flour
In shaker, combine cold water & flour; shake well. Stir into juices; cook, stirring constantly, till gravy bubbles. Season with a little salt & pepper. Simmer 2-3 minutes, stirring occasionally. Pass gravy.

Yield: 6-8 servings

Hilda Oak Ziegler

BEEF STROGANOFF

1 lb Beef for Stew
1 cup Sour Cream
1 tsp Pepper
1 cup Stroganoff Noodles, cooked
Salt to taste
1 tsp Chives
Cook beef to tender. Add noodles. Heat through. Add salt, pepper & chives to taste. Add sour cream & stir to heat thoroughly.

Kristina Hunter Philips

POOR MAN'S (BEEF) STROGANOFF

1 lb Ground Beef
1 can Cream of Mushroom Soup
1/2 tsp Beef Bouillon, Instant
1 small Onion, chopped
1 4-oz can Mushrooms with Juice
1 cup Sour Cream or Sour Half & Half
Crumble beef into a 1 1/2 quart casserole. Add onion. Microwave uncovered, 6 minutes. Drain off as much fat as possible. Add remaining ingredients, stirring well. Cover. Microwave 7-8 minutes until heated through. Serve over noodles, rice or chow mein noodles.

Judy Oak Teeas

SKILLET BEEF SUPPER

3 tbsp Shortening
2 lb Boneless Beef, cut into 1" cubes
1 small Onion, chopped
1 1/2 cups Water
1 can (11 oz) Mandarin Orange Segments, drained (reserve syrup)
1/3 cup Soy Sauce
1/2 tsp Ginger
2 tbsp Cornstarch
1/4 cup cold Water
1 small Green Pepper, cut into strips
1/2 lb Mushrooms, sliced
2 cups diagonally sliced Celery or Celery Cabbage (1/2" pieces)
1 can (5 oz) Water Chestnuts, drained & sliced
Melt shortening in large skillet. Cook & stir meat & onion in shortening over medium heat until onion is tender. Drain off fat. Add 1 1/2 cups water, the reserved syrup, soy sauce & ginger. Heat to boiling. Reduce heat; cover & simmer 1 1/2 hours or until meat is tender. Blend cornstarch & 1/4 cup cold water; stir into meat mixture. Cook over medium heat, stirring constantly, until mixture thickens & boils. Boil & stir 1 minute. Stir in green pepper, mushrooms, celery & water chestnuts. Cover, cook over low heat 5-7 minutes. Just before serving fold in orange segments.

Yield: 6 servings

Hilda Oak Ziegler

CHICKEN IN A BAG

3 tbsp Catsup	2 tbsp Worcestershire Sauce
2 tbsp Vinegar	2 tbsp Butter
1 tbsp Lemon Juice	1 tsp Salt
3 tbsp Brown Sugar	1 tsp Paprika
2 1/2-3 lb Chicken Parts	1 tsp Dry Mustard

Mix all ingredients except chicken in large glass baking dish or Corningware pan. Microwave 2 minutes, stirring often. Dip chicken into sauce & place in a clean brown bag. Fold end over & slip into a second bag. Place on large platter. Microwave 18-21 minutes (7 minutes per lb). Rest a few minutes before serving.

Yield: 4-6 servings

Judy Oak Teeas

CHICKEN BROCCOLI

2 pkg Frozen Broccoli	2 Chickens or 6-8 Breasts
2 cans Cream of Chicken Soup	1 cup Sour Cream
1 tsp Lemon Juice	1/3 tsp Curry Powder
1/2 cup shredded Cheese	

Cook chicken; cut in large pieces. Mix remaining ingredients for sauce. Layer broccoli, chicken & sauce. Sprinkle cheese on top. Bake at 325-350° for 30 minutes.

Yield: 6-9 servings

Judy Oak Teeas

CHICKEN BROCCOLI CASSEROLE

6 Chicken Breasts	1 cup Cheese
1 cup Broth	1 box Rice-A-Roni Chicken
1 cup Milk	1 box Frozen Broccoli

Boil broccoli & chicken (save broth). Melt together broth, milk & cheese. Make rice according to directions on box. In medium baking dish, put rice on bottom, then broccoli, then chicken. Pour sauce over top. Bake at 350° for 30 minutes.

Rachel Hunter Foley

CHICKEN CACCIATORE

1 2 1/2-3 lb Broiler-Fryer, cut up	1 tsp Dried Oregano or Basil Leaves,
1 tsp Salt	crushed
1/4 cup Olive Oil	1/2 tsp Celery Seeds
2 medium Onions, sliced 1/4" thick	1/4 tsp Pepper
1-2 Bay Leaves	Hot cooked Spaghetti
2 cloves Garlic, minced	1/4 cup Sauterne Cooking Wine
1 16-oz can Whole Tomatoes	Parmesan Cheese, grated
1 15-oz can Tomato-Herb Sauce	

Brown chicken in olive oil in a large skillet; remove chicken & set aside. Add onion & garlic to pan drippings; saute until tender. Combine tomatoes, tomato-herb sauce & all other spices in separate mixing bowl. Stir well. Return chicken to skillet & add sauce. Cover & simmer 30-45 minutes. Stir in cooking wine. Cook uncovered occasionally. Skim off excess fat. Serve chicken & sauce over spaghetti. Sprinkle with Parmesan cheese.

Yield: 6 servings

Judy Oak Teeas

CHICKEN CASSEROLE

1 Chicken, cooked & boned	1 pkg Stuffing Mix
2 cans Cream of Onion Soup	2 soup cans Milk

Dilute soup with milk; heat slightly. Pour over stuffing. Add chicken; mix lightly. Bake in 2 quart dish at 350° for about 30-45 minutes.

Cathy Ziegler Anderson

CHICKEN CREPES

Filling

2 cups chopped cooked Chicken
1 can Cream of Mushroom Soup,
divided
1/4 tsp Salt
1 1/2 cups shredded Monterey Jack
Cheese, divided
1/4 tsp Paprika, twice
Garlic Powder to taste
Pinch Pepper
1 tsp Instant Minced Onion, twice
1/2 tsp Dried Parsley Flakes, twice
Crepes (recipe follows)
Combine chicken, 1/2 cup soup, 3/4 cup cheese, pinch pepper, 1 tsp onion, 1/2 tsp parsley, 1/4 tsp paprika, salt & garlic. Mix well. Spread 2 tbsp filling in center of each crepe: roll up & place seam-side down in 13x9" baking dish. Combine remaining soup, pinch pepper, remaining seasonings & 3/4 cup cheese. Stir well. Spoon over crepes. Bake at 375° for 15-20 minutes or until bubbly.

Yield: 5 servings

Crepes

1 cup Flour
1 1/4 cups Milk
3 tbsp melted Butter or Margarine
2 Eggs, beaten
Combine flour & milk, beating well until smooth. Add eggs & beat well; stir in butter. Refrigerate batter 1 hour. (This allows flour particles to swell & soften so the crepes are light in texture.) Brush bottom of a 6 1/2 or 7" crepe pan or skillet with vegetable oil; place pan over medium heat until just hot, not smoking. Pour 2 tbsp of batter into pan; quickly tilt pan in all directions so the batter covers the pan in a thin film. Control 1 minute. Lift edge of crepe to test for doneness. Crepe is ready for flipping when it can be shaken loose from the pan. Flip the crepe & cook about 30 seconds on the other side. (This side is rarely more than spotty brown.) When crepes are done, place on a towel & allow to cool. Stack between wax paper to prevent sticking. Crepes may be frozen & thawed ahead of time.

Yield: 10 crepes

Judy Oak Teeas

CHICKEN DIJONNAISE

1 Chicken, 2 1/2-3 lb, quartered
Freshly Ground Black Pepper
1/2 cup Heavy Cream
1/3 cup Mustard, Dijon Style
1/3 cup Vermouth or Dry White Wine
Salt to taste
Coat chicken with mustard & set in bowl covered to marinate at room temperature for 2 hours. Arrange chicken, skin side up in baking dish. Scrape out any mustard remaining in bowl & spread it evenly over chicken. Season lightly with salt & pepper. Pour vermouth or wine around chicken. Set dish on center rack. Bake at 350° for 30-40 minutes or until chicken is done. Scrape the mustard off chicken & back into baking dish. Put chicken on platter & keep warm. Skim fat from cooking juices & set baking dish over medium heat. Bring to a boil. Whisk in cream & lower heat. Simmer for 5-10 minutes or until it is reduced by 1/3. Season with salt & pepper. Spoon over chicken.

Kristina Hunter Philips

CHICKEN & DUMPLINGS

1 Hen (4-4 1/2 lb)	4 cups Flour
Broth & Water to make 1 gallon	2 large Eggs
1 cup Milk	1 tsp Salt
1/4 cup Oleo or Shortening	

Boil chicken until tender. Remove & take meat from bones. Mix dumplings. Beat eggs & salt, add oleo, milk & beat in 1 cup flour. Beat 1 minute, then add 2 cups flour & stir lightly, use the last of flour on dough board. Roll dough to a thin sheet, using 1/3 of dough at each rolling; cut into 1" squares. Roll & cut all dough. Add to boiling broth, a little at a time. Cook until done, about 10 minutes. Add chicken & heat. Will keep in refrigerator 4 days. Add small amount of water when heating.

Judy Oak Teeas

CHICKEN WITH HERBED DUMPLINGS

Chicken

1 3 1/2-4 lb Frying Chicken	1 quart Water
2 Carrots, scrubbed & sliced	2 Onions, peeled & quartered
2 ribs Celery, cut in 2" pieces	1/4 cup chopped Parsley
Salt to taste	1 cup Milk
Pepper to taste	1/3 cup Flour

Cut chicken in half or quarters. Place in Dutch oven with water, carrots, onions, celery, parsley, salt & pepper. Bring to boil. Turn to low & simmer, covered, until chicken is tender. Remove chicken & let cool. Strain broth. Pour into a tall container, skimming all fat from the broth. When cool enough to handle, remove skin & bones from chicken. (Chicken meat & broth can be frozen at this point for future use.) Return broth to saucepan (should total 3 cups). Whisk together milk & flour, then add to broth, stirring until slightly thick. Add chicken. Make Herbed Dumplings & add to simmering chicken-gravy mixture about 20 minutes before serving.

Yield: 4 or 5 servings for \$4.02 when whole chickens are \$.59 a lb.

Herbed Dumplings

1 1/2 cups soft Wheat Pastry or Cake Flour or All-Purpose Flour	2 1/4 tsp Baking Powder
1/4 cup finely chopped Parsley	1/2 tsp Salt
3 tsp Butter or Margarine	3 tbsp snipped Chives (or Green Onions)
3/4 cup Milk	

Sift flour with baking powder & salt. Add parsley, chives & butter. With pastry blender or 2 knives, cut in butter until mixture is the texture of small peas. Stir in milk to make a soft dough, stirring as little as possible. Drop by spoonfuls into chicken mixture. Simmer 10 minutes uncovered; then cover & simmer 10 minutes longer. Serve at once.

Yield: 8-10 dumplings

Faye Oak Hunter

FRUITED CHICKEN

3/4 cup sifted All-Purpose Flour
1/4 tsp Celery Salt
1/4 tsp Ground Nutmeg
1/2 cup Butter or Margarine
1 20-oz can Pineapple Tidbits
1 tbsp Sugar

1/4 tsp Salt
1/4 tsp Garlic Salt
2 Broiler-Fryers (2 1/2-3 lb each),
cut up
3 tbsp All-Purpose Flour
1/3 cup Soy Sauce

In plastic or paper bag, mix the 3/4 cup flour, salt, celery salt, garlic salt & nutmeg. Shake chicken pieces, a few at a time, in flour mixture till covered. In large skillet, melt butter or margarine. Brown chicken on all sides. Place chicken in a 13 1/2x8 3/4x1 3/4" baking dish. Drain pineapple, reserving 1 cup syrup. Sprinkle pineapple over chicken. Stir the 3 tbsp flour & sugar into butter remaining in skillet. Add reserved pineapple syrup & soy sauce; cook & stir till mixture thickens & bubbles. Spoon evenly over chicken & pineapple. Cover & bake at 350° for 1 hour.

Yield: 6-8 servings

Hilda Oak Ziegler

GARLIC DIP CHICKEN

1 Chicken, quartered
1 cup Cheese Crackers, crushed fine
1/2 tsp Thyme
1/2 tsp Pepper

1/3 cup Garlic Flavored Sour Cream
Dip
1/4 tsp Paprika

Coat chicken with dip. Combine remaining ingredients, roll chicken in mixture. Bake skin side up in shallow baking pan at 350° for 45-60 minutes.

Yield: 4 servings

Judy Oak Teeas

LEMON CHICKEN SUPREME

4 Whole Skinless, Boneless Chicken
Breasts
1/4 tsp Black Pepper
1/2 cup Brown Sugar

1/2 cup Lemon Juice
1 cup All-Purpose Flour
1 tsp Paprika
Peel & Juice of 2 Lemons

Marinate chicken breasts in lemon juice for several hours or overnight. Drain, reserving marinade. Combine flour, pepper & paprika in a 1 gallon plastic bag & shake each chicken breast in the combination, then place on a greased baking dish. (use a 13x9" dish or 2 10" baking dishes if you want to freeze 1.) Combine brown sugar & lemon peel in a food-processor bowl & process until the peel is grated very fine. Sprinkle sugar mixture evenly over chicken, then add juice of lemons to leftover marinade & drizzle over all. Bake at 350° for 45 minutes. Serve immediately or cool & freeze for later.

Yield: 8 servings for \$5.95 when chicken breast fillets are at \$1.49 a lb

Faye Oak Hunter

CHICKEN WITH ORANGES

3-3 1/2 lb Chicken Thighs & Legs
1 tbsp Oil
1/2 Lemon 1 tsp Powdered Sugar
1 14 1/2-oz can Chicken Broth
1 tsp Powdered Ginger

3 tbsp Butter & Margarine
1 16-oz can Mandarin Oranges
2 tbsp chopped Parsley

Butter 2 10" baking dishes (if you want 1 for freezing) or 1 12x9" dish. Dry chicken pieces thoroughly with paper towels, first removing chicken skin if desired. Heat butter & oil in heavy skillet & brown chicken pieces on each side until golden. Remove chicken pieces from skillet & set aside. In the skillet combine undrained mandarin oranges, juice of 1/2 lemon, ginger, chicken broth & parsley. Bring to a boil, scraping up any browned bits from bottom of the skillet; lower heat & simmer 5 minutes. Arrange chicken pieces in prepared pans or pan. Pour orange sauce over chicken, cover with foil & cook chicken in oven at 350° for 45 minutes or until tender, turning chicken at least once during cooking time. Serve immediately or cool & wrap for freezing.

Yield: 8 servings for \$3.66 when chicken legs & thighs are \$.39 a lb

Faye Oak Hunter

OVEN FRIED CHICKEN

1 Fryer, cut in serving pieces
2 cups Corn Flake Crumbs

1/2 cup Milk

Dip chicken in milk, then in corn flake crumbs. Place on greased baking sheet. Bake at 375° for 25 minutes on each side. *"I skin chicken & use Pam on baking sheet."*

Wilda Oak Arnsparger

CHICKEN PARISIENNE IN A POT

3 Whole Chicken Breasts
1 can Cream of Mushroom Soup
1 cup Sour Cream
1/4 cup Flour

1/4 cup Chicken Broth
1 4-oz can sliced Mushrooms,
drained

Boil chicken & dice when cool. Mix broth, soup, sour cream & flour. Place chicken in crock pot; pour soup mixture over chicken; add mushrooms. Cover & cook on Low 7-9 hours. (High 3-4 hours)

Rachel Hunter Foley

SAVORY SOUTHERN CHICKEN PIES

Filling

8 oz Bulk Pork Sausage	4 tbsp Butter or Margarine
1/3 cup All-Purpose Flour	1/4 tsp Salt
1/8 tsp Pepper	1 13 3/4-oz can (1 3/4 cups)
2/3 cup Milk	Chicken Broth
2 cups cubed Cooked Chicken	1 10-oz pkg Frozen Peas, thawed
1 recipe Savory Pastry	

In saucepan, brown sausage; drain on paper towels. Pour out fat. In same saucepan, melt butter or margarine. Blend in flour, salt & pepper. Stir in chicken broth & milk. Cook & stir till thickened & bubbly; cook 1 minute more. Add chicken, sausage & peas; heat through. Divide among 6 1-cup casseroles. Top with Savory Pastry.

Savory Pastry

1 cup sifted All-Purpose Flour	1 tsp Celery Seed
1/2 tsp Salt	1/2 tsp Paprika
1/3 cup Shortening	2 tbsp Water

Combine flour, celery seed, salt & paprika; cut in shortening. Sprinkle with water, 1 tbsp at a time, mixing with fork till all flour is moistened & dough clings together. Gather dough together; press into ball. Roll 1/8" thick on lightly floured surface. Cut into 6 circles the size of each casserole. Cut slits near center of each circle; place one circle on each casserole. Place casseroles on baking sheet. Bake at 425° for 25-30 minutes.

Yield: 6 servings

Hilda Oak Ziegler

CHICKEN-RICE SUPREME

1 cup Uncooked Rice	1 can Cream Soup (Chicken, Celery or Mushroom)
1 soup can Milk	Diced Celery in rice, optional
1 pkg Dry Onion Soup Mix	1/2 cup Almonds, optional
Peas & Carrots in rice, optional	3 tbsp Margarine, melted
1 Chicken, cut-up, or Chicken Pieces	Parmesan Cheese

Combine rice, soup, milk & onion mix in large casserole dish. Season chicken & arrange skin side up on rice mixture. Brush with melted margarine. Bake uncovered at 325 ° for 1 hour. Sprinkle with Parmesan cheese last half hour. (If desired, add diced celery or peas & carrots to rice mixture.)

Stella Adcock Caudill

SOUR CREAM CHICKEN

1 pkg Smoked Beef
8 boned Chicken Breasts
Bacon

1 can Mushroom Soup
1 cup Sour Cream

Place beef on bottom of greased baking pan. Wrap chicken breasts with bacon & lay on top of beef. Mix soup with sour cream & pour over all. Bake at 300-350° for 2 hours.

Joan Black Arnsperger

SWEET-SOUR CHICKEN

2 1/2 lb Chicken Wings
1/3 cup Vegetable Oil
1/3 cup Vinegar
1/2 cup packed Brown Sugar
3/4 cup Catsup
4 servings Rice, cooked

1 cup (12 oz) Chunk Pineapple
1 12-oz can Pineapple Juice
1 tbsp Soy Sauce
1 tsp Prepared Mustard
1/8 tsp Salt

Brown chicken wings in single layer in vegetable oil in Dutch oven. Remove as they brown. Drain off drippings & add vinegar, sugar, pineapple juice, pineapple chunks, catsup, soy sauce, mustard & salt. Bring to boil for 5 minutes, stirring constantly. Add browned wings. Simmer covered for 15 minutes. Turn wings over & cook uncovered for 15 more minutes. Remove chicken to serving dish. Skim fat from surface & pour over chicken. Serve with rice.

Yield: 4 servings

Cathy Ziegler Anderson

CHICKEN TETRAZZINI

1/4 cup Butter
1 cup Chicken Broth
1/4 cup Flour
1 cup Whipping Cream
1 can sliced Mushrooms
Slivered Almonds, optional

1/2 tsp Salt
1 pkg (7 oz) Spaghetti, cooked
1/4 tsp Pepper
2 cups cubed Chicken
1/2 cup Parmesan Cheese

Melt butter in pan at low heat, blend in flour and seasoning. Cook over low heat, stirring constantly, until mixture is smooth & bubbly; then remove from heat. Stir in broth & cream. Heat to boiling, stirring constantly. Boil & stir 1 minute. Stir in spaghetti, chicken & mushrooms. Pour into ungreased casserole dish & sprinkle with Parmesan Cheese. Top with slivered almonds. Bake at 350° for 30 minutes.

Linda Zeigler Hunter

SLOW-COOKER CORNED BEEF

2-4 lb Corned Beef Brisket, well
trimmed
4 Whole Peppercorns
2 Bay Leaves

2 cloves Garlic, peeled & halved
1 very small Onion, peeled & minced
1-2 cups Water
2 tbsp Brown Sugar mixed with (next)
2 tbsp Spicy Mustard, optional

Put meat, garlic, onion, peppercorns & bay leaves into a slow cooker. Pour in a cup or 2 of water--the liquid should surround, but not quite come to the top of the meat. Cook the meat on low power for 8-12 hours. The beauty of the slow cooker is that, except in the case of chicken, it scarcely matters how long you leave something in the pot. Remove meat to a heat-proof platter & if you wish, trim away as much fat as possible. The fat will be mushy, while the meat is firm, so it's very easy to scrape it away. *"For eating as a hot supper, my family prefers an oven-glazed version of corned beef. So at this point, we mix the brown sugar & mustard (vary the portions according to your own taste), slather it on the roast & cook in an oven at 350° until the outside is browned & bubbly. This step also has the advantage of firming up meat which may otherwise have become rather soft in the slow cooker."*

Faye Oak Hunter

CORNED BEEF STIR-UP

1 pkg (7 oz) Elbow Macaroni
1/4 cup Water
1/3 cup Non-Fat Dry Milk
1 can (12 oz) Corned Beef, chopped
1 cup shredded Process American
Cheese

1 can (10 1/2 oz) Condensed Cream
of Celery Soup
2 tbsp Instant Minced Onion
1 tsp Onion Salt
Chopped Green Pepper & Pimento

In saucepan, cook macaroni as directed on pkg; drain. In large skillet, mix water & milk. Stir in macaroni & remaining ingredients. Heat on grill over medium heat, stirring occasionally, until bubbly. Sprinkle with green pepper & pimento.

Hilda Oak Ziegler

CORNISH PASTIES (pronounced "pass-ties"), **OUR STYLE**
Cornwall, England

Pastry

1 cup Flour	1 stick Margarine or 1/2 Lard &
Pinch Salt	1/2 Margarine
3 tbsps Water	

Mix flour & salt, rub in fat. Using a knife to cut & stir, mix in cold water to form a stiff paste. Let pastry rest 1/2 hour.

Filling

1/2-3/4 lb shredded Raw Beef or	2 medium Potatoes, peeled & shredded
Hamburger	or Instant unmixed
Minced Onion to taste	Vegetables, optional

Mix together filling ingredients. Roll out pastry & cut in circles (saucer to dessert plate size, as desired). Put filling in center of circle, dampen edges, bring up & seal. Flute with fingers. Put on baking sheet & brush with beaten egg or milk. Bake at 400° for 30 minutes or until pastry is golden brown. (Larger pasties take longer, of course.)

Stella Adcock Caudill

DRIED BEEF & GRAVY

1 pkg Dried Beef, cut up fine	1/2 cup Flour
1-1 1/2 cup Milk	1/2 loaf Sandwich Bread

Brown beef & flour together in iron skillet. Pour in milk & stir as if making sausage gravy. Serve on toasted bread tips.

Dottie Arnsperger Brockman

ENCHILADAS

12 oz, about, grated Sharp Cheese	Onion, chopped
Sour Cream or Cottage Cheese	1 lb fried Ground Beef
Tomato Sauce (15-oz can or more)	1/2 pkg Taco Seasoning Mix mixed
1 pkg Medium Size Floured Tortillas	with Meat
Small can Kidney Beans	

Pour part of tomato sauce into 13x9" pan. Dip both sides of tortillas in sauce & fill with little of everything. Roll up. Add more sauce in pan as you need it. Lay rolled up tortillas in pan. Pour any excess sauces over top. Sprinkle cheese over this. Cover pan with foil & bake at 350° for 30-45 minutes.

Stella Adcock Caudill

CHICKEN ENCHILADAS

1 cup Cream of Mushroom Soup	1 cup Cream of Chicken Soup
1 can Milk	1 can Rotel Tomatoes
1 lb Cheddar Cheese	1 Green Pepper, chopped
1 Onion, chopped	5-6 Chicken Breasts or 2 Whole
1 pkg Taco Flavored Chips	Chickens

Boil chicken & cut into pieces. Butter bottom of oblong casserole. Arrange taco chips in bottom. Mix onions, liquids & pepper together. Alternate layers of chicken & liquids. Cover & top with cheddar cheese & refrigerate 24 hours. Cook at 350° for 1 hour.

Judy Oak Teeas

HOT & SPICY ENCHILADAS

1 lb Ground Beef	1 8-oz pkg American Cheese
1 small can Evaporated Milk	1 4-oz can chopped Green Chilies
1 medium Onion, chopped	1 tsp Garlic Salt
1 can Cream of Chicken Soup	1 pkg Green Onion Dip Mix
18 Tortillas	1/2 cup shredded Cheddar Cheese

Cook beef & onion in large skillet until well browned. Saute tortillas in hot oil briefly to soften. Spoon meat mixture evenly in center of each tortilla. Roll up & place seam side down in 13x9" pan. Combine remaining ingredients, except cheddar cheese in small saucepan. Cook over medium heat until cheese is melted. Pour evenly over enchiladas & sprinkle with cheddar cheese. Bake at 350° for 20 minutes or until bubbly.

Janet Oak Peel

FETTUCINI CARBONARA

3 Egg Yolks, raw	1/3 cup Cream
1/3 cup Parmesan Cheese	1/2 tsp coarse ground Black Pepper
Mix & set aside.	
1/2 lb Jowl or Breakfast Bacon	1/2 tsp Olive Oil
cut into cubes (or better yet,	1 tsp Butter
use Italian Panchetta)	1 Garlic Clove, minced

Saute last 4 ingredients until done. Bacon should not be crisp. Set aside; keep warm.

1 lb Fettucini or Spaghetti

Cook pasta al dente. *"To check for al dente, throw one piece on wall. If it sticks, it's done!"* In large bowl, blend egg yolk mixture with pasta, cover with bacon mixture.

Yield: 4 servings

Fr. Roger Keith Arnsparger

GOULASH

1 lb Ground Beef
2 Garlic cloves or 2 tbsp Garlic Powder

1 small Onion, diced
1 8-oz can Tomato Sauce
1 1/2 cups Macaroni or Spaghetti (elbow)

Boil macaroni in 3 cups water. Brown ground beef, onions & garlic in large skillet, stirring often to keep from sticking. Drain macaroni & add to ground beef mixture; add tomato sauce. Simmer for 5-10 minutes & serve. *"You may also use ground turkey or chicken."*

Wilda Oak Arnsparger

GREEN NOODLE CASSEROLE

2 lb Ground Meat
1 can Tomato Paste
1 Green Pepper, chopped
1 box Green Noodles
1 cup Sour Cream
Salt to taste

1 can Tomato Sauce
1 large Onion, chopped
1 large pkg Cream Cheese
1 small can Black Olives, pitted & sliced
Pepper to taste

Saute meat, browning briefly. Season with salt & pepper. Add tomato paste, tomato sauce, garlic, 1/2 onion, 1/2 green pepper & olives. Soften cream cheese in bowl & add sour cream. Blend & mix in other 1/2 onion & green pepper. Cook noodles. Layer noodles, cream cheese mixture & meat mixture in casserole dish. End with meat on top. Bake at 300° for 1 hour.

Yield: 6-8 servings

Judy Oak Teeas

BAKED HAM & SCALLOPED POTATOES

6 lb Fully Cooked Bone-In Half Ham
3 lb Potatoes, pared & thinly sliced
4 medium Onions, thinly sliced
3 tsp Salt
3 tbsp Butter or Margarine
2 tbsp Honey or Corn Syrup

2 tbsp Flour
1/8 tsp Pepper
1/8 tsp Paprika
2 1/4 cups Milk
1/4 cup Brown Sugar, packed
1/2 tsp Dry Mustard

Wipe ham with damp paper towels. Place ham on rack in shallow roasting pan. Bake uncovered at 325° for 1 1/4 hours. Place potatoes, onions & 2 tsp salt in large saucepan; cover with water. Bring to boiling & boil gently 5 minutes, or until potatoes are just tender. Drain. Melt butter in small saucepan. Remove from heat. Add flour 1 tsp salt, pepper & paprika & stir until smooth. Gradually stir in milk. Bring to gentle boil, stirring constantly; boil gently 3 minutes. Set sauce aside. Remove ham from oven. Mix brown sugar, honey & mustard; pat mixture on ham. Insert meat thermometer in center of ham, away from bone. Place ham in center of 3-quart, shall baking dish or shallow casserole. Spoon drained potato mixture around ham. Pour sauce over potato mixture. Sprinkle potatoes with paprika. Bake at 400° for 25-30 minutes or until meat thermometer registers 130° & sauce is bubbling.

Yield: 6-8 servings

Hilda Oak Ziegler

HAM HASH

2 tbsp Butter or Margarine
3 cups finely chopped boiled
Potatoes
1/2 cup Milk
2 cups chopped Cooked Ham
Salt to taste
1/4 cup chopped Onion, optional
1/8 tsp Tabasco
Melt butter. Mix together remaining ingredients, adding salt to taste. Pour mix in frying pan
& cook over low heat. When hash is well-browned, fold in omelet fashion.

Joyce Owengs Ziegler

LASAGNA

3 lb Ground Chuck (browned &
drained)
1 tbsp Garlic Powder
1 large can Tomato Paste
1/2 box Lasagna Noodles (cooked &
drained)
1 tsp Salt
1 tsp Pepper
1 tsp Oregano
1/2 can Water (use tomato can)
1 large carton Cottage Cheese
3 cups shredded Mozzarella Cheese
Some Onion, Green Pepper, Mushrooms
Layer, on bottom of 12x9" dish, 1/2 each noodles, meat mixture, cottage cheese, onions, green
peppers & mushrooms (sliced). Sprinkle with 1/2 cheese. Then repeat the layers. Bake at 350
for 30 minutes. *"You may omit or add any seasonings. You may double recipe for large gatherings."*

Louise Felker Hunter

LASAGNE

1 lb Ground Round
2 15-oz cans Tomato Sauce
Garlic Salt
Oregano 16 oz Lasagne Noodles
16 oz Ricotta Cheese
2 cups Mozzarella Cheese, shredded
1 Egg
Parsley Flakes
Onions, diced
1 cup Parmesan Cheese
Brown ground beef & drain; combine with salt, onions, oregano & tomato sauce. Cook lasagne
noodles. Mix ricotta, Parmesan & some of the mozzarella & parsley. Layer noodles & cheese
mixture. Cover with foil. Bake at 350° for about 30 minutes or until hot & bubbly. Remove
foil, sprinkle with remaining mozzarella & bake for 10 minutes until brown.

Stephie Arnsparger Gemmer

TURKEY LASAGNE

1/2 chopped Onions	1/2 cup chopped Green Peppers
3 tbsp Butter	1 4-oz can Mushrooms, drained
1/4 cup Pimentos	1 10 1/2-oz can Chicken Soup
1/3 cup Milk	8 oz Lasagne Noodles, cooked & drained
1 1/2 cups Cottage Cheese	1/2 cup grated Parmesan Cheese
3 cups cubed Turkey	

Saute onions & peppers in butter in 2-quart saucepan until tender. Stir in mushrooms, pimentos, soup & milk. Heat well. Arrange 1/2 the noodles in a greased 13x9x2" baking dish. Layer 1/2 each, sauce, cottage cheese, turkey & cheese. Repeat the layers ending with the cheese. Bake at 350° for 45 minutes, or until hot & bubbly.

Wilda Oak Arnsparger

HUNGARIAN MEAT BALLS

2 lb Ground Beef or Turkey	1/4 lb Cracker crumbs
1 pkg Lipton Onion Soup	1/2 tsp Garlic Powder
3 Eggs 1 can Cream of Mushroom Soup	
1 can Cream of Celery Soup	

Mix meat, cracker crumbs, onion soup garlic powder & eggs thoroughly. Shape into balls, approx 1/8 cup each. Brown in iron skillet, rolling so all sides are brown. Cook until meat is done. Mix soups in 3-quart saucepan. **Do Not Add Water or Milk.** Add meat balls. Simmer until mixture thickens.

Fr. Roger Keith Arnsparger

ITALIAN MEAT BALLS

2 lb Ground Beef or Turkey	1/4 lb Cracker crumbs
1 pkg Lipton Onion Soup	3 tsp Italian Seasoning
1 tsp Oregano	1 tsp Garlic Powder
3 Eggs 16 oz Tomato Sauce	
8 oz Tomato Paste	4 tsp Italian Seasoning
1 tsp Oregano	2 tsp Garlic Powder
1 8-oz box Spaghetti, <i>"the thinner, the better"</i>	

Mix meat, cracker crumbs, onion soup 3 tsp Italian seasoning, 1 tsp oregano, 1 tsp garlic powder & eggs thoroughly. Shape into balls, approx 1/4 cup each. Brown in iron skillet, rolling so all sides are brown. Cook until meat is done. While meat is browning, mix tomato paste, tomato sauce & remaining seasonings in 3-quart saucepan & simmer. When meat balls are done, add to sauce. Cook spaghetti according to pkg directions. Serve with above sauce.

Dottie Arnsparger Brockman

MEAT LOAF

2 lb Ground Beef or Turkey
1/4 lb Cracker crumbs
1/4 cup Catsup
2 slices Bread-stale is fine
1 can Vegetarian Vegetable Soup
1 pkg Lipton Onion Soup
3 Eggs
Cheese or more Catsup, optional

Mix thoroughly. Shape into loaf. Place atop slices of old bread in loaf pan. Bake at 325° for 45-55 minutes. When done remove from pan & dispose of greasy bread. *"Sometimes, I lay cheese slices on top & bake just long enough to melt. Also, I have just poured catsup over & let it run down the sides a little."*

Dottie Arnsperger Brockman

SAUCY LITTLE MEAT LOAVES

Meat Loaves

1 1/2 lb Ground Beef
3/4 cup Quaker Oats
1 1/2 tsp Salt
1/4 tsp Pepper
1/4 cup diced Onions
1 beaten Egg
3/4 cup Milk

Sauce

1/3 cup Catsup
1 tsp Brown Sugar
1 tsp Prepared Mustard

Combine ingredients on left above in mixing bowl & form into 6 meat loaves. Combine ingredients or right above & spread over top of meat loaves. *"Everybody loves the sauce, so sometimes I double the ingredients above & save the extra to microwave at dinner time & set on table as a gravy/sauce."* Bake in preheated oven at 350° for 35 minutes.

Joyce Owengs Ziegler

SICILIAN MEAT ROLL

2 beaten Eggs
3/4 cup soft Bread Crumbs
1/2 tsp Dried Oregano, crushed
1/4 tsp Pepper
4-6 oz thinly sliced Boiled Ham
1 clove Garlic, minced
1/2 cup Tomato Juice
2 tbsp snipped Parsley
1/4 tsp Salt
2 lb Ground Beef
1 6-oz pkg sliced Mozzarella Cheese

In a bowl, combine eggs & tomato juice. Stir in bread crumbs, parsley, oregano, salt, pepper & garlic. Add ground beef, mix well. On wax paper, pat meat in a 10x8" rectangle. Arrange ham slices atop meat, leaving a small margin around edges. Reserve 1 slice cheese. Tear up remaining cheese; sprinkle over ham. Starting from short end, carefully roll up meat, using paper to lift; seal edges & ends. Place roll, seam side down in 13x9x2" baking pan. Bake at 350° till done, about 1 1/4 hours (center of roll will be pink due to ham). Cut reserved cheese slice into 4 triangles; overlap atop meat. Return to oven till cheese melts, about 2 minutes. Try substituting pepperoni for ham for a different taste.

Linda Zeigler Hunter

MEXICAN CASSEROLE

2 lb Ground Beef	1/2 tsp Garlic Salt
24 oz Tomato Sauce	8 oz sliced Ripe Olives
8 oz Sour Cream	8 oz Small Curd Cottage Cheese
6 1/2 oz Tortilla Chips	8-oz pkg Cheddar Cheese
8-oz pkg Natural Monterey Jack Cheese w/Jalapeno Peppers	

Grate cheddar & monterey; set aside. Brown beef, crumble & drain. Add garlic salt, tomato sauce & olives; set aside. Combine sour cream & cottage cheese. Layer in **well buttered pan**, in order; crumbled chips, meat mixture, cream/cheese mixture & grated cheeses. Bake at 350° for 30-35 minutes.

Diana Brockman Mullins

MEXICAN CASSEROLE

2 lb Ground Beef	Pepper to taste
1 medium Onion, chopped	1 pkg Corn Chips
1 10 1/2-oz can Enchilada Sauce, mild	1 8-oz pkg Monterey Jack Cheese, shredded
1 can Cream of Chicken Soup	1 can Cream of Mushroom Soup

Brown meat & onion in large skillet. Add pepper, soup & enchilada sauce. Simmer for 10 minutes. Place corn chips in the bottom of a 13x9" pan. Pour meat mixture over chips & top with cheese. Bake at 400° just until cheese melts.

Judy Oak Teeas

MEXICAN CORNBREAD CASSEROLE

1 lb Ground Beef	
1 can Cream Style Corn	
1/4 cup Onion, chopped	
2/3 cup Milk	
2 tbsp Jalapenos, chopped	1 pkg (6 1/2 oz) Cornbread Mix
4 slices American Cheese	2 Eggs, beaten

Brown meat until crumbly, draining excess fat. Add onions & jalapenos. Combine eggs, 1 cup corn, milk & cornbread mix. Stir just until dry ingredients are moistened. Pour half cornbread batter into greased 9" square pan. Top with beef mixture, cheese slices & remaining corn & pour the other half cornbread batter on top. Bake at 425° for 25-39 minutes. In a glass pan, bake at 350° for 35 minutes. *"I use chopped green chilies (1 small can) instead of jalapenos."*

Judy Oak Teeas

MOSTACCIOLI BAKE

1/2 lb pkg Mostaccioli
1/2 cup chopped Onion
1 32-oz jar Spaghetti Sauce
1 tsp Basil leaves
1 tsp Salt
Shortening or Pam

1 lb lean Ground Beef or bulk
Country Sausage
1 4-oz can Mushrooms, stems &
pieces, drained
1 cup (4 oz) shredded Cheddar
Cheese

Cook mostaccioli according to pkg directions; drain. Meanwhile, in large skillet, brown meat; pour off fat. Add onion; cook & stir until tender. Stir in sauce, mushrooms, basil & salt. Turn into greased (or Pam) 2-quart, shallow baking dish. Bake at 375 ° for 20 minutes. Top with cheese; bake for 3 minutes longer.

Dottie Arnsparger Brockman

PICKLEBURGERS

1 1/2 lb Ground Beef
1/2 lb Ground Lean Pork
1 cup Milk
2 Eggs, beaten
3 cups Wheaties Cereal
2 tbsp chopped Onion

1/2 tsp Pepper
2/3 cup finely chopped Dill Pickle
1/4 cup + 2 tbsp Dill Pickle
Liquid
12 Hamburger Buns, split & buttered
1 1/2 tsp Salt

Mix thoroughly all ingredients except pickle, pickle liquid & buns. Shape mixture into 12 patties; place in greased 15 1/2x10 1/2x1" jelly roll pan. Bake at 350 ° uncovered for 20 minutes. Mix pickle & pickle liquid; baste patties. Bake 30 minutes longer, basting occasionally. Serve in buns.

Yield: 12 servings

Hilda Oak Ziegler

PORK FRIED RICE

3 cups boiled Rice, cold
2 Eggs, beaten
Salt to taste
Pepper to taste

1 Onion, diced
1/2 lb Pork, diced
2 tbsp Soy Sauce
3 tbsp Fish Sauce

Fry onions & meat in hot oil till meat is white in color. Stir in eggs & cook. Add the rice & mix well. Cook until Rice is hot. Stir in both sauces & serve. *"I use a wok for this. It makes it easier to stir."*

Wilda Oak Arnsparger

ORANGE PORK STEAKS

6 Blade or Arm Bone Pork Steaks
(2 1/2 lb)
2 medium Oranges
1/8 tsp Salt

4 medium Sweet Potatoes, peeled &
cut in 1/2" thick slices
1/2 cup Brown Sugar

Place potatoes in bottom of 13x9" baking dish. Slice one of the oranges thinly; place atop potatoes. Cover with steaks. Squeeze the other orange, adding water to juice to measure 1/2 cup. Combine orange juice, brown sugar, salt & spices. Pour over steaks. Bake at 350 ° covered for 45 minutes. Uncover; bake 30 minutes more.

Yield: 6 servings

Hilda Oak Ziegler

SALMON CROQUETTES

1 can Salmon
1/8-1/4 lb Crackers
Small amount diced Onion,
optional

1 Egg
Puritan or substitute
Corn Meal

Mix Salmon, egg, crackers & onion, if desired. Shape like prisms or pyramids. *"Dad never liked them flat, like hamburgers."* Roll in corn meal. Brown in 8" iron skillet about 1/2 full of shortening.

Dottie Arnsperger Brockman

SHRIMP CREOLE

3 tbsp Butter or Margarine
1 cup diced Onion
1/2 cup diced Celery
1 tsp Salt
1 tbsp Flour
1 tsp Granulated Sugar

2-3 tsp Chili Powder
1 cup Cold Water
2 cups tomatoes (1 15-oz can)
2 cups peas (1 15-oz can)
1 lb steamed Shrimp
1 tbsp vinegar

Saute onion & celery in butter until soft, about 10 minutes. Meanwhile, combine salt, flour, sugar & chili powder with 1/4 cup water. After mixed well, add remaining water. When onion & celery are done, add liquid mixture & simmer uncovered 15 minutes. Meanwhile, open cans, peel shrimp. *"If large, I cut into smaller pieces."* Add tomatoes & peas & most of their liquid, into mixture when ready. Stir well, adding shrimp & vinegar. Simmer at least 15 minutes to enhance flavor. *"This recipe is even better the next day--also freezes well."*

Joyce Owengs Ziegler

BAKED SPAGHETTI

1 lb Spaghetti
1 cup Chopped Green Pepper
3 #2 1/2 cans or 2 large cans
Tomatoes

1 cup chopped Onions
12 slices Bacon
Sugar to taste
Salt to taste

Pepper to taste

Fry bacon. Remove bacon from skillet. Leave all grease & saute onions & peppers until soft. Break spaghetti in 1 in pieces. Cook about 6 minutes. (Do not overcook.) Add tomatoes & simmer a few minutes. Add onions, peppers, grease, bacon. Toss & put in casserole. Bake at 350° for 20-25 minutes.

Yield: large amount

Myrna Arnsparger Lane

CUBE STEAK & GRAVY

4-8 pieces Beef Cube Steak

2 cans Condensed Cream of Mushroom

1 1/2 cups grated Cheese

Soup

Flour & brown cube steak. Place cube steak on bottom of pan. Mix cream of mushroom soup & place on top of cube steak. Place cheese on top of soup. Bake at 350° for 40 minutes.

Jodie Mathews Hunter

PRIZE-WINNING BEEF STUFFED STEAK

1 lb Ground Beef

1 tbsp Dehydrated Parsley

1 tbsp Dehydrated or Fresh Onion

1 cup moist Bread Crumbs

1/2 tsp Pepper

1 pkg Dry Onion Soup Mix

2 Sirloin Steaks, about 1 lb each or
use Round Steak

1 jar Mushrooms

For stuffing, mix well ground beef, parsley, onion, bread crumbs & pepper. Place steaks on cutting board & roll with rolling pin or pound flat. Place half the ground beef stuffing on each steak, spreading evenly. Roll up steaks & tighten with skewers or tie with string. Place steaks on large square of foil & place mushrooms around steaks. Sprinkle half of the onion soup mix over each steak roll. Wrap the steaks tightly in foil & place in shallow pan. Bake at 375° for 1 hour. Slice in generous size portions to serve. Can also be served cold.

Helen Oak Adcock

SWISS STEAK IN THE OVEN

1/2-3/4 lb Boneless Round Steak
(3/4" thick)

Shortening

1/4 cup chopped Celery

1 tbsp chopped Onion

2 tbsp shredded Sharp American Cheese

3 tbsp All-Purpose Flour

1/2 tsp Salt

8-oz can Tomatoes (cooked)

1/4 cup chopped Carrots

1/4 tsp Worcestershire Sauce

Cut meat into two portions. Mix flour & salt & pound into meat; set aside remaining flour. Brown meat in a small amount of hot shortening. Place meat in a shallow baking dish. Blend remaining flour with drippings in skillet. Add remaining ingredients except cheese, & cook stirring constantly until mixture boils. Pour over meat. Cover & bake @ 350° for 2 hours or until meat & vegetables are tender. Sprinkle cheese over all & return to oven until cheese melts. *"I have had this recipe so so long, it was a WW II favorite."*

Yield: 2 servings

Faye Oak Hunter

CAMPSTOVE STEW & DUMPLINGS

Stew

1 lb Ground Beef

2 medium Onions, thinly sliced

1 1/2 cups coarsely chopped Cabbage

1/2 cup diced Celery

1 can (16 oz) Stewed Tomatoes

1 can (15 1/2 oz) Kidney Beans

1 cup Water

1 tsp Salt

1/4 tsp Pepper

1-2 tsp Chili Powder

Dumplings below

In Dutch oven, cook & stir meat until light brown; drain. Add onion, cabbage & celery; cook & stir until vegetables are light brown. Stir in tomatoes, kidney beans (with liquid), water & seasonings. Heat to boiling. Reduce heat; simmer while preparing dough for dumplings.

Dumplings

1 1/2 cups Gold Medal Flour (If
using Self-Rising, omit Baking
Powder & Salt)

2 tsp Baking Powder

3/4 tsp Salt

3 tbsp shortening

3/4 cup Milk

Combine flour, baking powder & salt into bowl. Cut in shortening until mixtures looks like meal. Stir in milk. Drop dough by spoonfuls onto simmering stew. Cook uncovered 10 minutes; cover & cook 10 minutes longer.

Yield: 4-6 servings

Hilda Oak Ziegler

LIMA STEW WITH MEATBALLS

1 cup Large Dry Lima Beans
1/4 cup All-Purpose Flour
1 8-oz can (1 cup) Tomatoes, cut up
1 cup sliced Carrots
1 Bay Leaf
1/4 cup Dry Bread Crumbs
1/4 cup Milk
1 lb Lean Ground Beef

4 1/2 cups Water
1/2 cup cold Water
1 cup sliced Celery
1/2 cup chopped Onion
2 tsp Salt
1/2 tsp Salt
1/4 tsp Worcestershire Sauce

Rinse beans. Place in Dutch oven; add the 4 1/2 cups water & boil 2 minutes. Cover; let stand 1 hour or soak beans overnight without cooking). Do not drain. Combine flour & the cold water. Stir into beans; cook till thickened & bubbly. Add vegetables, bay leaf & the 2 tsp salt. Bring to boiling. Cover. Bake at 375 ° for 1 1/2 hours, stirring occasionally. Meanwhile, combine bread crumbs & remaining salt, milk & worcestershire; mix into ground beef. Shape into small meatballs; add to stew. Cover. Continue baking for 45 minutes. Remove bay leaf.

Yield: 6 servings

Hilda Oak Ziegler

TATER TOT CASSEROLE

1 lb Beef 1 Onion, chopped
1 16-oz can Corn, drained
1 small pkg Tater Tots

1 pkg Taco Seasoning
1 1/2 cups shredded Cheese

Brown hamburger & onion. Drain. Mix in taco seasoning. Add water according to pkg directions. Put in bottom of casserole dish. Cover with corn. Put layer of tater tots on top & sprinkle with cheese. Bake at 350° for 20 minutes. Serve warm.

Cathy Ziegler Anderson

TUNA CASSEROLE

1 can Tuna, drained
1 can Cream of Mushroom Soup
1 8-oz bag Egg Noodles
1 medium Onion, chopped

1 can Peas, drained
1 can Cheddar Cheese Soup
1 stick Butter or Margarine
2 cups Milk

Cook noodles till done, drain, then put stick of butter in to melt while mixing all other ingredients together in large casserole dish. Add noodles. Mix well & sprinkle bread crumbs on top. Cover. Bake at 350° for 30 minutes. *"I have used canned chicken in place of tuna, then I use French cut green beans instead of peas, & cream of celery soup instead of cheddar cheese."*

Louise Felker Hunter