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Expression of Appreciation

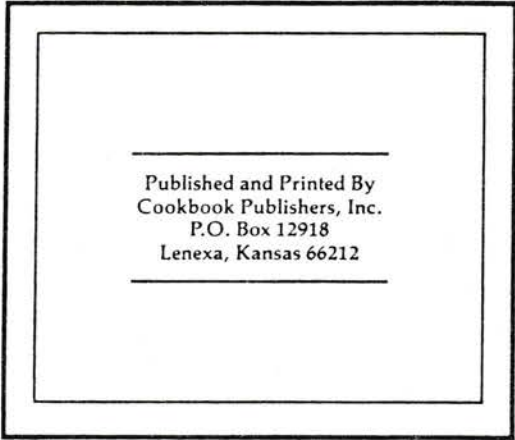
*Our organization wishes to sincerely express
our appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.*

Straight, Inc. of Greater Cincinnati

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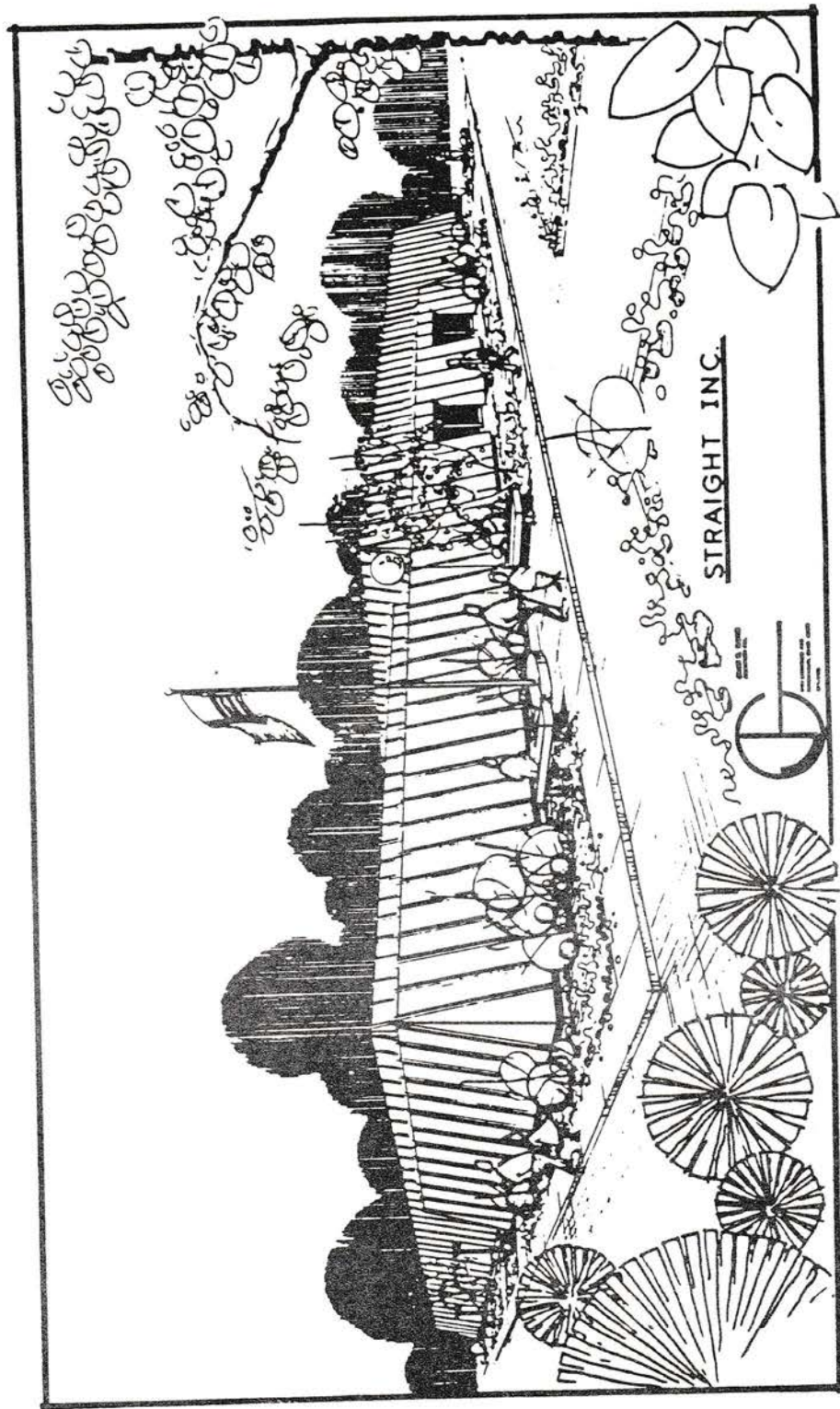
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STRAIGHT, INC.

Straight, Inc. is a private, non-profit family oriented, drug-free rehabilitation program for adolescents ages 12 through 21. Presently approximately 170 youngsters are being helped by the facility located in Milford, Ohio. Eventually the facility will accommodate up to 350 teenagers who will need help in dealing with the problems associated with drug use.

Straight does not solicit nor accept any form of government funding. They rely solely on client fees and contributions to assist in providing help to youngsters in trouble. Seventy percent of all operating funds are provided by client fees; the remaining thirty percent is provided by business, civic, and individual contributions. One hundred percent of all funds for Capital expenses come from contributions.

The therapeutic approach of Straight is based in part on Alcoholics Anonymous concept "that those people who have a problem and are recovering can best help other people who have the problem." Straight, therefore, is peers helping peers and families helping families. Straight is a hope ... a chance ... and a new beginning for many young people and their families. They not only assist adolescents in getting off drugs, but help them to change the attitudes which got them into drugs.

For further copies or for help — you can reach us as follows:

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Milford, Ohio 45150
(513) 575-2673

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FAVORITE RECIPES

FROM MY COOKBOOK

[illegible]

Appetizers

Pickles

Relishes



A HANDY SPICE GUIDE TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. **USES:** An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. **USES:** Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. **USES:** In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

APPETIZERS

BACON APPETIZERS

1 lb. bacon, cut in half
1 can pineapple chunks

1 c. water chestnuts, diced

Wrap piece of bacon around a chunk of pineapple and a slice of water chestnut and secure with a toothpick. Place on a cake rack or a foil lined cookie sheet. Bake at 350° F. for 30 minutes, turning once.

RUMAKI

1 lb. bacon
2 small cans water
Chestnuts

1 c. white sugar
1 c. ketchup

Wrap 1/3 slice bacon around water chestnut (cut chestnuts in halves if large). Secure bacon with toothpicks. Bake 1 hour at 300° F. Pour off fat. Mix ketchup and white sugar. Pour over chestnuts and continue baking at 300° F. for another hour.

Tom and Chris K.

BACON/WATER CHESTNUT WRAP-UPS

3 (8 oz.) cans whole water
chestnuts

2 c. ketchup
2 c. granulated sugar

Bacon slices, cut in halves

Wrap bacon around the whole water chestnut and spear with toothpick. Place these in shallow baking dish and bake 1 hour at 300° F. Pour off grease. Mix ketchup and sugar and pour over wrap-ups. Bake another hour. Makes about 45 to 50.

Mary Helen G.

SUMMER SAUSAGE (Indiana)

2 lb. ground beef
2 Tbsp. quick curing salt
1/4 tsp. mustard seed
1/4 tsp. onion salt

1/4 tsp. garlic powder
1 Tbsp. whole black peppercorns,
cracked
3/4 Tbsp. liquid smoke

Mix all ingredients together by hand; roll in 1 pound rolls and wrap in foil. Refrigerate for 24 hours. Bake at 350° F. for 1 1/2 hours in oblong pan with 1 1/2 cups water. Remove from water and place on rack. Carefully remove foil. Let cool, rewrap and refrigerate.

Judy B.

FROSTED PATE

Pate:

1 ½ lb. liverwurst or
Braunschweiger

1 clove garlic, minced
4 Tbsp. mayonnaise

Frosting:

1 (3 oz.) pkg. cream cheese
1 tsp. mayonnaise
Garlic powder to taste

⅛ tsp. Tabasco
Parsley, pineapple and olives for
garnish

Pate: Mix liverwurst, garlic and mayonnaise. Shape into igloo form. Cover and chill.

Frosting: Combine topping ingredients and spread over liverwurst. Chill. Before serving, garnish with parsley, pineapple and olives, if desired. Serve with party rye bread or Euphrates crackers.

Chris K.

CRAB PATE

1 (10¾ oz.) can cream of mushroom
soup, undiluted
1 env. unflavored gelatin
3 Tbsp. cold water
¾ c. mayonnaise
1 (8 oz.) pkg. cream cheese,
softened

1 (6½ oz.) can crabmeat, drained,
flaked
1 small onion, grated
1 c. finely chopped celery
Parsley sprigs

Heat soup in medium saucepan over low heat. Remove from heat. Dissolve gelatin in cold water and add to soup, stirring well. Add next 5 ingredients and mix well. Spoon into oiled 4 cup mold. Chill until firm. Unmold and garnish with parsley.

Nancy

CHICKEN LIVER PATE

½ lb. chicken livers
½ lb. butter, softened
⅛ tsp nutmeg
½ tsp. salt

Pinch of cayenne pepper
1 tsp. dry mustard
2 Tbsp. minced onion
1 hard cooked egg

Cook chicken livers in water to cover for 15 to 20 minutes. Chop livers and blend with remaining ingredients. Refrigerate.

Nancy

BRAUNSCHWEIGER LOAF

1 large roll liver sausage or
braunschweiger
2 Tbsp. grated onion
1 tsp. Tabasco sauce

1 tsp. Worcestershire sauce
1 tsp. catsup
1 tsp. relish (or more to taste)

Mix and make into loaf. Ice with softened cream cheese.

Dottie

DRIED BEEF CHEESE BALL

1 (8 oz.) pkg. cream cheese
3 to 4 green onions, chopped
1½ tsp. Accent

1½ tsp. Worcestershire sauce
1 small pkg. dried beef, chopped

Combine all ingredients, except dried beef, and form into a ball. Cover with dried beef and refrigerate.

Betty W.

SAUSAGE-CHEESE BALLS

1 lb. hot pork sausage
1 lb. sharp cheese, grated

3 c. biscuit mix

Mix all ingredients together thoroughly. Roll in balls about the size of large marbles. Bake at 400° for 10 minutes, or until brown. Serve warm.

CHEESE BALL

1 (8 oz.) cream cheese
1 (3 or 4 oz.) pkg. chipped beef, cut
into small pieces
2 Tbsp. mayonnaise

¼ c. chopped olives or 1 to 2 Tbsp.
sweet relish
¼ c. chopped onion

Cream mayonnaise and cream cheese. Add chipped beef and onion. Fold in olives (relish). Form into ball. Ice with cream cheese and finely chopped nuts.

Sherry M.

CHEESE BALL

2 (8 oz.) cream cheese
3 dashes Accent
2 or 3 dashes Worcestershire sauce
2 or 3 dashes soy sauce

2 or 3 dashes hot sauce
2 pkg. dried corned beef, chopped
6 green onions, sliced
2 tsp. chives

Mix all ingredients with ½ package of beef with mixer or fork. Roll into ball and roll ball in remaining 1½ packages beef (chopped).

Anne M.

CHEESE BALL

1 (8 oz.) pkg. cream cheese,
softened
1 jar Old English sharp cheese

1 tsp. Worcestershire sauce
1 Tbsp. mayonnaise
½ c. chopped nuts

Mix all ingredients together, then roll into ball and cover with nuts. Refrigerate until firm.

Dottie C.

GOURMET CHEESE BALL

(Serves 48)

1 lb. Cheddar cheese, grated	¼ c. chopped parsley
½ lb. Blue cheese, crumbled	2 c. chopped nuts (walnuts or pecans)
1 lb. cream cheese, room temperature	½ c. sour cream
¼ c. finely minced fresh onion	

Mix together Cheddar and Blue cheese. Add cream cheese and blend on low speed with electric mixer. With a wooden spoon, blend in onion, parsley, 1 cup nuts and sour cream. Form into 1 large ball and refrigerate until ready to use. Roll in remaining nuts before serving.

Gail G.

CHEESE BALL

1 (8 oz.) pkg. cream cheese	1 small grated onion
1 roll Kraft Nippy cheese	1 tsp. Worcestershire sauce
1 (4 oz.) bag Cheddar cheese	1 c. chopped pecans

Softened cream cheese, Nippy and Cheddar cheeses. Mix together until smooth. Add onion, Worcestershire sauce and ½ cup pecans. Form into ball and roll in remaining pecans. Refrigerate. Cooking oil rubbed on aluminum foil keeps the cheese from sticking.

Betty N.

PINEAPPLE CHEESE BALL

2 (8 oz.) pkg. cream cheese, softened	2 c. chopped pecans
1 (8½ oz.) can crushed pineapple, drained	¼ c. green pepper, finely chopped
	2 Tbsp. onion, finely chopped
	1 Tbsp. seasoned salt

In medium bowl, mix cream cheese until smooth with fork. Gradually stir in remaining ingredients, reserving 1 cup pecans. Shape into ball and roll in remaining cup of pecans. Wrap in plastic or foil and refrigerate until well chilled.

Note: Any unused cheese ball can be reshaped and refrigerated for later use.

Marian T.

HAM BALLS

1 ½ lb. cottage ham, ground	½ c. milk
½ lb. fresh pork, ground	2 eggs
1 c. graham cracker crumbs	

Sauce:

1 can tomato soup	½ c. vinegar
1 c. brown sugar	1 Tbsp. dry mustard

Mix ingredients and form into 8 balls (for main dish) or into 32 balls (for appetizers). Place in flat baking dish.

Sauce: Mix all ingredients. Pour sauce over balls and bake at 300° F., basting every 20 minutes. Bake 90 minutes for large balls; 50 to 60 minute for small ones.

Marian T.

SPINACH BALLS

2 pkg. frozen, chopped spinach
2 c. Pepperidge Farm stuffing
6 eggs
1 Tbsp. Accent

1 tsp. pepper and salt
½ tsp. thyme
¾ c. melted butter
½ c. Parmesan cheese

Cook and drain spinach; mix rest of ingredients. Shape into balls. Bake at 350° for 20 minutes.

Kaye S.

CHEESE PUFFS (Makes 2 dozen)

3 Tbsp. butter, room temperature
1 c. grated sharp Cheddar cheese
½ c. sifted flour

¼ tsp. paprika
2 doz. medium stuffed olives

Blend cheese and butter by hand. Mix in remaining ingredients, except olives. Shape 1 teaspoon dough completely around each olive. Bake at 400° F. for 10 to 15 minutes, until puffed and golden. If frozen, undercook slightly. To reheat thaw or place frozen in 400° F. oven for approximately 10 minutes.

Gail G.

CHEESE BISCUITS

2 sticks margarine
2 c. flour

2 c. grated sharp cheese
2 c. Rice Krispies

Soften margarine; add other ingredients and mix thoroughly. Roll into little balls and flatten with a fork. Bake at 350° until lightly browned.

CREAM CHEESE BRAIDS

1 c. sour cream
½ c. sugar
1 tsp. salt
½ c. melted butter

2 pkg. dry yeast
½ c. water (105° to 115°)
2 beaten eggs
4 c. flour

Cream Cheese Filling:

2 (8 oz.) pkg. cream cheese,
softened
¾ c. sugar

1 egg
½ tsp. salt
2 tsp. vanilla

Glaze:

1 c. powdered sugar
2 Tbsp. milk

1 tsp. vanilla

Heat sour cream over low heat; stir in sugar, salt and butter. Cool to lukewarm. Sprinkle yeast over warm water; stir until yeast is dissolved. Add sour cream mixture, eggs and flour. Mix well. Refrigerate overnight. Divide dough into 4 parts. Roll out each to 12x8 inch rectangle. Spread with cream cheese filling; roll up jelly roll fashion. Bake at 375° F. for 15 to 20 minutes. (Roll of dough should be slashed at 2 inch intervals about 1/2 inch deep to make roll resemble braids.) Glaze.

Anita M.

KARMEN'S CHEESE SPREAD

1 lb. grated sharp cheese
5 hard cooked eggs, chopped
1/2 c. mayonnaise

1 medium onion, chopped finely
1 Tbsp. celery seed

Mix all ingredients; chill several hours. Serve with assorted crackers. Freezes well. Half recipe makes a nice bowl. Will keep without molding in refrigerator for several weeks.

Karmen L.

SHRIMP BUTTER

1/4 lb. butter, softened
1 (8 oz.) pkg. cream cheese, softened
Juice of 1 small lemon
1 small onion, grated

4 Tbsp. mayonnaise
1/4 tsp. salt
1/8 tsp. garlic salt
1/8 tsp. pepper
1 can deveined shrimp, minced

Mix all ingredients, except shrimp. Then stir in shrimp. Serve at room temperature with crackers. This freezes well.

VEGETABLE DIP

1 c. real mayonnaise
1 tsp. curry powder
1 tsp. white vinegar

1 tsp. garlic salt or powder
1 Tbsp. onion flakes

Blend well and refrigerate.

Dottie C.

RAW VEGETABLE DUNK

1 c. Hellmann's mayonnaise
2 Tbsp. chili sauce
2 Tbsp. grated onion
2 tsp. tarragon vinegar

1/8 tsp. ground thyme
1/4 tsp. curry powder
1/4 tsp. salt
Ground pepper

Combine all ingredients and chill until serving time. Use with carrots, celery and raw cauliflower.

Marlene and Will E.

VEGETABLE DIP

$\frac{2}{3}$ c. mayonnaise	1 tsp. dill weed
$\frac{2}{3}$ c. sour cream	1 tsp. parsley flakes
1 tsp. Lawry's season salt	1 tsp. dried minced onion

Combine all ingredients and refrigerate 9 to 12 hours. Serve with fresh raw vegetables.

SALAD DRESSING OR VEGETABLE DIP

$\frac{3}{4}$ c. sour cream	1 Tbsp. chopped parsley
1 Tbsp. dill weed or seed	$\frac{3}{4}$ c. mayonnaise

Blend all ingredients together. Keep in a well sealed container in refrigerator.

Gail E.

DILL WEED DIP

$\frac{2}{3}$ c. sour cream	1 Tbsp. minced dried onions
$\frac{2}{3}$ c. real mayonnaise	1 Tbsp. Accent
1 Tbsp. dill weed	1 Tbsp. Worcestershire sauce
1 Tbsp. seasoned salt	Tabasco sauce to taste
1 Tbsp. parsley	

Mix all ingredients well. Let set 24 hours before serving.

Anita M.

GUACAMOLE

2 large avocados (ripe)	1 tsp. salt
1 medium tomato (ripe)	$\frac{1}{2}$ c. mayonnaise
$\frac{1}{2}$ medium green pepper	2 Tbsp. lemon juice
$\frac{1}{2}$ medium onion	

Mix together in blender and chill before using. Do not make more than a few hours ahead, as mixture will turn brown upon standing. Great for topping tacos, taco salad or as a dip for taco chips.

Marian T.

CREAMY BEEF CHEESE DIP

1 (8 oz.) pkg. cream cheese, room temperature	2 Tbsp. minced onion
1 (2 $\frac{1}{2}$ oz.) jar sliced dried beef, coarsely chopped	2 Tbsp. green pepper, chopped
$\frac{1}{4}$ c. chopped nuts	Dill to taste (optional)
$\frac{1}{4}$ c. sour cream	2 Tbsp. milk or cream
	$\frac{1}{4}$ tsp. pepper

Combine all ingredients and blend well. Serve with crackers. Make ahead 2 days. It will mellow in refrigerator.

Audrey D.

SPINACH DIP (Family Favorite)

1 loaf round bread, unsliced	1 pt. sour cream
1 pkg. frozen, chopped spinach, thawed, drained	1 onion, finely chopped
1 c. Hellmann's mayonnaise	1 pkg. Knorr vegetable soup mix

Hollow out bread shell. Mix remaining ingredients and put in bread shell. Refrigerate several hours. Use bread from center of loaf to dip into mixture. When all the dip is used, cut the crust up and serve it also.

SPINACH DIP (Family Favorite)

1 pkg. Knorr vegetable soup mix	1 small onion, chopped
1 c. mayonnaise	1 (10 oz.) pkg. frozen spinach, thawed
1 c. sour cream	A.1. Sauce and cayenne pepper to taste
1 small can water chestnuts, chopped	

Squeeze spinach with hands to remove water. Combine with remaining ingredients. Best made a day ahead.

SPINACH DIP

2 c. Hellmann's mayonnaise	½ box chopped, frozen spinach
½ c. dehydrated minced onion	1 tsp. salt
½ c. dehydrated parsley flakes	½ tsp. pepper

Cut spinach into small pieces with sharp knife while froze. Mix all ingredients together and prepare a day ahead to let flavors blend. Use carrots, cauliflower, celery or Triscuits with dip.

Joanne E.

GREEN GOURMET DIP

½ bunch green onion, chopped	2 Tbsp. anchovy paste
½ bunch fresh parsley, chopped	1 pt. (2 c.) Hellmann's mayonnaise
1 clove garlic, chopped	

Mix in blender or food processor until smooth. Serve with fresh vegetables.

Betty W.

BLEU CHEESE DIP

¾ qt. mayonnaise	½ Tbsp. pepper
½ lb. Bleu cheese, crumbled	1 Tbsp. sugar
1 Tbsp. oregano	1 Tbsp. marjoram
½ Tbsp. salt (optional)	3 Tbsp. milk

Mix all ingredients and let stand for several hours.

Louise H.

SOUR CREAM DIP

2 c. (1 pt.) sour cream

1 pkg. dehydrated onion soup mix

Combine ingredients and blend well. Chill several hours before serving.

Missy S.

SHRIMP DIP

3 Tbsp. milk

2 Tbsp. lemon juice

1 (8 oz.) pkg. cream cheese

1 Tbsp. green onion, chopped fine

1 can small shrimp, drained

¼ tsp. Accent

¼ tsp. garlic powder

Chips, crackers, etc.

Mix milk, lemon juice and cream cheese together. Blend in rest of ingredients and serve with chips, crackers, etc.

Marlene A.

ARTICHOKE DIP

**1 large can artichokes, drained,
chopped**

¾ c. mayonnaise

1 c. shredded Swiss cheese

Mix together and bake at 350° for about 20 minutes. This is very good with rye or white small bread slices.

Paula M.

HOT ARTICHOKE DIP

**1 (16 oz.) can artichokes in water,
drained, chopped**

1 c. Parmesan cheese

1 c. real mayonnaise

Mix together and heat. Do into boil. Serve warm.

Dorothy M.B.

MEXICAN DIP

3 Tbsp. sour cream

3 Tbsp. mayonnaise

½ pkg. taco mix

1 can bean dip

3 to 4 avocados, mashed

1 c. Cheddar cheese, grated

**1 c. Monterey Jack with peppers
cheese, grated**

3 tomatoes, chopped, drained

½ c. ripe olives, chopped

3 green onions, chopped

Mix together sour cream, mayonnaise and taco mix. Layer ingredients in 9x13 inch pan, starting with bean dip, then avocado. Spread with sour cream mixture and continue layering remaining ingredients in the order in which they are listed.

Barbara B.

DIP-CRAB

1 (4 to 6 oz.) can crab, drained	1½ tsp. lemon juice
8 oz. cream cheese	1 Tbsp. minced onion
½ bottle chili sauce	2 Tbsp. mayonnaise

Blend mayonnaise, lemon juice and minced onion together. Spread on brick of cream cheese. Add crab, reserving choice pieces for top, after adding chili sauce.

Boots

CRAB DIP

1 (8 oz.) pkg. cream cheese, room temperature	3 Tbsp. ketchup
1 tsp. Worcestershire sauce	2 Tbsp. sour cream
2 Tbsp. chopped onion	1 c. flaked crabmeat (canned or fresh)

Blend and chill. Serve with crackers or fresh vegetables.

Gail G.

SCALLIONS AND CRAB

8 oz. cream cheese	2 Tbsp. lemon juice
6 scallions	1 c. chopped parsley
1 can crab	Crackers

Cocktail Sauce:

1 c. ketchup	3 tsp. horseradish
1 Tbsp. Worcestershire sauce	4 drops Tabasco sauce

Spread a layer of softened cream cheese in dish. Cover with chopped scallions. Sprinkle with cocktail sauce, then add a layer of crab. Sprinkle with lemon juice and parsley. Serve with crackers.

Kay S.

LAYERED CRAB APPETIZER

1 (8 oz.) pkg. cream cheese, softened	½ c. red cocktail sauce
1 (4½ oz.) can flaked crabmeat	½ c. chopped fresh parsley
½ c. chopped green onions (including tops)	

Shape softened cream cheese into a round, flattened mound, about 5 inches in diameter. Next, layer in order: Green onions, crab, cocktail sauce and top with parsley. Serve with crackers or toast points.

Betty R.

PARMESAN MAYONNAISE BROILS

Mayonnaise	Onion powder
Parmesan cheese	Bread

Mix equal parts of mayonnaise and Parmesan cheese. Add onion powder to taste. Spread this mixture on slice of bread. Quarter each slice. Broil 2 minutes, or until slightly browned on top. Can add chopped olives.

Jeanine Y.

CHA-GIO (VIETNAMESE EGG ROLL) AND SAUCE

1 lb. lean ground beef	1 egg
1 lb. lean ground pork	Salt and pepper to taste
1/8 lb. bean sprouts	1 pkg. egg roll or spring roll wrappers
1/2 bunch green onion, chopped	

Sauce (Vietnamese):

4 to 5 cloves garlic	1/2 c. boiling water
1/2 tsp. red pepper	Juice of 1/2 lime or lemon
1/2 to 1 smashed banana pepper	2 to 3 Tbsp. fish sauce
2 to 3 Tbsp. sugar	

Soak bean sprouts in hot water for 10 minutes, then cut into pieces 1/2 inch long. Brown and drain meats. Combine meat, bean sprouts, onion and egg in bowl. Add salt and pepper to taste. Using 3 tablespoons filling per wrapper, wrap egg rolls according to directions on back of egg roll wrappers. Roll tightly. Place rolls in hot oil at 375° F. Cook slowly and turn rolls often until they are golden brown. Drain on paper towels. Serve with Vietnamese Sauce.

Sauce: Combine all ingredients and stir until sugar is dissolved. This is a sweet-sour sauce that is very hot. Use as a dip for egg rolls, mixed vegetables or over rice.

Kay J.

SALAMI CONUCOPIAS

1 1/2 lb. Italian salami slices, 3 inches in diameter	12 oz. Blue cheese
1 1/2 lb. cream cheese, room temperature	4 Tbsp. heavy cream
	2 Tbsp. chopped chives

Cut each slice of salami in half, twist and press the edges together to seal them. Place cones upright in wire rack and chill for 30 minutes. Blend cream cheese, Blue cheese, cream and chives. Using a pastry bag with fluted tip, pipe cheese mixture into Salami Conucopias and chill, covered, until ready to serve.

Gail G.

PARTY RYE TREATS

1 lb. sausage	1/2 tsp. garlic salt
1 lb. ground beef	1 lb. Velveeta cheese
1 tsp. oregano	1 loaf party rye bread

Cook sausage and ground beef. Drain. Add oregano and garlic salt. Stir in cheese and cook until melted. Spread on party rye bread. Bake at 350° F. for 15 minutes on a baking sheet. Can be frozen and baked as desired.

Donna P.

SHRIMP COCKTAIL AND SAUCE

Shrimp
¼ tsp. thyme
1 bay leaf

Celery leaves (fresh)
Salt
½ lemon, sliced

Sauce:

1 c. chili sauce (Heinz)
3 c. catsup
2 Tbsp. horseradish

1 tsp. lemon juice
Tabasco and Worcestershire sauce
to taste

Peel and devein shrimp. Open in fan shape. Just cover with water. Add remaining ingredients. Bring to boil quickly and boil for 1 minute exactly. Drain and put under cold running water. Chill before serving.

Sauce: Combine all ingredients. Adjust ingredients to taste. Chill.

Ann L.

HORSERADISH SAUCE FOR COLD BEEF OR VEGGIE DIP

1½ Tbsp. prepared horseradish
1 tsp. anchovy paste
1 tsp. onion juice
2 tsp. white vinegar
½ tsp. sugar

½ tsp. dry mustard
1 tsp. salt
1 c. sour cream
½ c. mayonnaise

Blend first 7 ingredients until smooth. Mix thoroughly with sour cream and mayonnaise. Let flavors blend for 2 to 3 hours in the refrigerator.

J.H.

CHEX PARTY MIX

½ c. margarine
1¼ tsp. seasoned salt
2 Tbsp. Worcestershire sauce
2 c. Corn Chex cereal
2 c. Rice Chex cereal

2 c. Bran Chex cereal
2 c. Wheat Chex cereal
1 c. stick pretzels
1 c. salted mixed nuts
1 c. pecan halves

Preheat oven to 250°. Heat butter in large shallow roasting pan in oven until melted. Remove from oven. Stir in seasoned salt and Worcestershire sauce. Add remaining ingredients and mix until all pieces are coated. Heat in oven for 1 hour; stir every 15 minutes. Spread on paper towels to cool. Store in airtight container. Serves approximately 11 cups.

Marian T.

STUFFED CHERRY TOMATOES (Yield: 70 to 75)

2 pt. boxes cherry tomatoes
Salt
2 (7 oz.) cans tuna, drained, flaked
½ c. mayonnaise, (extra Tbsp. if needed)

2 tsp. Dijon mustard
1½ Tbsp. chopped capers

Slice off tops of tomatoes gently. Remove insides with small spoon or grapefruit knife. Salt lightly and let drain upside down on paper towels. In bowl, mix tuna, mayonnaise, mustard and capers. Stuff tomatoes with mixture and garnish some with an olive slice and others with capers or strip of red or green pepper. Refrigerate until ready to serve.

Gail G.

BROCCOLI CHEESE HORS D'OEUVRES

¼ c. margarine
2 Tbsp. flour
1 can cream of mushroom soup
1 (10 oz.) pkg. frozen, chopped
broccoli
1 roll Kraft Nippy cheese
1 Tbsp. dry minced onion

1 (4 oz.) can mushroom pieces,
drained
½ Tbsp. salt
5 oz. sliced almonds
1 pkg. Pepperidge Farm puff pastry
shells

Melt margarine and add flour to make paste. Mix in mushroom soup and remaining ingredients. Heat and stir, but do not allow to boil. Serve in baked pastry shells. Top with center round from pastry shell. Can be served as a hot hors d'oeuvre before a meal or as a meat accompaniment. Serves 6.

Marian T.

MARINATED BROCCOLI

1 bunch broccoli, cut bite-size
1 c. oil
1 c. vinegar
1 Tbsp. dill weed
1 Tbsp. sugar

1 Tbsp. Accent
1 tsp. garlic powder
1 tsp. salt
1 tsp. pepper

Mix and pour over broccoli. Marinate overnight. Serves 5 to 10.

Peggy T.

OYSTER STUFFED MUSHROOMS

1 lb. mushroom caps
Butter

6 to 8 green onions
Canned oysters

Saute mushroom caps in butter for 3 minutes. Remove and saute onions in remaining butter. Chop oysters and dip in butter. Stuff mushroom caps with onion-oyster mixture. Place in ungreased cookie sheet and sprinkle with salt. Broil until edges of oysters curl.

Pat R.

MUSHROOM PUFFS

1 loaf bread, thinly sliced
4 oz. mushrooms, sliced, sauteed
1 (8 oz.) pkg. cream cheese, room
temperature
2 egg yolks

½ small onion, minced
Garlic powder to taste
Lawry's seasoned salt
Salt and pepper to taste

Cut as many 1½ inch rounds from each slice of bread as possible. Place a mushroom slice on each bread round. Mix cream cheese with egg yolks, onions and seasonings to taste. Cover mushroom with cheese mixture. Broil until brown and puffy. Serve hot.

Gail G.

MUSHROOM SPREAD

½ lb. mushrooms	3 Tbsp. mayonnaise
2 Tbsp. chopped onions	½ c. minced celery
2 Tbsp. butter	½ tsp. salt
1 (8 oz.) pkg. cream cheese, softened	Freshly ground pepper

Saute mushrooms and onions in butter. Add remaining ingredients. Mix until smooth. Refrigerate. Serve with rye rounds.

Mabelle C.

HOT MUSHROOM CANAPE

1 lb. mushrooms	Dash of Tabasco sauce
½ stick butter	1 loaf sliced white bread
1 c. finely chopped onions	Freshly grated Romano or Parmesan cheese
⅓ c. flour	Sliced stuffed olives
⅓ c. milk	
½ tsp. salt	

Quickly wash mushrooms under a stream of water; dry. Chop finely. In ½ the butter, saute onion for 5 minutes. Add rest of butter and mushrooms and saute, stirring, for 5 minutes more. Sprinkle over flour and stir to mix well. Gradually add milk, stirring until mixture thickens. Season and cool. Cut rounds from center of bread and toast on one side. Spread mushroom mixture on untoasted side. Sprinkle with a bit of cheese. Bake in 400° F. oven for 10 to 12 minutes, or until hot and bubbly. Top with an olive slice. Serve hot.

Eva H.

MUSHROOM/ONION TART (Serves 4 for lunch; 6 as appetizer)

Pastry for 1 crust pie	3 Tbsp. dry onion soup mix
7 large mushrooms, sliced	Dash of pepper
3 Tbsp. shortening	2 Tbsp. fresh parsley, chopped
3 eggs, slightly beaten	1 c. sour cream

Bake pie crust for 10 minutes at 400° F. Cook mushrooms in shortening and put in bottom of baked crust. Save shortening. Mix remaining ingredients and add saved shortening. Pour over mushrooms in pie shell. Bake at 350° F. for 20 minutes.

Janet B.

FRENCH FRIED MUSHROOMS

(Serves 6 to 8)

1 egg
½ c. milk
⅓ c. flour
½ tsp. salt

1 c. cracker crumbs
20 medium fresh mushrooms
(stems trimmed to ¼ inch)

In shallow dish, beat egg with milk. Place flour and cracker crumbs in separate bowls. Roll mushrooms in flour, then dip in egg mixture and roll in crumbs to coat completely. Gently drop mushrooms, a few at a time into hot oil. Fry until golden brown, about 1 minute. Remove from pan and drain on paper towels. Sprinkle with salt and serve

Marlene E.

ITALIAN MEATBALL APPETIZERS

Meatballs:

2 lb. ground beef
1 medium onion, minced
1 clove garlic, minced
2 Tbsp. flour
2 eggs, well beaten

½ tsp. caraway seeds
¼ tsp. oregano
Salt and pepper to taste
¼ c. olive oil

Sauce:

2 (6 oz.) cans tomato paste
2 cans water
1 bay leaf

1 tsp. Worcestershire sauce
¼ tsp. oregano

Thoroughly mix all ingredients for meatballs. Form into ½ inch balls. Brown meatballs in oven at 400° F. for 15 minutes on a broiler rack. Turn meatballs as needed.

Sauce: Combine ingredients for sauce and heat thoroughly. Place meatballs and sauce in crock pot and cook on low for 4 hours. This dish can also be served over spaghetti. Sprinkle with Parmesan cheese.

Jeanine Y.

REUBEN APPETIZERS

1 (3 oz.) pkg. cream cheese
1 tsp. instant minced onion
1 (16 oz.) can sauerkraut, drained,
chopped
1 small jar corned beef

Salad oil
1 c. dry bread crumbs
½ c. flour
½ c. evaporated milk

Combine cream cheese and onion. Add sauerkraut, corned beef and ¼ cup bread crumbs. Mix well and chill. Shape into 1 inch balls. Roll in flour, dip in evaporated milk, then in remaining ¾ cup bread crumbs. Fry in salad oil 1 to 2 minutes. May be cooled and frozen. To serve, place frozen balls on cookie sheet and heat in 400° F. oven for 10 to 15 minutes.

ASPARAGUS APPETIZER

20 slices sandwich bread, crusts removed
1 (8 oz.) pkg. cream cheese
1½ oz. pkg. Blue cheese

1 egg
20 spears canned asparagus
½ lb. butter, melted

Roll slices of bread to flatten. Blend cheeses and egg; spread on slices of bread. Place 1 asparagus spear on each slice. Roll up and secure with toothpick. Dip in melted butter. Freeze on baking sheet. Cut into bite-size pieces. Bake at 400° F. for 15 to 20 minutes.

Anita M.

ZUCCHINI APPETIZER (Yields 4 dozen)

3 c. zucchini, thinly sliced (about 4 small)
1 c. Bisquick
½ c. chopped onion
½ c. grated Cheddar cheese
2 Tbsp. chopped parsley
1 clove garlic, chopped

4 eggs, beaten
½ tsp. salt
½ tsp. seasoned salt
½ tsp. oregano
Dash of pepper
½ c. vegetable oil

Heat oven to 350° F. Slightly butter pan, 13x9x2 inches. Mix all ingredients together. Spread in buttered pan. Bake 25 minutes. Cut in small squares. Cut large squares when used as luncheon dish with salad. The eggs and chopped parsley are optional.

Ann L.

APPETIZER PIE (Family Favorite)

1 (8 oz.) pkg. cream cheese
1 Tbsp. milk
2 (2½ oz.) jar chipped beef
2 Tbsp. instant onion

1 Tbsp. chopped green pepper
1 (2 oz.) jar mushrooms, chopped
½ c. sour cream
½ c. nuts, chopped

Blend cheese, milk and sour cream. Stir in chopped beef, onions, green pepper and mushrooms. Sprinkle nuts on top and bake at 325° F. until heated. Serve with crackers.

GALA PECAN SPECIAL

1 (8 oz.) pkg. cream cheese, room temperature
2 tsp. milk
¼ c. chopped green pepper
2 Tbsp. onion flakes
½ tsp. garlic salt

Dash of pepper
1 (2½ oz.) jar dried beef
½ c. sour cream
½ c. chopped pecans
2 tsp. butter

Combine cream cheese with milk. Mix well with green pepper, onion, salt and pepper. Fold in dried beef and sour cream. Melt butter and heat pecans. Spoon cream cheese mixture into 8 inch pie plate. Cover with pecans. Bake at 350° F. for 20 minutes. Serve with crackers.

Janet B.

GOLDEN LAMB CORN RELISH APPETIZER

2 (12 oz.) cans whole kernel corn	2 Tbsp. oil
$\frac{2}{3}$ c. diced onion	$\frac{1}{4}$ c. sugar
$\frac{2}{3}$ c. green pepper	2 tsp. dry mustard
$\frac{2}{3}$ c. diced pimento	$\frac{1}{2}$ tsp. salt and pepper
$\frac{1}{2}$ c. white vinegar	

Drain liquid from corn, reserving $\frac{1}{2}$ cup. Combine corn, onion, pepper and pimento in large bowl. Combine reserved corn liquid, vinegar, oil, dry mustard, salt and pepper in small pan. Bring to a boil. Pour over vegetables. Cover and refrigerate overnight, stirring occasionally.

Karmen L.

MOM'S PICKLES

1 large jar dill pickles (any kind)	2 c. granulated sugar (or more)
1 large onion, sliced in rings	

Drain off pickle liquid from pickles. Slice pickles crosswise into $\frac{3}{4}$ inch pieces. In a large bowl, mix pickles and onion rings in sugar to coat each piece of pickle. This will cause the pickles to draw their own liquid. Store pickles, covered, for at least 4 days in a covered container in refrigerator, stirring once a day so pickles are moistened by their own juice they draw. Ready to eat in 4 days. Eat the onion rings, too. Delicious!

Jeanine Y.

RELISH

GREEN TOMATO RELISH

4 c. ground onion	6 c. sugar
4 c. ground cabbage	1 Tbsp. celery salt
4 c. ground green tomatoes	1 Tbsp. mustard seed
12 sweet green peppers	1½ tsp. turmeric
6 sweet red peppers	4 c. cider vinegar
½ c. salt	2 c. water

Grind vegetables using coarse blade of food grinder. Sprinkle with salt, let stand overnight. Rinse and drain. Combine remaining ingredients; pour over vegetable mixture. Heat to boiling. Simmer 3 minutes. Seal in hot, sterilized jars. Makes 12 pints.

Gail E.

ZUCCHINI RELISH

10 c. zucchini, ground	2½ c. vinegar
5 c. onion, ground	1 tsp. celery seed
5 tsp. salt	1 tsp. nutmeg
½ lb. ground green peppers	2 tsp. cornstarch
1 lb. ground red peppers	1 tsp. turmeric
4½ c. sugar	

Combine first 3 ingredients. Let stand overnight. Drain and rinse and drain again. Add remaining ingredients and cook 30 minutes. Pour into sterilized jars and seal.

Gail E.

PICKLES

BREAD AND BUTTER PICKLES

5 qt. sliced cucumbers	8 c. sugar
24 small onions, sliced	1½ Tbsp. whole cloves
6 medium green peppers, sliced	2 tsp. turmeric
¼ c. salt	¼ c. mustard seed
2 qt. vinegar	

Pack first 3 ingredients in layers with salt. Let stand for 3 hours. Drain. Combine rest of ingredients. Let come to a rolling boil. Quickly put cucumbers in sterilized jars. Fill with vinegar mixture. Seal.

Karen G.

Notes

Soups
Salads
Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Jams & Preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Canned Vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 3/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Fruit Cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheets cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

SOUPS

ASPARAGUS SOUP

1 (16 oz.) can asparagus	Salt to taste
1 small can mushroom pieces	2 oz. Cheddar cheese
1/3 c. milk	3/4 c. water

Place all in a blender until smooth. Heat and serve. Serves 4.

Gail E.

AUSTRIAN CUCUMBER SOUP

1/2 c. onion	1 cucumber
2 Tbsp. butter	1 tsp. dill weed
2 to 3 Tbsp. flour	2 Tbsp. butter
1 qt. beef broth	1/4 c. water
1 Tbsp. tomato paste	3 Tbsp. sour cream
1 tsp. mustard	

Saute finely chopped onion in butter. Add flour, brown slightly. Add beef broth, tomato paste and mustard. Simmer. In another pan, saute cucumber (finely cubed) and some dill weed in butter (2 tablespoons). Add water and simmer till tender. Combine cucumber and soup mixture; cook 10 more minutes. Just before serving, add sour cream. Use a wire whisk. Serves 4.

Mabelle C.

BEEF VEGETABLE BARLEY SOUP

3 to 4 qt. water	1 onion, sliced
1 to 2 lb. beef neck bones	1 c. tomatoes
1 c. barley	2 stalks celery
2 carrots, sliced	Salt and pepper to taste
1/2 c. green beans, cut	Pinch of thyme to taste
1 potato, diced	

Simmer beef bones covered with water in 6 quart kettle for 4 to 5 hours, or until beef comes off bones easily. Remove bones. Add barley first, then add all vegetables and seasoning. Simmer until barley is done and vegetables are done.

Dorothy

BRIE SOUP

4 large onions, thinly sliced, quartered	4 1/3 c. canned beef broth or consomme
2 Tbsp. butter	1/4 lb. Brie cheese
1/2 tsp. salt	

Melt butter in heavy saucepan. Add onions and salt and cover tightly. Cook over *low* heat until tender, about 15 minutes. Add broth and simmer for 20 minutes. Correct seasonings. Dice cheese in bottom of soup cups or tureen, pour soup over and serve.

BROCCOLI SOUP

1 (1½ lb.) bunch broccoli	½ tsp. salt
1 onion, chopped	Dash of pepper
3 Tbsp. butter	1 c. half & half
2 potatoes	Dash of nutmeg
2 c. chicken broth	

Trim and cut up broccoli. Boil 5 minutes, saving out a few flowerets for garnish. Set aside. Saute onion in butter. Add potatoes (pared and diced), chicken broth, salt and pepper. Heat to boil and simmer for 15 minutes. Add broccoli. Continue cooking 10 minutes. Pour, in parts, into blender. Blend smooth. Put in pan and add half & half. Heat through. Add dash of nutmeg and garnish.

Carole B.

BROCCOLI SOUP

1 pkg. frozen, chopped broccoli	1 c. cream of mushroom soup
1 c. chicken broth	1 Tbsp. butter
1 medium onion	1 c. sour cream
1 tsp. nutmeg	

Combine chopped onion, broccoli, broth and nutmeg. Simmer, covered, 5 minutes. Pour mixture into blender. Add mushroom soup, softened butter and sour cream. Blend until mixed. Heat before serving.

Mary Helen G.

BROCCOLI SOUP

3 cans condensed chicken broth	1 bay leaf
1½ cans water	¼ c. flour
1 bunch broccoli, cut in small pieces (include some stalk)	16 oz. half & half
1 large onion, chopped	1 stick (½ c.) butter

Boil first 5 ingredients until tender. Make a roux by melting butter and stirring in flour. Stir constantly for about 5 minutes over low heat. Stir into broccoli mixture and blend well. Add half & half to mixture and the soup is ready. Serves 8.

Paula M.

CARROT WALNUT SOUP

¼ c. minced onion	2 Tbsp. chopped fresh parsley
1 clove garlic, minced	6 c. chicken stock
2 Tbsp. butter	½ c. uncooked rice
1 c. sliced carrots	½ c. chopped walnuts

Saute onions and garlic in butter for 2 minutes. Add carrots and cook 2 to 3 minutes more. Add parsley and stock and bring to a boil. Stir in rice and cook for 20 minutes over medium-low heat. Add walnuts just before serving. Serves 6 to 8.

Marty C.

CHARLEY'S CHOWDER

1/4 c. olive oil	3 qt. water and 2 oz. clam base*
3 cloves garlic, minced	1 lb. boneless fish filets (pollack or turbot)
1 medium onion, minced	Salt to taste
Pinch each of basil, oregano, thyme	1/4 c. fresh parsley, minced
2 ribs celery, minced	
3/4 c. stewed tomatoes, chopped	

Preparation time: 30 minutes. Cooking time: 60 minutes. In large kettle, heat oil. Add garlic and saute until golden. Then remove and discard garlic. Add onion and saute 2 minutes. Stir in basil, oregano and thyme. Cook 1 minute. Add celery and cook 3 to 5 minutes. Add tomatoes and cook 20 to 25 minutes over low heat, stirring occasionally. Add water, fish, clam base. Stir well, bring to boil. Cook rapidly for 15 minutes, uncovered. Add salt to taste. Cover, reduce heat, simmer 20 minutes. Whisk with wire whisk to break up fish. Serve garnished with parsley. Serves 6 to 8.

* Note: If clam base is not available, use 3 quarts clam juice for the water.

Ted M.

CHILI SOUP

2 lb. hamburger	30 oz. can kidney beans
1 onion	1/4 c. sugar
2 pkg. French's Chili-O	Chili powder to taste
1 (46 oz.) can tomato juice	Salt and pepper to taste

Brown hamburger and onions (diced) in a fry pan. Drain excess fat and add Chili-O. Blend well into meat. Add 1/2 tomato juice and simmer ingredients. In a large pot, combine kidney beans (I prefer them squashed), balance of the tomato juice, sugar, salt and pepper and chili powder. When the meat mixture has simmered 10 to 15 minutes, add bean mixture to the pot. Serves 12.

Joanne E.

CREAM OF FRESH TOMATO SOUP

4 Tbsp. vegetable oil	2 Tbsp. whole wheat pastry flour
1 medium yellow onion, finely chopped	2 c. chicken or vegetable stock
1/2 tsp. garlic, finely chopped	3/4 c. half & half
5 medium ripe tomatoes, sliced julienne style	Herb or vegetable salt
2 Tbsp. tomato paste	1 medium tomato, peeled, seeded, chopped
	2 Tbsp. chives, finely chopped

Heat 2 tablespoons vegetable oil in 4 quart saucepan over low heat. Add onion and garlic and cook for 1 minute. Add sliced tomato and continue cooking, stirring constantly, for 5 minutes. Set aside. Combine tomato paste, flour and remaining oil in small bowl and mix well. Stir into tomato mixture. Add 2 cups stock and bring to boil over medium heat, stirring constantly. Remove from heat. Transfer mixture to food proces-

sor or blender and puree (or place through fine strainer). Return puree to saucepan. Place over low heat and cook 15 minutes. Add half & half. Stir in more stock if thinner consistency is desired. Season with herb salt to taste. Stir in tomato julienne and chives and warm through. Serve immediately. Serves 4 to 6.

David McV.

FISH SOUP

1 medium onion
2 stalks celery
1 lb. cod fish
1 large c. tomatoes
Dash of red pepper

1 small zucchini (optional)
½ c. green olives
Salt and pepper to taste
1 Tbsp. butter

Cook onion and celery till soft in 1 tablespoon butter. Add fish and cook till it flakes with fork. Add tomatoes, olives and seasonings. Cook 45 minutes. Add zucchini and cook 15 minutes. Resembles a stew.

Vicki S.

FRESH TOMATO BISQUE

2 Tbsp. butter
½ c. chopped onion
3 medium tomatoes, peeled,
seeded, coarsely chopped
2 Tbsp. tomato paste
2 Tbsp. flour

1 clove garlic, minced
2 c. chicken stock
1 tsp. sugar
Salt and pepper to taste
½ c. heavy cream
Chopped parsley

Heat 1 tablespoon butter in a saucepan. Saute onion until tender. Stir in ½ of tomatoes, tomato paste and garlic. Cook 3 to 4 minutes, stirring. Add flour and cook 2 minutes more, stirring constantly. Add stock, sugar, salt and pepper. Simmer, partially covered, for 15 minutes. Puree in food processor or blender. Return to pot, stir in remaining tomatoes and reheat. Stir in cream and cook 2 minutes. Stir in remaining butter and top with parsley. Serves 4.

Marty C.

GAZPACHO

12 ripe tomatoes
1 onion
1 cucumber
Juice of 1 lemon
½ c. oil

2 green peppers
Tabasco sauce
Sugar
Salt and pepper

Chop tomatoes in blender to make soup (thick). Dice cucumber, peppers and onion and add to soup. Add oil (olive or vegetable) and lemon juice. Add remainder of ingredients to taste. Serves 6 to 8.

Barbara and Ted M.

ITALIAN SAUSAGE SOUP

- | | |
|---|--------------------------------|
| 1 1/2 lb. Italian sausage (3/4 lb. sweet,
3/4 lb. hot) | 2 c. water |
| 1 c. stewed tomatoes | 1 pkg. frozen, chopped spinach |
| 2 c. Crosse and Blackwell
minestrone soup | 4 green onions |
| | Salt to taste |
| | Parmesan cheese |

Cover meat with water. Boil 20 minutes. Cool, peel and cut into 1/4 inch slices. Add stewed tomatoes, minestrone soup, water, spinach, green onions (sliced crossways) and salt to taste. Simmer. Serve with Parmesan cheese. Serves 6.

Sue T.

LENTIL SOUP ITALIANO

- | | |
|---------------------|------------------------|
| 2/3 c. lentil beans | 1/4 tsp. garlic powder |
| 4 c. water | 1/4 tsp. thyme |
| 1 onion | 1/4 tsp. dill weed |
| 4 carrots | 1/4 tsp. tarragon |
| 2 stalks celery | 1 c. tomato paste |
| 1 Tbsp. parsley | |

Simmer dried lentils, water, chopped onion, chopped carrots and chopped celery for about 3 hours. Add water as needed. Season with parsley, garlic, thyme, dill weed and tarragon to taste. Add tomato paste. Stir. Heat and serve. Serves 6.

Louise A.

ISRAELI THICK LENTIL SOUP

- | | |
|-----------------------------------|--------------------------------------|
| 1 c. dried lentils, unwashed | 1 c. diced, cooked turkey or chicken |
| 1 c. chopped onion | 2 bay leaves |
| 2 cloves garlic, minced | 1/2 tsp. ground cumin |
| 4 ribs celery, shredded or minced | Pinch of dried thyme |
| 2 Tbsp. chopped parsley (fresh) | Pinch of turmeric or curry |
| 2 carrots, shredded or minced | Salt or garlic salt |
| 3 c. sugar | Pepper to taste |
| 3 c. fat skimmed chicken broth | 2 Tbsp. lemon juice |

Combine all ingredients, except lemon juice and poultry meat in a soup pot. Cover and simmer 50 to 60 minutes, until lentils are tender. Stir in lemon juice and chicken; heat through. Soup will be thick. May be thinned by simmering with additional water, if desired. Serves 4.

Caryl McV.

MECKLENBURG'S CREAM OF WATERCRESS SOUP

- | | |
|-------------------------------|-------------------------------|
| 10 Tbsp. butter | 10 bunches watercress |
| 2 to 3 leeks, cleaned, minced | 6 1/4 c. half & half |
| 12 1/2 c. chicken stock | Salt, pepper, nutmeg to taste |
| Juice of 2 lemons | 1 lb. parsley, chopped |
| 10 c. diced potatoes, peeled | 4 Tbsp. chervil |