

finished cooking, carry to a large plastic covered table with newspapers on the floor and start slicing (after removing wire and bars). No one will guess you're not a pro! A good sharp knife is helpful.

*Dale H.*

## **EASY MAKE AHEAD HAM AND SPINACH CREPES**

### **Crepes:**

**1 c. cold water  
1 c. cold milk  
4 eggs**

**½ tsp. salt  
2 c. sifted flour  
4 Tbsp. butter, melted**

### **Filling:**

**6 Tbsp. butter  
3 onions, chopped  
1 lb. mushrooms, sliced  
1 (10 oz.) pkg. frozen, chopped  
spinach, cooked, drained well**

**3 c. chopped ham or turkey, cooked  
6 Tbsp. sour cream  
½ tsp. salt  
Dash of cayenne (optional)**

### **Sauce:**

**4 Tbsp. butter  
4 Tbsp. flour  
2 c. chicken broth  
1 c. milk**

**½ c. grated Parmesan cheese  
½ c. grated Swiss cheese  
Salt to taste  
⅛ tsp. saffron (optional)**

**Crepes:** Place all ingredients in blender at high speed for 1 minute. Refrigerate at least 2 hours. Place pan (make 5½ inch crepes) over heat. Brush with a little oil and when almost smoking, add batter, tilting pan to get batter all over bottom. Shake pan to loosen crepe and when lightly browned, turn by flipping with a spatula. Brown and turn out of pan. Stack crepes with waxed paper between them.

**Filling:** Heat butter in large skillet; add onion and saute until onions are transparent. Add mushrooms and cook 4 minutes. Stir in meat and all other ingredients. Remove from heat and cool.

**Sauce:** Melt butter in pan; blend in flour. Add broth and milk. Blend well and bring to boil to thicken. Add cheeses and seasonings and continue cooking until cheeses have melted and are well blended. Remove from heat. Place ½ cup filling at one end of crepe and roll up into tubular shape. Make sure filling reaches ends. Place in a greased baking dish. Place 1 tablespoon of sauce over each and bake at 350° F. for 15 minutes. Pour remaining sauce over crepes and bake another 15 minutes.

To make ahead and freeze: Freeze rolled crepes and sauce separately. Thaw sauce completely before cooking. Thaw crepes at room temperature 1 hour before cooking. Place 1 tablespoon of sauce over each crepe. Bake partially thawed crepes at 350° F. for 25 minutes. Pour remaining sauce and bake another 15 minutes.

*Sherry M.*

## **HAM POT PIE**

**Ham bone with some meat left on  
4 to 6 qt. water**

**8 medium potatoes, sliced  
1 onion**

Noodles:

**2 c. flour**  
**Salt and pepper to taste**

**1 tsp. Crisco**  
**Water**

Drop ham and bone in boiling water. Cook till tender and remove. Add sliced potatoes and onion. Cook until potatoes are almost done and then add noodles.

Noodles: Combine all ingredients and add enough water to make a stiff dough. Roll out and cut into squares. Drop in boiling broth with potatoes. Cook until noodles are done. Serve.

*Sandy C.*

## HAM AND SAUCE

Sauce:

**1 tsp. water**  
**4 Tbsp. sugar**  
**1 tsp. horseradish**  
**½ c. vinegar**  
**1 Tbsp. dry mustard**

**1 c. water**  
**½ c. brown sugar**  
**Dash of salt**  
**1 can tomato soup**  
**2 ham slices**

In a saucepan, heat together water and sugar. Add horseradish, vinegar, dry mustard, water, brown sugar and dash of salt. Cook 2 to 3 minutes. Add tomato soup gradually until blended. Simmer 5 minutes. Add ham slices and warm thoroughly before serving. Serves 4.

*Mary Helen C.*

## OEUFs AUX JAMBON

**1 lb. Jack, Muenster or Swiss**  
**cheese**  
**2 c. finely diced ham**  
**1 Tbsp. butter**  
**½ c. butter, melted**  
**½ c. flour**

**1 tsp. baking powder**  
**1 doz. eggs**  
**2 c. small curd cottage cheese**  
**Salt, pepper and Tabasco sauce to**  
**taste**

Saute ham in 1 tablespoon butter. Melt ½ cup butter in large baking dish. Beat eggs in separate bowl. Set aside. Combine flour, baking powder, salt and pepper. Add ham, cheese, cottage cheese, ½ of melted butter and Tabasco sauce to eggs. Add flour mixture also. Coat baking dish with remaining butter. Pour in egg mixture. Bake at 400° F. for 15 minutes. Reduce heat to 350° F. and bake for 10 to 15 minutes longer, or until puffed and brown. Serves 6 to 8.

*Brenda M.*

## CHERI'S REFRIED RICE

**1 c. regular rice**  
**1 small onion, chopped**  
**2 Tbsp. margarine**  
**¾ c. either chopped ham, chicken,**  
**shrimp or pork**

**1 egg, beaten**  
**Salt and pepper**  
**Soy sauce**

Cook rice until done and drain all water. In skillet, melt butter and saute onions until transparent. Add beaten egg and gently whip with fork so that it fries in pieces. Add rice, stirring constantly. Add chopped meat and stir until well heated. Season to taste with salt, pepper and soy sauce. Serves 2 to 4.

*Cheri F.*

### BAKED STUFFED PORK CHOPS

1 c. finely cubed, pared tart apples	3 Tbsp. hot water
¼ c. seedless raisins	4 pork chops, 1½ inches thick
¼ c. soft bread crumbs	Salt and pepper
¼ tsp. salt	½ c. water
1½ Tbsp. sugar	1 large onion, sliced
1 Tbsp. minced onion	4 to 6 carrots, sliced
2 Tbsp. butter	

Mix first 5 ingredients. Saute onion until tender in butter. Add to first mixture. Add hot water; mix well. Make slit from bone side of chops, cutting a pocket (this can be done by butcher). Salt and pepper chops inside and out. Stuff loosely with apple mixture; brown chops well on both sides. Place in greased 2 quart casserole with onions and carrots. Add ½ cup water to drippings in the skillet; pour over chops. Cover, bake for 1 hour at 350° F. Uncover the last 15 minutes. Serves 4.

*Betty*

### PORK AND RICE CASSEROLE

4 c. cooked rice	1 can mushroom soup
1 lb. bulk sausage	½ can water
1 (4 oz.) can mushrooms	
1 medium onion or several green onions	

Brown and drain sausage. Combine with the rice, mushrooms and chopped onion. Mix in the soup to which the water has been added. Cover and bake at 375° F. for 1 hour. Uncover for the last 15 minutes. Serves 4.

*Mary Helen G.*

### HAWAIIAN PORK

1½ lb. lean pork shoulder, cut in 1 inch pieces	⅓ c. vinegar
¼ c. Crisco	1 c. pineapple juice
¼ c. water	1 Tbsp. soy sauce
2 Tbsp. cornstarch	½ c. green pepper, chopped
½ tsp. salt	1 medium onion, sliced thin
¼ c. brown sugar	2½ c. (1 lb. 4 oz. can) pineapple chunks or tidbits

Brown pork in Crisco. Add water. Cover and cook about 1 hour over low heat. Combine cornstarch, salt, sugar, vinegar, pineapple juice and soy sauce in saucepan and cook, stirring constantly, until slightly thickened. Pour sauce over hot pork. Allow to stand 10 minutes. Stir in green pepper, onion and pineapple. Cook about 5 minutes. Serve over hot rice. Serves 6.



## PORK CHOPS AND RICE

<b>4 large pork chops</b>	<b>1 green pepper, sliced</b>
<b>¼ c. uncooked rice</b>	<b>Tabasco sauce</b>
<b>½ c. tomato juice or V-8 juice</b>	<b>Salt and pepper to taste</b>
<b>1 onion, sliced</b>	

Trim and season pork chops and arrange in a baking dish. Place a slice of onion and a slice of green pepper and a drop or two of Tabasco sauce on each chop. Cover tightly and bake at 350° F. for 1 hour. If pan is not covered tightly, increase tomato juice so that rice is not crunchy. Serves 4.

*Joan H.*

## PORK STEAK CASSEROLE

<b>6 pork shoulder steaks, ½ inch thick</b>	<b>1 c. long grain rice</b>
<b>1 tsp. salt</b>	<b>1 bay leaf, crushed</b>
<b>¾ tsp. thyme leaves</b>	<b>1 (9 oz.) pkg. frozen cut green beans</b>
<b>¼ tsp. pepper</b>	<b>1 (10½ oz.) can condensed onion soup</b>
<b>3 Tbsp. shortening</b>	

About 1½ hours before serving, preheat oven to 350°. Trim any excess fat from steaks; sprinkle both sides with salt, thyme and pepper. In large skillet over medium heat, add shortening. Brown steaks well, a few at a time and arrange in greased 13x9x2 inch baking dish. Sprinkle rice and bay leaf over meat; add beans. Pour undiluted onion soup and 2 soup cans of water over all. Cover and bake 1½ hours, or until meat is fork tender. Serves 6.

*Audrey D.*

## SWEET AND SOUR PORK

<b>1½ lb. boneless pork, sliced in slivers</b>	<b>2 Tbsp. flour</b>
<b>6 green peppers, quartered</b>	<b>1 Tbsp. water</b>
<b>4 slices canned pineapple, quartered</b>	<b>1 tsp. salt</b>
<b>2 eggs, beaten</b>	<b>½ tsp. pepper</b>
	<b>1 c. oil</b>
<b>Sauce:</b>	
<b>½ c. vinegar</b>	<b>1 c. cold water</b>
<b>Juice of 1 lemon</b>	<b>½ c. sugar</b>
<b>1 Tbsp. cornstarch</b>	<b>½ tsp. MSG (optional)</b>
<b>2 Tbsp. soya sauce</b>	

Mix eggs, flour, salt and pepper. Place pork in batter. Drop pork, a piece at a time, in hot oil and brown. Drain. Combine pork with pineapple and green pepper. Blend together sauce, add meat mixture. Cook until thick, about 5 minutes. Serve with rice. Serves 6.

*Dorothy B.*

## **SWEET 'N SOUR PORK**

1½ lb. lean shoulder pork, cut in 1  
inch pieces  
¼ c. shortening  
¼ c. water  
2 Tbsp. cornstarch  
½ tsp. salt  
¼ c. brown sugar  
⅓ c. vinegar

1 c. pineapple juice  
1 Tbsp. soy sauce  
½ c. green pepper, thinly sliced  
1 medium onion, thinly sliced  
16 oz. can pineapple chunks or  
tidbits  
Hot rice

Brown pork in shortening. Add water. Cover and cook about 1 hour over low heat. Combine cornstarch, salt, sugar, vinegar, pineapple juice and soy sauce in saucepan and cook, stirring constantly, until slightly thickened. Pour sauce over hot pork. Allow to stand 10 minutes. Stir in green pepper, onion and pineapple. Cook about 5 minutes. Serve over hot rice. Serves 3 to 4.

*Laura M.*

## **BARBECUED SPARERIBS**

3 to 4 lb. spareribs  
1 (14 oz.) bottle ketchup  
1 c. pineapple juice  
1 c. sugar  
¼ c. soy sauce

½ c. vinegar  
½ tsp. garlic powder  
3 oz. ginger root, peeled, sliced thin  
3 Tbsp. lemon juice

Combine ketchup, pineapple juice, sugar, soy sauce, vinegar and garlic powder, ginger root and lemon juice. Pour over ribs and marinate at least 12 hours. Bake ribs and sauce in a 250° F. oven for 4 hours. Serves 4.

## **CANTONESE DINNER (Crock Pot Dinner)**

1½ lb. pork steak  
2 Tbsp. oil  
1 large onion, sliced  
1 small green pepper, cut into strips  
1 (4 oz.) can mushrooms, drained

8 oz. can tomato sauce  
3 Tbsp. brown sugar  
1½ Tbsp. vinegar  
1½ Tbsp. salt  
2 Tbsp. Worcestershire sauce

Brown pork strips in oil; drain fat. Place pork strips and all other ingredients in crock pot. Cover and cook on low for 6 to 8 hours (high for 4 hours). Serve over cooked rice. Serves 4.

*V. Stach*

## POLYNESIAN TURKEY 'N NOODLES

2 c. cubed, cooked turkey	1 tsp. soy sauce
1 egg, slightly beaten	1 medium green pepper, cut in strips
¼ c. cornstarch	1 (13½ oz.) can pineapple chunks, drained (reserve juice)
2 Tbsp. cooking oil	4 large carrots, cooked, cut in 1 inch pieces
½ c. sugar	8 oz. (5 c.) Klops egg noodles
½ c. cider vinegar	
2 Tbsp. cornstarch	
¼ c. water	

Dip turkey pieces in egg, roll in ¼ cup cornstarch until coated. In skillet, brown turkey pieces in oil. Remove and set aside. Add enough water to reserved pineapple juice to make 1 cup; add to skillet along with sugar, vinegar and green pepper. Heat to boiling, stirring constantly. Reduce heat, cover and simmer 2 minutes. Blend 2 tablespoons cornstarch and ¼ cup water. Stir into skillet. Heat, stirring constantly, until mixture thickens and boils. Cook 1 minute. Stir in pineapple chunks, soy sauce, carrots and turkey pieces. Heat. Meanwhile, cook noodles as directed on package. Drain in colander. Serve turkey over noodles. Parsley and almonds may be added. Serves 4 to 6.

## TURKEY NOODLE DIVINE

8 oz. (5 c.) Klops egg noodles	2 (10¾ oz.) cans condensed cream of chicken soup
2 c. diced, cooked turkey	1 soup can of water
6 servings broccoli, cooked, drained	1 (3 oz.) can French fried onions
6 slices (6 oz.) process American cheese	

Cook noodles as directed on package; drain. Place noodles in buttered 13x9x2 inch pan. Cover with turkey and broccoli. Top with 4 slices cheese. Blend soup and water and pour over mixture. Tear remaining cheese slices into thirds and place on top. Bake at 350° for 25 minutes. Sprinkle French fried onions over the top and bake 5 minutes more. Serves 6 generously.

## TURKEY DRESSING

14 to 17 lb. turkey	3 garlic cloves
2 lb. bulk pork sausage	¼ lb. butter
2 large onions	2 (12 oz.) bags seasoned stuffing
2 c. chopped celery	1 tsp. fresh ground pepper
1 qt. fresh mushrooms	3 c. water
½ c. chopped parsley	

Break up the pork sausage in a large frying pan. Fry this with the finely chopped onions, chopped celery (½ inch pieces), sliced mushrooms, finely chopped parsley, crushed garlic cloves in the butter until cooked, but not mushy. Mix the previous mixture with the water in a large pot and add the stuffing. At this time, add salt and pepper to taste. Stuff both cavities of the turkey loosely. If there is room in the pan, form a



pocket at the end of the turkey with aluminum foil, put remainder of the stuffing in this pocket and seal with aluminum foil, setting turkey neck on top. Bake for 1½ hours at 350°.

*Ted W.*

### **BAJA CALIFORNIA CHICKEN**

<b>8 boned chicken breasts</b>	<b>4 Tbsp. olive oil</b>
<b>Seasoning salt and pepper to taste</b>	<b>4 Tbsp. tarragon vinegar</b>
<b>2 cloves garlic, crushed</b>	<b>⅔ c. chicken stock</b>

Sprinkle chicken with seasoning salt and pepper. Crush garlic into oil and vinegar in a skillet. Saute chicken pieces until golden brown, frequently turning. Remove, place in a baking dish. Pour stock over pieces and place in a 350° F. oven for 10 minutes.

*Nancy Reagan*

### **PUERTO RICAN CHICKEN (Arroz Con Pollo)**

<b>2½ lb. chicken pieces</b>	<b>1 green pepper, seeded</b>
<b>2 peppercorns (whole)</b>	<b>1 onion, peeled</b>
<b>2 cloves garlic</b>	<b>1 tomato</b>
<b>1 tsp. oregano</b>	<b>½ tsp. salt</b>
<b>4½ tsp. salt</b>	<b>6 fresh coriander leaves (parsley in</b>
<b>2 tsp. olive oil</b>	<b>          Oriental store)</b>
<b>1 tsp. vinegar or lime juice</b>	<b>10 olives, stuffed</b>
<b>1 Tbsp. lard or vegetable oil</b>	<b>1 Tbsp. capers</b>
<b>1 oz. salt pork, washed, diced</b>	<b>¼ c. tomato sauce</b>
<b>2 oz. lean cured ham, washed,</b>	<b>1 tsp. paprika</b>
<b>          diced</b>	

Wash and divide each chicken piece in two. Dry and rub with seasoning (peppercorns, garlic, oregano, salt and olive oil, after crushing and mixing in a mortar). Set in refrigerator for several hours or overnight. In a heavy kettle, heat fat and brown salt pork and ham rapidly. Reduce heat to moderate; add chicken pieces and cook for 5 minutes. Reduce heat to low; add onion, green pepper, tomato, coriander leaves and saute for 10 minutes, stirring occasionally.

<b>3 c. rice</b>	<b>1 (4 oz.) can pimento</b>
<b>1 (1 lb. 1 oz.) can green peas</b>	

Meanwhile, drain liquid from can of peas into a measuring cup and add enough water to measure 2½ cups if regular rice is used. Add 3 cups if long grain rice is used. Reserve peas. Heat liquid and reserve. Add stuffed olives, capers, tomato sauce, paprika and rice. Mix over moderate heat for 2 minutes. Add reserved hot liquid to kettle. Mix well and cook, uncovered, over moderate heat until rice is dry. With fork, turn rice from bottom to top. Cover kettle and cook over low heat for 40 minutes. Halfway during this cooking period, turn rice over again. Add peas, turn rice once more, cover and cook 15 minutes at low heat. Heat pimentos in their juice, drain and garnish rice. Serve at once. Serves 8.

*Augusto M.*

## BONED CHICKEN CASSEROLE

5 to 6 chicken breasts, boned	3 to 4 cloves garlic, diced
6 slices bacon	1 c. chicken broth
Flour, salt and pepper	1 tsp. salt
4 to 5 potatoes, cut into 1 inch cubes	¼ tsp. thyme

Cut chicken into 1 inch cubes. Fry bacon. Set aside. Coat chicken cubes with flour, salt and pepper. Brown chicken in bacon drippings and place in bottom of casserole dish. Brown potato cubes in remaining drippings along with garlic. Place on top of chicken. Heat chicken broth in same pan along with salt and thyme. Stir to loosen all particles in pan. Pour into casserole. Cover and bake at 350° F. for 45 minutes. Serves 5 to 6.

*Brenda M.*

## OVEN FRIED CHICKEN PIECES

1 cut up chicken	½ c. Parmesan cheese
1 egg, beaten	1 stick margarine
1 c. milk	Lemon juice
1 c. Ritz cracker crumbs (fine)	

Roll chicken first in mixture of egg and milk mixed together. Then roll in mixture of cracker crumbs mixed with cheese. Put chicken pieces in a baking dish, skin side up. Dot each piece with margarine. Bake at 400° F. for 1 hour. Remove from oven and put a little lemon juice on each piece. Cover dish with foil and return to oven set at 350° F. for 30 minutes. Serves 4.

*Gail E.*

## CHICKEN CURRY

½ c. chopped onion	½ tsp. curry powder
1 Tbsp. butter or margarine	1 c. cubed, cooked chicken
1 can cream of mushroom soup	Parsley
¼ c. milk	Cooked rice
1 c. sour cream	

Curry Condiments:

Chutney	Mixed pickles
Raisins	Pineapple chunks
Toasted, slivered almonds	Toasted coconut
Sliced green onions	

Cook onion in butter or margarine. Add soup and milk; heat and stir until smooth. Stir in sour cream and curry powder. Add chicken; heat. Garnish with snipped parsley. Serve over hot, cooked rice. Serve condiments in small bowls around the curry. A fruit salad is a nice side dish. Serves 4 to 6.

*Paula M.*



### CHICKEN VEGETABLE CURRY

- |   |   |
|---|---|
| 4 lb. chicken breasts, boned, cut into pieces | 1 Tbsp. curry powder                    |
| 2 Tbsp. butter                                | ¼ tsp. each of ginger, cloves, cinnamon |
| 2 Tbsp. olive oil                             | 2 Tbsp. lime juice                      |
| 1 large onion, chopped                        | 3 c. half & half                        |
| 2 cloves garlic, minced                       | 1½ lb. fresh mushrooms, sliced, sauteed |
| 3 celery stalks, sliced                       | 1 c. chopped parsley                    |
| 1 small zucchini, ¼ inch slices               | Fresh steamed asparagus or broccoli     |
| 1 stick (4 oz.) butter                        |   |
| ½ c. flour                                    |   |

Salt and pepper chicken pieces. Cook in butter and oil. Remove to side dish and keep warm. Saute onion, garlic, celery and zucchini, adding more butter if necessary. In saucepan, melt 1 stick butter; add flour and cook 2 minutes. Add spices. Stir in half & half. Cook until thickened. Add lime juice. Stir in vegetables and chicken. Warm to serving temperature. Stir in sauteed mushrooms and ⅔ cup parsley. Serve on rice and surround with steamed broccoli or asparagus. Garnish with remaining parsley.

Marty C.

### CINCINNATI CHICKEN CASSEROLE

- |  |                                     |
|--|-------------------------------------|
| 1 large pkg. frozen, chopped broccoli            | 8 oz. shredded sharp Cheddar cheese |
| 3 lb. chicken breasts, cut into bite-size pieces |                                     |
| Sauce:   |                                     |
| ¾ c. mayonnaise                                  | 2 Tbsp. lemon juice                 |
| 2 cans cream of chicken soup, undiluted          | Curry powder to taste               |

In large baking dish, layer the rinsed broccoli and the chicken. Combine sauce ingredients and 6 ounces of cheese and spread over chicken and broccoli. Bake at 325° F. for 45 minutes. Top with remaining cheese and return to oven for 5 to 10 minutes. Serves 8 to 10.

Nancy A.

### CHICKEN DIVAN

- |                              |                                   |
|------------------------------|-----------------------------------|
| 2 cans cream of chicken soup | 2 (10 oz.) pkg. frozen broccoli   |
| 1 c. Hellmann's mayonnaise   | 1 tsp. lemon juice                |
| 2 c. cooked chicken          | ½ c. shredded mild Cheddar cheese |

Cook broccoli spears until tender; drain. Arrange broccoli in bottom of baking dish. Shred chicken on top. Combine soup (undiluted), mayonnaise and lemon juice. Pour over chicken. Top with cheese. Bake at 350° F. for ½ hour. This can be made and refrigerated before baking. Increase baking time to 1 hour.

### CHICKEN CASSEROLE

2 boxes frozen broccoli, chopped, cooked	2 cans cream of chicken soup
3 c. chopped, cooked chicken	1 c. mayonnaise
	1 Tbsp. lemon juice

Topping:

½ c. Parmesan cheese	1 Tbsp. melted margarine
½ c. bread crumbs	

Butter a 9x13 inch casserole dish. Spread broccoli over bottom of dish, layer chicken on top of broccoli. Mix chicken soup, mayonnaise and lemon juice together and spread over chicken. Mix topping ingredients together and pour over mixture. Bake at 350° F. for 30 minutes. Serves 6 to 8.

*S. Family*

### CHICKEN DELICIOUS

2 bunches fresh broccoli	1 c. mayonnaise
3 whole chicken breasts, boned, cooked	1 tsp. lemon juice
½ c. shredded sharp cheese	½ tsp. curry powder
2 cans cream of chicken soup (or 1 c. soup and 1 c. broth)	½ c. soft bread crumbs
	1 Tbsp. melted butter

Cook broccoli; drain. Combine soup, mayonnaise, lemon juice and curry. In 11x7 inch dish, layer broccoli, chicken and cover with soup mixture. Sprinkle with cheese, then buttered crumbs. Bake at 350° F. for 30 minutes. Serves 6.

*Janet B.*

### CHICKEN AND BROCCOLI CASSEROLE

2 pkg. frozen broccoli	2 Tbsp. butter
4 to 6 whole chicken breasts	½ lb. Old English cheese (2 (4 oz.) jars)
1 tsp. poultry seasoning	1 small can mushrooms
1 tsp. salt	1 Tbsp. lemon juice
2 cans cream of mushroom soup	

Cook broccoli and drain. Place chicken breasts in pan and add just enough water to cover. Add salt and poultry seasonings to the water. Bring to boil and simmer for ½ hour. Drain, cut in chunks and let cool. Combine soup, butter, cheese, lemon juice and mushrooms in pan and melt, blending into a sauce. Alternate layers of chicken, broccoli and sauce. Bake at 350° F. for 45 minutes. Serve with wild rice. Serves 4 to 6.

*Ginny L.*

### CHICKEN DIJON

4 whole chicken breasts	½ c. light cream
3 Tbsp. butter	2 Tbsp. Dijon style mustard
2 Tbsp. flour	Tomato wedges
1 c. chicken broth	Parsley

Split, skin, bone and pound the breasts flat. In large skillet, saute chicken in butter until tender, about 20 minutes. Remove chicken to warm oven. Stir flour into skillet drippings. Add chicken broth and cream. Cook and stir until mixture thickens and bubbles. Stir in mustard. Add chicken. Cover and heat 10 minutes. Garnish with tomato wedges and parsley. Serves 4.

*Louise H.*

### CHICKEN ON PATTY SHELLS

<b>4½ c. cooked chicken, diced</b>	<b>2 tsp. onion juice</b>
<b>3½ c. celery, diced, blanched</b>	<b>2 tsp. lemon juice</b>
<b>2 Tbsp. butter or margarine</b>	<b>Dash of pepper</b>
<b>2 cans cream of chicken soup</b>	<b>1 medium bag potato chips</b>
<b>1 can milk</b>	<b>Mushrooms and almonds (optional)</b>
<b>2 tsp. salt</b>	<b>8 patty shells</b>
<b>2 c. mayonnaise</b>	

Saute celery in butter until crisp tender. In a large bowl, mix soup, milk and mayonnaise until thoroughly blended. Add cooked chicken, celery, onion, lemon juice and seasonings. Place in large casserole dish. Crush potato chips and sprinkle on top of chicken. Bake until bubbly, approximately 35 to 45 minutes, in 325° oven. Serve over patty shells. Serves 8.

### GRANNY'S CHICKEN SQUARES

<b>3 c. cooked, diced chicken</b>	<b>Salt to taste</b>
<b>1 c. cooked rice</b>	<b>Dash of pepper</b>
<b>2 c. soft bread crumbs</b>	<b>2 c. chicken broth</b>
<b>⅓ c. diced celery</b>	<b>1 can cream of mushroom soup</b>
<b>¼ c. chopped pimiento</b>	<b>⅓ c. milk</b>
<b>4 beaten eggs</b>	

Combine chicken, rice, bread, pimiento and celery to beaten eggs. Add seasoning and broth; stir into chicken mixture. Bake in 350° F. oven for 1 hour or until set. Serve with mushroom sauce made by heating milk and mushroom soup.

*Caryl McV.*

### CHICKEN AND RICE BALLS

<b>¾ c. celery, chopped</b>	<b>¾ c. shredded American cheese</b>
<b>⅓ c. chopped onion</b>	<b>2 eggs</b>
<b>3 Tbsp. butter</b>	<b>¾ tsp. salt</b>
<b>3 Tbsp. flour</b>	<b>¾ tsp. chili powder</b>
<b>1 c. chicken broth</b>	<b>1¼ tsp. poultry seasonings</b>
<b>3 c. cooked chicken or turkey</b>	<b>Corn flakes</b>
<b>3 c. cooked rice</b>	

Saute celery and onion in butter until tender. Stir in flour and cook 2 minutes. Add broth, stirring constantly, until thickened. Combine with remaining ingredients, except corn flakes. Form into 18 to 24 balls. Roll in crushed corn flakes. Bake on cookie



sheet at 350° F. for 25 to 30 minutes. Combine gravy ingredients and heat. Serve over chicken and rice balls.

Gravy: Combine 1 can cream of mushroom soup, ¼ cup plus 2 tablespoons milk and 3 tablespoons minced onion.

*Janet A.*

### **FREEZER CHICKEN A LA KING**

½ c. butter, melted  
6 Tbsp. flour  
2 tsp. salt  
2 c. chicken broth  
2 c. milk

4 c. diced, cooked chicken  
1 (6 oz.) can sliced mushrooms,  
drained, broiled  
½ c. chopped pimentos

Melt butter; blend in flour and salt. Stir in broth and milk. Cook, stirring constantly, till sauce is thick. Add chicken, mushrooms and pimentos. Stir. If you want to freeze this casserole, cool quickly in pan of ice water to room temperature. Serve over biscuits.

*Joanne E.*

### **CHICKEN AND HOMEMADE NOODLES**

1 large chicken, cut into pieces for  
frying

Water  
Parsley

Noodles:

2 c. unsifted flour  
1 tsp. salt  
Dash of pepper

1 egg  
Approx. ¾ c. water

Cover chicken with water and cook until half-done. Reserve broth. Fry pieces of chicken separately until fully cooked.

Noodles: These should be made about 4 hours before serving. Mix together the flour, salt and pepper, egg and water to form a stiff dough. Roll out thinly on floured wax paper. Allow to dry, turning about once an hour. Roll dough into a log shape and cut crosswise into noodles. Cook noodles in broth to which parsley has been added, for 15 minutes. Serve with the fried chicken and whipped potatoes.

*Sandy C.*

### **CHICKEN AND DRESSING**

1 pkg. Pepperidge Farm dressing  
1½ sticks melted margarine  
3 c. chicken, cut up, cooked  
1 c. celery, chopped

2 tsp. chopped onion  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 small can Pet milk

Mix all ingredients, except milk. Pour into 9x13 inch baking dish, then pour milk over all. Bake at 350° F. for 45 minutes, covered. Remove cover, continue to bake for 15 minutes, or until brown. Serves 4.

*Margaret B.*

### CHICKEN AND DRESSING CASSEROLE

2 c. dry Pepperidge Farm dressing mix	1 can cream of mushroom soup
2 c. cooked chicken, cubed	1 can cream of chicken soup
½ c. milk	1 small can mushrooms
½ c. mayonnaise	1 small can water chestnuts

Mix all ingredients, reserving 1 cup dressing mix. Pour into a greased casserole and sprinkle with reserved dressing mix. Bake, covered, the day before serving at 350° F. for 45 minutes. The next day, bake at 250° F. for 1 ½ hours. Serves 6.

Note: When doubling recipe, use only ¾ cup milk.

*Ginny LeR.*

### CASSEROLE OF CHICKEN AND DRESSING

1 pkg. herb seasoned dressing	2 cans cream of chicken soup
4 large chicken breasts, halved (or other meaty pieces to serve 8)	1 Tbsp. curry
	2 Tbsp. lemon juice

Make dressing as directed on package and spread over bottom of large, shallow buttered casserole. Place chicken, skin side up, on top. Combine soup, curry and lemon juice. Pour over chicken and dressing. Bake at 350° F. for 1 ½ hours, uncovered, until chicken is brown. Serves 8.

*Joan H.*

### CHICKEN RICE CASSEROLE

1 ¼ c. uncooked regular rice	1 frying chicken, cut up
1 can cream of mushroom soup	½ c. melted butter
1 can cream of celery soup	Paprika
1 can cream of chicken soup	

Mix rice and soups and spread in baking pan. Place pieces of frying chicken on top (skin side up) and pour melted butter over. Sprinkle with paprika and bake at 275° F. for 2 ½ hours. Serves 4.

*Jean and Wally M.*

### CHICKEN DIVAN

6 whole chicken breasts, boned	1 pkg. Swiss cheese
2 cans mushroom soup, undiluted	Croutons

Place chicken breasts in 13 inch baking dish; cover with Swiss cheese. Pour on mushroom soup. Cover baking dish with aluminum foil. Bake at 350° F. for 1 hour. Remove cover, add croutons on top and return to oven for 15 minutes. Serves 6.

*Gretchen S.*

## EASY CHICKEN DIVAN

- |   |                            |
|---|----------------------------|
| 2 (10 oz.) pkg. frozen broccoli spears  | 1 c. sour cream            |
| 2 c. cooked chicken, sliced (5 breasts) | 1 tsp. lemon juice         |
| 2 cans condensed cream of chicken soup  | ½ c. shredded sharp cheese |
|   | ½ c. soft bread crumbs     |
|   | 2 Tbsp. butter, melted     |

Cook broccoli according to directions and arrange in shallow 2 quart casserole. Combine soup, sour cream and lemon juice. Place sliced chicken on top of broccoli and pour mixture over it. Sprinkle with shredded cheese. Combine bread crumbs and butter (melted) and sprinkle over top. Bake at 350° F. for 25 to 30 minutes, until bubbly and hot.

*Bobbie K.*

## CHICKEN NOODLE CASSEROLE

- |                          |                              |
|--------------------------|------------------------------|
| 1 whole chicken          | ¼ c. flour                   |
| 1 can chicken broth      | 1 c. bread crumbs            |
| 8 oz. pkg. noodles       | 1 c. shredded Cheddar cheese |
| ¼ c. butter or margarine |                              |

Cook chicken in salted water to cover until tender. Drain, saving broth. Add canned chicken broth and bring to boil. Drop in noodles and cook until just tender. Drain again, saving broth. Melt butter in small saucepan. Stir in flour and cook gently for 2 minutes. Add hot broth, stirring constantly. Layer chicken and noodles in a buttered casserole dish. Cover with sauce. Sprinkle cheese and bread crumbs on top. Bake at 350° F. till bubbly. Remove lid and brown. Serves 4 to 6.

*Geneva B.*

## MEXICAN CHICKEN

- |                                 |  |
|---------------------------------|--|
| 2 lb. chicken, cooked           | 1 can cream of chicken soup                  |
| 1 c. Uncle Ben's converted rice | 1 small can tomatoes                         |
| 2 c. chicken broth              | 1 c. grated Cheddar cheese (more if desired) |
| 1 medium onion, chopped         |  |
| 1 can cream of mushroom soup    |  |

Place rice in lightly greased 9x13 inch casserole dish. Pour broth on top. Add chicken and onions on top of rice. Pour soups over mixture. Break up tomatoes and spread over other layers. Top with grated cheese. Bake at 350° F. for 50 to 60 minutes. Serves 4 to 6.

*Anita M.*

## GOURMET CHICKEN

- |                                     |   |
|-------------------------------------|---|
| 1 cut up fryer or 4 chicken breasts | 1 can cream of mushroom soup                      |
| 4 to 6 slices bacon                 | Garlic salt, oregano, paprika and pepper to taste |
| 1 c. rice, uncooked                 | ⅔ c. water  |
| 1 Tbsp. chopped parsley             |   |



Place bacon on bottom of baking dish. Pour rice over the bacon. Place chicken pieces over rice. Sprinkle with seasonings. Combine soup and  $\frac{2}{3}$  cup water and pour over chicken. Cover with aluminum foil. Bake at 300° F. for 2 hours.

*Peggy T.*

### **GARLIC CHICKEN**

**2½ to 3 lb. chickens**  
**40 unpeeled garlic cloves (yes, I said 40)**

**½ c. beef broth with 3 Tbsp. vinegar**

Heat oven to 350° F. Arrange garlic cloves around chicken in roasting pan. Bake 20 minutes. Add broth with vinegar. Continue baking 40 more minutes, basting occasionally. Serve garlic with chicken and pan juices. The garlic will mellow with cooking, they may be eaten by squeezing the unpeeled garlic between fingers, popping the succulent centers into your mouth. Serves 4.

*Terre*

### **SWEET AND SOUR CHICKEN WINGS**

**3 lb. chicken wings**  
**1 tsp. salt**  
**Oil**  
**1 c. cornstarch**  
**3 eggs, beaten**  
**¼ c. soy sauce**

**½ c. vinegar**  
**½ c. sugar**  
**3 Tbsp. catsup**  
**½ tsp. salt**  
**½ c. currant jelly**  
**2 Tbsp. lemon juice**

Cut tips from wings. Cut wings at joint to make 2 pieces. Wash and dry and sprinkle with salt. Heat oil 2 inches deep in a large saucepan. Roll wings in cornstarch and dip in egg to coat. When oil is 375° F., deep fry a few at a time. Mix remaining ingredients together and heat to boiling, while stirring. Simmer 10 minutes. Pour over chicken. Bake at 350° F. for 30 minutes. Keep hot in chafing dish to serve.

*Eva H.*

### **BARBECUED CHICKEN**

**2 broiler fryers, halved**  
**1 large egg**  
**½ c. cooking oil**  
**5 tsp. salt**

**½ tsp. pepper**  
**1½ tsp. poultry seasoning**  
**1 c. cider vinegar**

Break egg into mixing bowl. Add the oil and beat this until it reaches mayonnaise-like consistency. Blend in salt, pepper and poultry seasoning. Add vinegar. Mixing in this manner prevents the oil and vinegar from separating. Cut chicken into pieces. Marinate in sauce 1 or 2 hours. Baste with the sauce frequently while cooking over hot charcoal fire. Pierce the flesh as you turn the chicken. This allows the sauce to permeate the meat. Cook slowly over a low fire. Cooking time is usually 40 to 60 minutes, depending upon size of chicken and heat of fire.

*Freida and Richard L.*

## CHICKEN A LA ORANGE

8 whole chicken breasts, boned,  
halved, skin on  
¾ c. flour  
½ tsp. salt  
1 tsp. garlic powder  
½ tsp. paprika  
⅓ c. sliced almonds

2 Tbsp. butter  
3 Tbsp. (or more) vegetable oil  
2 c. orange marmalade  
3 c. chicken stock or bouillon  
¼ tsp. thyme  
Pinch of rosemary  
1 ½ c. orange juice

Coat chicken with flour, salt, garlic powder and paprika. Saute almonds in butter until golden, remove and set aside. Brown chicken in same pan, adding vegetable oil to pan. Meanwhile, heat together in pan, marmalade, orange juice, chicken stock, thyme, rosemary and salt. Put chicken in 13x9 inch ovenproof glass pan, skin side up. Use ½ of sauce to pour over chicken, reserve other half and thicken with flour. Cover pan with foil. Bake 1 to 1 ½ hours at 350° F. Serve over rice; sprinkle with almonds and garnish with orange roses. Serve with thickened heated sauce. Serves 8.

*Chris K.*

## CHICKEN CORDON BLEU CASSEROLE

6 large chicken breast halves,  
boned, skinned  
1 lb. cottage ham, sliced thin

12 slices Swiss cheese  
4 Tbsp. mayonnaise  
¾ c. bread crumbs

Sprinkle chicken with salt and pepper. Grease 9x12 inch baking dish with 1 tablespoon mayonnaise. Layer bottom of pan with ½ pound cottage ham and 6 slices cheese. Lay chicken on cheese slices and dot with remaining 3 tablespoons mayonnaise. Top each breast with a slice of cheese and remaining ham. Cover with foil. Bake 20 minutes at 350°. Remove foil. Top with bread crumbs. Return to oven another 20 minutes. Serves 6.

*Marian T.*

## CHICKEN AND WILD RICE CASSEROLE

1 (6 oz.) box Uncle Ben's wild rice,  
cooked  
1 chicken, preboiled with small  
amount of celery salt  
1 can cream of mushroom soup  
1 can cream of chicken soup  
½ can water

1 (6 oz.) can mushrooms or sliced  
fresh mushrooms  
3 Tbsp. grated onion  
3 Tbsp. butter or margarine  
½ tsp. each of garlic salt, onion  
salt, celery salt  
Parmesan cheese

Cook 1 hour to preboiled chicken, then debone. Saute onions and mushrooms in butter. Mix all ingredients in buttered casserole dish. Cover with Parmesan cheese. Bake 1 hour at 350° F., uncovered. Serves 4 to 6.

*Jan R.*

## CHICKEN-RICE CASSEROLE

1 ½ c. long grain rice, uncooked  
1 can cream of mushroom soup  
1 ½ pkg. onion soup mix

2 c. water  
1 large chicken, cut up

Mix rice, soup, 1 package soup mix and water. Place in 2 quart casserole. Place cut up chicken on top. Sprinkle remaining soup mix on chicken. Cover securely. Bake at 325° F. for 2 hours. Serves 6.

*Sharon M.*

### **GLAZED CHICKEN WITH SNOW PEAS ON RICE**

**¾ lb. chicken breast**  
**2 Tbsp. lemon juice**  
**½ tsp. salt**  
**1 Tbsp. sesame seeds**  
**½ lb. fresh snow peas**  
**1 Tbsp. cornstarch**

**2 Tbsp. vegetable oil**  
**¼ c. chicken broth or water**  
**2 Tbsp. soy sauce**  
**2 Tbsp. orange juice**  
**1 tsp. sugar**  
**4 c. hot cooked rice**

Skin and bone chicken breast. Slice the chicken crosswise on the diagonal into ½ inch slices and then into bite-size pieces. Place the chicken in a small bowl and add the lemon juice and salt. Marinate for 5 to 10 minutes. Place the sesame seeds in a heavy skillet or saucepan over moderately high heat. "Dry roast", shaking pan once or twice, until the seeds turn pale beige, about 20 seconds. Empty the seeds onto a cutting board and mince them. String each snow pea. Blanch the snow peas in rapidly boiling, salted water for 10 seconds and drain immediately. Refresh in cold water and pat dry. Remove the chicken from the marinade and pat dry with paper towels.

Place in another small bowl, sprinkle with cornstarch and toss lightly to coat evenly. Heat the oil in medium skillet and add chicken. Saute over moderately high heat, stirring, until all the pieces are white. Add broth and stir with wooden spoon to scrape up any crusty bits. Reduce the heat to low. Add soy sauce, orange juice and sugar and simmer until reduced to ¾ (5 minutes). Increase heat and stir to glaze the chicken. Sprinkle ½ of sesame seeds and stir to mix. To serve, divide the rice among 4 deep bowls. Cover ¾ of rice with chicken. Cover the remaining rice with snow peas, standing them up on an angle to look like leaves. Sprinkle with rest of sesame seeds.

*Janet B.*

### **CHICKEN FRIED RICE**

**1 ½ c. water**  
**1 ½ c. Minute rice**  
**3 Tbsp. margarine**  
**1 egg, beaten**  
**1 large chicken breast, cooked,**  
**diced**

**½ c. chopped green onion**  
**2 to 3 Tbsp. soy sauce**  
**½ c. broth**  
**Green onion for topping**

Bring water to boil. Stir in rice, remove from heat. Cover for 5 minutes. Cook egg in margarine. Add chicken. Cook a minute. Add onion and rice; brown for 5 minutes. Combine broth and soy sauce, stir in rice. Sprinkle with the green onion.

*Bonnie R.*



## SHORT RIBS

6 lb. short ribs of beef  
½ c. molasses  
½ c. tomato sauce  
¼ c. lemon juice  
4 Tbsp. brown sugar

2 Tbsp. chopped onion  
½ tsp. basil or other herbs  
2 Tbsp. Worcestershire sauce  
½ tsp. each of salt and freshly  
ground pepper

Brown ribs with onion if desired. Put in crock pot or slow cooker. Cook several hours. Add 3 packages of George Washington beef broth seasoning with water.

*Nancy H.*

## BEEF RIBS AND BARBEQUE SAUCE

12 beef ribs  
3 c. water  
2 Tbsp. Worcestershire sauce

1 Tbsp. seasoned salt  
1 tsp. pepper

Sauce:

1 c. commercial barbeque sauce  
½ c. catsup  
¼ c. mustard  
¼ c. steak sauce  
¼ c. Worcestershire sauce

2 Tbsp. corn syrup  
1½ Tbsp. brown sugar  
Dash of red pepper  
Dash of lemon juice

Place first 5 ingredients in Dutch oven. Cook on top of stove at low temperature for 1½ hours, until tender. Mix all ingredients for sauce. Place beef ribs in shallow baking dish. Pour sauce over top. Cover and bake at 350° F. for 30 minutes. Serves 4 to 6.

*Beverly*

## BBQ KANSAS CITY STYLE BRISKET

4 to 5 lb. beef brisket  
⅓ c. or 3 oz. liquid smoke  
1 c. water  
1 (15 oz.) and 1 (6 oz.) can tomato  
sauce

½ c. packed brown sugar  
3 tsp. Worcestershire sauce  
1½ tsp. lemon juice  
¾ tsp. Tabasco sauce  
1 tsp. salt and pepper

In a large baking dish or pan, place brisket. Pour liquid smoke over both sides. Pour in water and bake at 350° for 1½ hours, covered. Mix rest of ingredients. Spread ¾ over meat top. Continue to bake at 350° for additional 2 hours. Heat remaining sauce to serve at table. Cut meat on bias and serve on heated platter. Serves 6 to 8.

*Karmen L.*

## ROOT BEER SLOPPY JOES

12 oz. root beer  
1 lb. ground beef  
1 medium chopped onion  
3 Tbsp. catsup

3 Tbsp. prepared mustard  
¼ tsp. salt  
⅛ tsp. pepper  
6 hamburger buns, toasted

Simmer root beer to reduce to ½ cup, about 20 minutes. In medium skillet, cook and stir ground beef and onion until meat is brown and onion is tender; drain. Stir in root beer, catsup, mustard, salt and pepper. Simmer, uncovered, 10 minutes, until mixture thickens slightly, stirring occasionally. Spoon over bottom halves of buns; top with remaining halves.

*Gail E.*

### **SLOPPY JOES**

<b>1 lb. hamburger</b>	<b>1 (10½ oz.) can condensed chicken</b>
<b>1 onion, diced</b>	<b>gumbo soup</b>
<b>1½ Tbsp. ketchup</b>	<b>6 hamburger buns</b>
<b>1½ Tbsp. mustard</b>	

Cook and brown onions and hamburger; drain grease from hamburger. Stir in ketchup and mustard and soup to hamburger and onions. Simmer 15 minutes. Serve on buns. Makes 6 servings.

### **SLOPPY JOES**

<b>1 lb. ground beef</b>	<b>2 Tbsp. prepared mustard</b>
<b>1 Tbsp. lard or drippings</b>	<b>1 Tbsp. vinegar</b>
<b>1 c. chopped onion</b>	<b>1 Tbsp. salt</b>
<b>1 c. green pepper, chopped</b>	<b>1 c. ketchup</b>
<b>1 Tbsp. sugar</b>	<b>½ tsp. cloves</b>

Brown meat in drippings or lard and combine the remaining ingredients. Simmer ½ hour in skillet over medium heat. Cover mixture. May be prepared ahead. A very distinct and unique flavor. Serves 8 to 10.

*Nancy H.*

### **SLOPPY JOES**

<b>1½ lb. ground beef</b>	<b>1 onion, diced</b>
<b>1 tsp. salt</b>	<b>½ tsp. pepper</b>
<b>½ tsp. mustard seed</b>	<b>½ tsp. celery seed</b>
<b>½ pt. chili sauce</b>	<b>1 Tbsp. flour</b>
<b>2 Tbsp. vinegar</b>	<b>8 hamburger buns</b>

Brown meat and onion together. Stir in flour and mix well. Add chili sauce, vinegar and remainder of ingredients. Simmer, covered, for 15 minutes and serve on hamburger rolls. Makes 8.

*Judi D.*

### **SLOPPY JOES**

<b>1 lb. ground beef</b>	<b>1 Tbsp. Worcestershire sauce</b>
<b>¾ tsp. salt</b>	<b>⅛ tsp. Tabasco sauce</b>
<b>2 Tbsp. molasses</b>	<b>½ c. catsup</b>
<b>2 Tbsp. prepared mustard</b>	<b>Hamburger buns</b>

Brown beef in skillet, breaking it up with a fork. Drain off fat. Sprinkle with salt. Blend molasses and mustard, then stir in Worcestershire sauce, Tabasco sauce and catsup. Add to ground beef, mixing well. Heat and serve on buns. Serves 4.

*Jeanine Y.*

### CHEESEBURGER TURNOVERS

**1/2 lb. ground beef**  
**1 Tbsp. chopped onion**  
**1/2 tsp. salt**  
**Dash of pepper**

**1 can refrigerator biscuits**  
**5 slices American cheese**  
**Mustard**  
**Ketchup**

Combine first 4 ingredients and saute until lightly browned. For each turnover, place 2 biscuits overlapping on well floured surface. Roll out until oval is formed. Place 3 tablespoons of meat mixture on top with cheese. Moisten edges with water; fold over and seal with fork. Prick top. Bake 8 to 10 minutes at 425° F. Serve with mustard and ketchup. Serves 5.

*V. Stach*

### SANDWICH BY THE YARD

**1 lb. hamburger, uncooked**  
**1/3 c. Parmesan cheese**  
**1/4 c. chopped onion**  
**1 tsp. salt and pepper**  
**1 tsp. oregano**

**6 oz. can tomato paste**  
**1 (18 inch) loaf French bread, sliced**  
**in half lengthwise**  
**1 (8 oz.) pkg. sliced Mozzarella**  
**cheese**

Mix all ingredients and spread on each half of long sliced loaf, covering all surfaces. Broil 5 to 6 inches below oven unit, about 10 to 12 minutes, until meat mixture is cooked. Do not let bread burn. Remove from broiler, put slices of cheese on top of meat mixture and return to broil about 2 minutes more, or until cheese melts. Cut into 4 inch portions.

*Karmen L.*

### BAR-B-Q SANDWICHES

**2 lb. ground beef**  
**1 medium onion, diced**  
**1 (8 oz.) can tomato sauce**  
**1 can water**  
**2 Tbsp. vinegar**  
**2 Tbsp. Worcestershire sauce**  
**2 Tbsp. (heaping) brown sugar**

**2 tsp. salt**  
**1 tsp. paprika**  
**1 tsp. chili powder**  
**1/4 tsp. cinnamon**  
**1/8 tsp. cloves**  
**1/8 tsp. pepper**  
**Bakery buns**

While meat is browning in large skillet, mix together remaining ingredients. Add mixture to browned beef and bring to boil. Simmer 20 to 30 minutes. Spoon off excess fat. Spoon onto round bakery buns just before serving. To make bar-b-q chicken, omit ground beef. Simmer sauce 10 minutes. Pour over pieces of chicken in flat baking dish. Bake for 1 hour at 350° F. Turn every 15 minutes. Makes 10 to 12 sandwiches.

*Marian T.*



## BARBEQUE

**2 lb. lean stew meat**  
**4 c. tomato juice**  
**1 c. water**

**½ c. sugar**  
**½ c. catsup**  
**½ c. Worcestershire sauce**

Place ingredients in large pan and simmer over medium heat 5 hours, uncovered. Mash with fork. Serve over buns and include cole slaw for good eatin'.

*Sharon M.*

## HOT HAM AND CHEESE SANDWICHES

**½ c. butter or margarine**  
**¼ c. minced onions**  
**¼ c. prepared mustard**  
**1 Tbsp. poppy seeds**

**8 hamburger buns**  
**8 slices Swiss cheese**  
**8 slices boiled ham**

Mix softened butter, onions, mustard and poppy seeds. Spread cut surfaces and tops of buns with this mixture. Put halves together with cheese and ham. Place on baking sheet and bake 15 minutes at 350°. Serves 8.

*Joanne H.*

## YORKSHIRE BEEF CUBES

**2 lb. round steak, cut in cubes**  
**3 Tbsp. flour**  
**3 Tbsp. vegetable oil**  
**¾ tsp. basil**  
**⅛ tsp. pepper**

**¾ c. water**  
**½ c. beef stock**  
**1 (10 oz.) can Cheddar cheese soup**  
**½ c. thinly sliced onions**  
**¼ c. sliced stuffed olives**

Dredge steak cubes in flour and brown in oil. Pour off oil. Sprinkle basil and pepper over meat. Add water, cover tightly and cook slowly for 1 hour. Stir in beef stock; cook 30 minutes, or until meat is tender. Combine a portion of cooking liquid with soup and stir into meat until blended. Add onions and olives and cook slowly for 3 to 4 minutes, till heated through. Serve in Individual Yorkshire Puddings (recipe follows).

Individual Yorkshire Puddings:

**¼ c. vegetable oil**  
**1 c. flour**  
**¾ tsp. salt**

**2 eggs**  
**1 c. milk**

Place 1 teaspoon oil in each of 12 large muffin pan cups. Place in oven and heat to 400° F. Sift flour and salt. Beat eggs and add milk. Slowly add dry ingredients, beating constantly. Pour about 2 to 3 tablespoons batter into each muffin cup. Bake 30 minutes, or until puddings are golden brown.

*V. Stach*

## **POLISH CABBAGE ROLLS (Golabki)**

**1 onion, chopped**  
**1 Tbsp. fat**  
**1 c. cooked rice**  
**¼ lb. ground beef**  
**¼ lb. ground pork**  
**Salt and pepper**

**1 (about 3 lb.) head cabbage**  
**2 beef bouillon cubes**  
**1 c. hot water**  
**1 can cream of tomato soup,  
undiluted**

Fry the onions in the fat until golden. Mix the onions with the rice and the meat (do not use precooked rice). Season with salt and pepper. Place the whole head of cabbage in a large kettle with boiling water. Cover and cook for 5 minutes. Remove the cabbage from the kettle. Separate the soft leaves from the surface. Return the rest of the cabbage to the kettle and cook for another 5 minutes. Repeat until all the leaves are separated easily. Cut out the hard part of the stem of each leaf. Place a spoonful of the stuffing on each cabbage leaf. Wrap the stuffing in each leaf.

Place the rolled stuffed cabbage leaves one next to the other in a baking dish. Dissolve the beef bouillon over the cabbage rolls. Bake uncovered cabbage rolls in a hot 450° F. oven for 1 hour. Pour the undiluted cream of tomato soup over the cabbage rolls. Cover the baking dish. Reduce the oven temperature to 350° F. Bake for another hour. Cabbage rolls are best when reheated. Mushroom sauce may be used for a change instead of cream of tomato soup.

*Peggy K.*

## **CHINESE GREEN PEPPER BEEF**

**½ lb. flank steak, pounded**  
**¼ tsp. pepper**  
**2 Tbsp. cornstarch**  
**½ tsp. salt**  
**¼ tsp. MSG**  
**1 Tbsp. rice vinegar**  
**1 Tbsp. soy sauce**

**½ c. julienne green onion**  
**½ c. julienne green pepper**  
**2 Tbsp. peanut oil**  
**¼ c. soup stock**  
**1 Tbsp. oyster sauce**  
**1 Tbsp. cornstarch mixed with 3  
Tbsp. cold water**

Make steak strips 1 to 1 ¼ inches long and about ⅛ inch thick. Season with salt, pepper and MSG; dust meat with cornstarch and mix with soy sauce and rice vinegar. Let marinate 15 minutes. Heat oil and fry meat until slightly browned. Remove meat from pan and reserve liquid. Add pepper and onions and stir a few seconds, then return meat. Add broth and oyster sauce and bring to a boil. Thicken with cornstarch mixture and stir a few seconds. There should be just enough sauce to hold the meat together. Oyster sauce is used to season many Chinese dishes. Serve on thin egg noodles, or cellophane noodles. Serves 2.

*Nancy W.*

## CHINESE CASSEROLE

- |  |                             |
|--|-----------------------------|
| 1 stick butter                                   | 1 small can water chestnuts |
| 1 (8 oz.) pkg. Mullin's old fashioned<br>noodles | 1 small can mushrooms       |
| 1 pkg. frozen Green Giant Chinese<br>vegetables  | 3 chicken bouillon cubes    |
|  | 3 c. boiling water          |

Melt butter in fry pan or wok. Lightly brown noodles in butter. In a bowl, combine remaining ingredients and add to noodles. Heat thoroughly. Serves 4.

*Paul and Carole N.*

## EGG FOO YONG

- |  |                          |
|--|--------------------------|
| 1 (14 oz.) can bean sprouts or equal<br>amount of fresh bean sprouts | 1 c. shredded lettuce    |
| ¼ c. slivered green pepper   | ¼ c. thinly sliced onion |
| ¼ c. chopped pimiento or red<br>pepper (optional)                    | 6 eggs, slightly beaten  |
|  | ½ tsp. salt              |
|  | 1 Tbsp. oil              |

Combine all ingredients. Heat oil in small fry pan. Add egg mixture, ½ cup at a time, as for pancakes. Saute, turning once until browned. Keep warm on serving platter. Serve as is or add a little sauce from meat. Serves 6 to 8.

*Linda L.*

## CHINESE STEAK

- |                                |             |
|--------------------------------|-------------|
| 1 round steak, 1¾ inches thick | 4 Tbsp. oil |
| 1 medium onion, sliced         |             |

Sauce:

- |                   |                     |
|-------------------|---------------------|
| 1½ tsp. salt      | 3 Tbsp. soy sauce   |
| 3 tsp. sugar      | 3 tsp. water        |
| 6 tsp. cornstarch | 1½ c. boiling water |
| ¼ tsp. pepper     |                     |

Saute onion in oil; add meat, cut in serving size pieces. Brown. Mix sauce ingredients in separate bowl. Stir until cornstarch is dissolved. Add to meat. Simmer for 2 hours, or until meat is tender. Serve with Egg Foo Yong. Serves 6 to 8.

*Linda L.*

## PORK CHOW MEIN

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 lb. pork, cut into thin strips  | 1 c. beef broth         |
| 3 c. celery, sliced on bias       | ¼ c. soy sauce          |
| 1 c. onion, sliced                | 1 lb. bean sprouts      |
| 1 c. mushrooms, sliced (optional) | 1 c. Chinese vegetables |
| 2½ Tbsp. cornstarch               | ¼ c. water              |

In large pan, cook pork in 1 tablespoon of hot oil until done, about 10 minutes. Remove from pan. Cook celery and onions in 2 tablespoons of oil until crisp and tender. Add mushrooms and cook 2 to 3 minutes, stirring often. Blend cornstarch and ¼ cup



cold water; add beef broth, soy sauce and 1 tablespoon brown gravy sauce if desired. Stir into vegetables. Add meat, bean sprouts and Chinese vegetables. Heat and stir until thick. Serve over rice or chow mein noodles. Serves 4 to 5.

*Billie C.*

### OVEN BEEF STEW

2 lb. stew beef	1/3 c. tapioca
2 onions, quartered	1 Tbsp. sugar
3 stalks celery, sliced	1 Tbsp. salt
4 carrots, julienne	1 tsp. pepper
1 (12 oz.) can V-8 juice	1/2 tsp. basil or 1 bay leaf

Combine all ingredients in a large casserole dish. Cover and bake at 275° F. for 5 hours or 300° F. for 4 hours. Serve with mashed potatoes. Take out bay leaf before serving.

### EASY BEEF STEW

3 lb. chuck roast, cut in small pieces	1 pkg. dried onion soup mix
1 can cream of celery soup	1 small can mushrooms
1 can bisque of tomato soup	1/2 c. beef stock
1 can cream of mushroom soup	

Place first 5 ingredients in covered roaster and place in 300° F. oven for 3 hours. Add the mushroom and beef stock and cook 1/2 hour more. Serve over noodles or rice. Serves 6.

*Marlene E.*

### CHIVE DUMPLINGS

1 1/2 c. flour	3 Tbsp. snipped chives
2 tsp. baking powder	3/4 c. milk
3/4 tsp. salt	3 Tbsp. vegetable oil

Stir flour, baking powder, salt and chives together. Combine milk and oil and add to dry ingredients. Stir until just moistened. Drop by spoonfuls onto hot meat or vegetables in boiling stew (not directly into liquid). Cook, uncovered, 10 minutes. Cover and cook 10 minutes longer. Makes 8 to 10 dumplings.

### POT ROAST

3 to 4 lb. pot roast	1/4 c. catsup
1 c. chopped onions	1 (12 oz.) lemon-lime soda
1 c. chopped celery	2 Tbsp. cornstarch
1/4 c. chopped parsley	

Brown pot roast in Dutch oven. Add vegetables. Combine catsup and soda. Add to meat and vegetables. Simmer for 3 hours. Remove meat to platter. Dissolve cornstarch in 1/4 cup water. Add to pan juices. Stir until thickened. Serve with cooked potatoes and carrots. Serves 6 to 8.

*Terri and Mike McN.*

## ROAST BORDELAISE WITH QUICK BORDELAISE SAUCE

**4 to 5 lb. chuck roast, 2 inches thick**

**Meat tenderizer**

Bordelaise Sauce:

**2 carrots, chopped fine**

**¼ c. butter**

**3 Tbsp. instant minced onion**

**1 (3 oz.) can (⅔ c.) broiled, sliced mushrooms, drained**

**⅓ to ½ c. beef broth**

**1 can beef gravy**

**1 Tbsp. lemon juice**

**½ tsp. monosodium glutamate**

Trim excess fat and slash fat edge. Use meat tenderizer according to label directions. Brown meat on charcoal grill, 2 inches from coals a total of 30 minutes, turning frequently. Place in Dutch oven or large skillet and pour Quick Bordelaise Sauce over meat. Cover, cook *slowly* about 1 hour.

Sauce: Cook carrots until tender in ¼ cup butter. Add onion, mushrooms and broth. Simmer, uncovered, 5 minutes. Add remaining ingredients; simmer 5 minutes more. Serves 8 to 10.

*Winnie*

## OVEN STEW

**2 lb. beef stew meat**

**4 potatoes, peeled, cut**

**4 carrots, peeled, sliced**

**4 ribs celery, sliced**

**1 large onion, quartered**

**1 tsp. salt**

**½ tsp. sugar**

**1 (10 oz.) can tomato juice**

**3 Tbsp. tapioca pearls**

Layer meat and vegetables in Dutch oven. Mix salt, sugar, juice and tapioca together and pour over meat and vegetables. Cover and bake 3 to 4 hours at 325° F. Turnips or cabbage may be added with other vegetables. Ten minutes before serving, a small can of peas may be added. Serves 4 to 6.

## SEMUR

**1 lb. round steak, ½ inch thick**

**3½ Tbsp. salad oil**

**1 large onion, sliced**

**2 cloves garlic, minced**

**½ tsp. sugar**

**⅓ tsp. pepper**

**1 can mushrooms**

**½ c. water**

**2 Tbsp. soy sauce**

**Noodles or rice**

Cut beef into ½ inch cubes, then saute in 1½ tablespoons salad oil in skillet until nicely browned. Set beef aside. Then add to same skillet, 1 tablespoon oil, onion, garlic, sugar, pepper and mushrooms. Cook stirring, until onion is golden. Now, return beef to skillet and also add water and soy sauce. Simmer, covered, about 1 hour, or until beef is tender. Serve over noodles or rice. You can also do this in the pressure cooker. After you return beef to pressure cooker, add 1 cup water, 1 envelope MBT bouillon, 3 tablespoons soy sauce. Cook on 10 pounds pressure for 10 minutes. Cool pan 5 minutes, then reduce pressure instantly under cold water for 30 seconds.

*Caryl McV.*

## BEEF STROGANOFF

2½ lb. round steak, cut in strips  
2 medium onions, diced  
2 cans cream of mushroom soup  
1 c. sour cream

Salt and pepper to taste  
Flour  
Water  
Cooking oil

Saute diced onion in cooking oil along with well floured steak strips until brown. Add soup and ½ cup water. More flour and water may be added during cooking. On medium heat, cook 2½ to 3 hours. Before serving (5 minutes), add the sour cream. Serve over noodles, rice or potatoes.

*Judi D.*

## PEPPER STEAK

1½ to 2 lb. sirloin tip steak  
2 Tbsp. oil  
1 can beef mushroom soup  
1 Tbsp. Kitchen Bouquet

6 oz. water with flour (for thickening)  
4 to 5 medium onions  
1 medium green pepper

Cut steak into slices and brown in oil. Add soup, Kitchen Bouquet and thickening. Let cook about 20 minutes. While cooking steak, cut up onions and green pepper in thick slices. Turn stove down and about 10 minutes before ready to serve, add onions and green pepper. Let this cook until the vegetables are semi-done with some crispness left. Serve over rice. Serves 6.

*Judy H.*

## RUSSIAN STROGANOFF

1½ lb. round steak, cut in thin strips  
¼ c. butter  
8 oz. can mushrooms, drained  
¼ c. minced onion

1 c. sour cream  
1 can tomato soup  
Garlic powder to taste

Brown meat in butter. Add mushrooms and onions. Mix tomato soup and sour cream together. Add garlic powder to taste and pour over meat. Cook, covered, over low heat for 1½ hours. Serve over noodles or rice. Serves 6 to 8.

*Gretchen S.*

## BEEF WITH APPLE BARBECUE SAUCE

1⅓ c. apple juice  
4 tsp. cornstarch  
1 c. catsup  
1 medium onion, chopped  
1 tsp. salt

½ tsp. celery seed  
½ tsp. turmeric spice  
¼ tsp. hot sauce  
3½ to 8 lb. boneless beef, round tip or rump roast

Mix 2 tablespoons apple juice with cornstarch to blend; set aside. Combine remaining apple juice with catsup in small saucepan. Add onion, salt, celery seed, turmeric and hot sauce. Cook 15 minutes, stirring occasionally. Gradually add apple juice-cornstarch mixture; cook 5 minutes longer, stirring constantly. Roast beef in oven at 325° F. or on grill rotisserie, about 35 minutes per pound until done. Baste with Apple Barbecue Sauce during last 30 minutes of cooking. Serves 6 to 8.

*Betty W.*



## BRAISED BEEF WITH MUSHROOMS

- |  |   |
|--|---|
| 2 Tbsp. margarine                          | 1 Tbsp. steak sauce                       |
| 1 env. onion soup                          | ½ lb. mushrooms, sliced, or 1 (6 oz.) can |
| 2 lb. round or chuck beef, 1½ inches thick |   |

Place large sheet of heavy duty foil in shallow pan and place 1 tablespoon margarine in the center. Combine soup mix with ¼ cup water, or if using canned mushrooms, use liquid. Place ½ of this mixture on foil, meat over it. Pour remainder of margarine and soup mixture, plus 1 tablespoon steak sauce on top of meat. Scatter mushrooms around meat. Close foil by overlapping ends 3 inches and folding. Close ends securely. Bake at 350° F. for 2 hours.

Sharon M.

## CONNECTICUT BEEF SUPPER

- |  |  |
|--|--|
| 2 Tbsp. shortening                               | 1 c. dairy sour cream                      |
| 2 lb. beef stew meat, cut into 1 inch cubes      | 1¼ c. milk                                 |
| 2 large onions, sliced                           | 1 tsp. salt                                |
| 1 c. water                                       | ¼ tsp. pepper                              |
| 2 large potatoes, pared, thinly sliced           | 1 c. (about 4 oz.) shredded Cheddar cheese |
| 1 (10½ oz.) can condensed cream of mushroom soup | 1¼ c. Wheaties cereal, crushed             |

Melt shortening in large skillet. Cook and stir meat and onion in shortening until meat is brown and onion is tender. Add water; heat to boiling. Reduce heat, cover and simmer 50 minutes. Heat oven to 350° F. Pour meat mixture into ungreased baking dish, 13x9x2 inches. Arrange potato slices on meat. Stir together soup, sour cream, milk, salt and pepper; pour over potatoes. Sprinkle with cheese and cereal. Bake, uncovered 1½ hours, or until potatoes and meat are tender. Serves 6 to 8.

Gail E.

## ANN'S BRISKET

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 brisket                           | 1 celery rib             |
| Fines Herbes (Spice Island)         | 1 c. water               |
| Beau Monde seasoning (Spice Island) | ½ lb. mushrooms, sauteed |
| 1 carrot                            | 1 pkg. mushroom gravy    |

Season meat well. Place in roasting pan with carrot, celery and water. Bake at 325° F. for 3 hours. Replace water if it cooks away. After 3 hours, discard carrot and celery. Slice meat diagonally. Mix a package of mushroom gravy; add to the drippings in roasting pan. Also add mushrooms at this time. Refrigerate at this time, if desired. Then to reheat, put in 325° F. oven for ½ hour and baste meat with gravy. If you use right away, baste for only 10 minutes. Serves 6 to 8.

Caryl McV.

## GREEN PEPPER STEAK

1 flank steak	4 Tbsp. soy sauce
4 large green peppers	1 can consomme
4 Tbsp. salad oil	2 Tbsp. cornstarch
¼ tsp. dried minced garlic	Rice

Freeze flank steak until firm, about 1 hour, for easier slicing. Slice very thin across grain and once or twice lengthwise to make bite-size strips. Set aside. Remove seeds from peppers and slice into ½ inch strips. Heat oil in large skillet. Add garlic and green peppers. Cook about 2 minutes over very high heat, tossing frequently. Remove peppers to serving bowl with slotted spoon. Immediately toss meat strips into skillet and cook over very high heat for 2 minutes, stirring frequently. Add soy sauce and consomme. Mix cornstarch with a small amount of water and add to bubbling mixture to thicken. Return green peppers to thickened mixture. Stir. In bottom of serving bowl, place a layer of hot rice. Pour pepper steak over rice and serve. Serves 4.

*Marian T.*

## BEEF WITH GREEN PEPPERS AND TOMATOES

1 lb. beef, thinly sliced (fresh or leftover)	2 tomatoes, peeled, cut in wedges
Cornstarch	1 c. beef broth or bouillon
Soy sauce	1 to 2 cloves garlic or powder to taste
2 green peppers, cut in large bite-size pieces	½ tsp. MSG (optional)
	Cooking oil

Make enough of a fairly thin marinade of cornstarch and soy sauce. Coat meat and allow to stand in a bowl. In a fry pan, saute fresh garlic in enough oil in which to brown meat. Add MSG. Saute green pepper just until tender. Remove pepper and garlic, discarding garlic. Add beef and saute until it is browned lightly. Add broth and simmer until thickened. Add peppers and tomato wedges. Heat through. Serve over cooked rice. Serves 4.

*Pat W.*

## HAMBURGER CASSEROLE

1 lb. hamburger	1 can cream of mushroom soup
1 medium onion	1 small can mushrooms
1 (8 oz.) pkg. medium width noodles	Parmesan cheese
1 can tomato soup	

Fry hamburger and onions till done. Boil noodles in salt water, then drain and add soups, mushrooms and hamburger mixture. Pour into casserole dish and sprinkle grated Parmesan cheese over the top. Bake in 400° F. oven for 10 minutes, or until it bubbles. Serves 6 to 8.

*Billie C.*

## HAMBURGERS IN THE OVEN

1 pkg. English muffins	1 small onion, diced
1 to 1½ lb. ground beef	Salt and pepper to taste
12 slices American cheese	

Spread ground beef on English muffin half. Sprinkle with salt and pepper and onion over meat. Top with 1 slice cheese. Bake in 400° F. oven for 10 to 15 minutes. Serves 12.

*Vickie S.*

### **CHEESEBURGER PIE**

<b>1 lb. ground beef</b>	<b>¾ c. Bisquick mix</b>
<b>1½ c. chopped onion</b>	<b>3 eggs</b>
<b>½ tsp. salt</b>	<b>2 tomatoes</b>
<b>¼ tsp. pepper</b>	<b>1 c. Cheddar or process American cheese</b>
<b>1½ c. milk</b>	

Heat oven to 400° F. Grease pie pan, 10 x 1½ inches. Brown beef and onion; drain. Stir in salt and pepper. Spread in pan. Beat milk, Bisquick and eggs until smooth. Pour into pan. Bake 25 minutes. Top with tomatoes. Sprinkle with shredded cheese. Bake until knife inserted in center comes out clean, about 5 to 8 minutes. Serves 6 to 8.

*Billie C.*

### **CALIFORNIA BEEF-RICE SKILLET**

<b>1 lb. ground beef</b>	<b>½ tsp. dry mustard</b>
<b>1 large onion, chopped</b>	<b>1 medium green pepper, chopped</b>
<b>2½ c. water</b>	<b>1 medium tomato, chopped</b>
<b>1 c. Uncle Ben's converted rice</b>	<b>1 c. Monterey Jack cheese</b>
<b>3 beef bouillon cubes, crushed</b>	

Brown ground beef and onion and drain liquid. Stir in water, rice, bouillon cubes and dry mustard. Bring to a boil, cover and simmer about 25 minutes. Stir in green pepper and tomato. Put cheese over top, cover and remove from heat long enough to melt cheese. I also add mushrooms to this simple dish.

*Norma*

### **NEBRASKA CASSEROLE**

<b>1 lb. ground beef</b>	<b>1 can cream of mushroom soup</b>
<b>1 chopped onion</b>	<b>1 can green beans, drained</b>
<b>1 c. grated cheese</b>	<b>5 medium potatoes</b>

Brown ground beef and onion together. Drain. Place in a 1½ quart baking dish. Add cheese and green beans. Smooth mushroom soup on top. Bake. While this dish is baking, cook and mash the potatoes. When 30 minutes are up, place mashed potatoes by spoonfuls on top of baked casserole. Place this under the oven broiler until potatoes start to brown. Serve.

*Gail E.*