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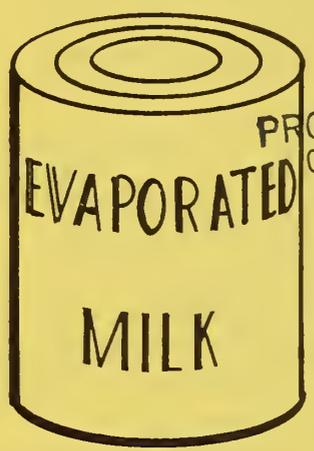


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# EVAPORATED MILK

a good choice for the thrifty family



U. S. DEPT. OF AGRICULTURE  
NATIONAL ARCHIVES  
RECEIVED

AUG 24 1971

PROCUREMENT SECTION  
CURRENT SERIAL RECORD

## is Fresh Whole Milk...

- With half the water taken out
- With Vitamin D added
- Canned to make it keep

## Evaporated Milk is a Good Milk to Use

- In baby's formula
- For drinking and cooking for all the family

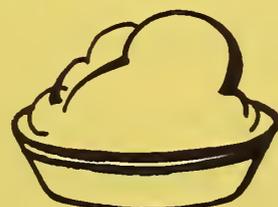


in Coffee and Tea

### Use Straight from the Can



on Cereals,  
Fruits and  
Puddings



for Mashed Potatoes,  
Gravies and Sauces

FNS-15 (Formerly C&MS-74 )

The Evaporated Milk Association

U.S. Department of Agriculture • Food and Nutrition Service • Agricultural Research Service

- To use evaporated milk in place of whole fluid milk in recipes, add 1 can water to 1 can evaporated milk.
- Use unsifted flour in these recipes.

### GROUND BEEF MIX

- 1 medium-size onion
- 1 pound ground beef
- $\frac{2}{3}$  cup uncooked, quick rolled oats (see Note)
- 1 teaspoon salt
- Pepper, as you like
- $\frac{2}{3}$  cup evaporated milk

Finely chop the onion.

Mix all ingredients well.

Use the mixture to make Beef Patties, Meat Loaf, Stuffed Green Peppers, or Spaghetti and Meatballs (recipes follow).

Note: In place of rolled oats,  $\frac{1}{4}$  cup cornmeal or 1 cup soft bread crumbs may be used.

### BEEF PATTIES

Use recipe for Ground Beef Mix. Shape into patties. Cook over medium heat until browned on one side. Turn and brown other side.

*Makes 6 servings.*

### MEAT LOAF

Use recipe for Ground Beef Mix. Shape into a meat loaf in a baking pan. Bake at 350° F (moderate oven) about 1 hour until well cooked.

### BEAN CHOWDER

- 1 cup dry pea (navy) beans or other dry white beans
- 4 cups water
- 1 teaspoon salt
- 2 medium-size carrots
- 1 small onion
- 1 can evaporated milk (13 fluid ounces)
- Salt and pepper, if you like
- Few drops hot pepper sauce, if you like

Wash and drain beans.

Put beans and water in large pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Add 1 teaspoon salt and boil beans gently about 1 hour until almost tender.

Cut carrots in thin slices. Chop onion. Add to beans. Cover and cook about 15 minutes longer until vegetables are tender.

Stir in evaporated milk. Heat but do not boil.

Add seasonings (if used).

*Makes 6 servings, about 1 cup each.*

Note: If you like, add 2 cut-up frankfurters,  $\frac{3}{4}$  cup canned chopped luncheon meat or leftover cooked ham or beef to soup. Heat and serve.

### CINNAMON CREAM PANCAKE SYRUP

- 1 cup light corn syrup
- 2 cups sugar
- $\frac{1}{2}$  cup water
- 2 teaspoons cinnamon
- 1 cup evaporated milk

Put all ingredients except evaporated milk in a large saucepan.

Heat to boiling, stirring all the time. Cook and stir 2 minutes longer.

Cool 5 minutes. Stir in evaporated milk.

Serve warm or cold. Store unused syrup in refrigerator.

*Makes about 3 cups syrup.*

Note: Use Cinnamon Cream Pancake Syrup on pancakes, french toast, fruit cobblers, or plain cakes.

### CHEESE SAUCE

2 tablespoons fat (margarine or butter)  
2 tablespoons flour  
½ cup water  
1 can evaporated milk (13 fluid ounces)  
1 cup cut-up cheese

Melt fat in a saucepan over low heat. Mix in flour.

Add water slowly, stirring until smooth. Stir in evaporated milk. Cook and stir over medium heat until thickened.

Lower heat. Add cheese and stir until melted.

*Makes about 2 cups sauce.*

Note: Use hot Cheese Sauce on hot cooked vegetables, rice, meat loaf, bulgur, macaroni, cornbread, or scrambled eggs.

### CALICO SLAW

½ small head cabbage  
1 medium-size turnip  
2 medium-size carrots  
½ green pepper  
1 green onion  
1 medium-size apple  
Salad Dressing (see recipe)

Finely chop or thinly slice the vegetables and apple. Put in bowl.

Pour salad dressing over mixture in bowl. Mix lightly.

Chill 1 hour before serving, if you like.

*Makes 6 servings, about ¾ cup each.*

### SALAD DRESSING

½ cup evaporated milk  
¼ cup sugar  
¼ teaspoon salt  
Pepper, as you like  
¼ cup vinegar

Mix evaporated milk, sugar, salt, and pepper.

Stir in vinegar, a little at a time.

*Makes ¾ cup salad dressing.*

### FROSTED OATMEAL COOKIES

2 cups flour  
½ teaspoon salt  
2 teaspoons baking powder  
½ teaspoon nutmeg  
1 cup brown sugar, packed  
½ cup fat  
1 egg  
1 cup evaporated milk  
1 ½ cups uncooked, quick rolled oats  
Vanilla Frosting (recipe follows)

Mix flour, salt, baking powder, and nutmeg. Set aside.

Mix sugar, fat, and egg. Beat well.

Stir evaporated milk and rolled oats into sugar mixture.

Mix in flour mixture.

Drop dough from a teaspoon on a greased baking pan.

Bake at 350° F (moderate oven) 18 to 20 minutes until lightly browned.

Cool cookies and top with frosting.

*Makes 2½ dozen cookies.*

### VANILLA FROSTING

1 ½ cups confectioners sugar  
3 tablespoons evaporated milk  
½ teaspoon vanilla

Stir all ingredients together until mixture is smooth.

If frosting is too thick, add a few more drops of evaporated milk.

If frosting is too thin, add a little more confectioners sugar.

### PEANUTTY MILK DRINK

½ cup peanut butter  
2 tablespoons sugar  
1 cup water  
1 can evaporated milk (13 fluid ounces)  
Salt, as you like

Mix peanut butter with sugar.

Stir in water a little at a time, mixing well.

Stir in evaporated milk until smooth. Add salt.

Cover and chill.

*Makes 6 servings, about ½ cup each.*

# To OPEN Can of Evaporated Milk

Wash Top Clean

Punch 2 holes in top...  
Use a can opener  
or a punch-type opener

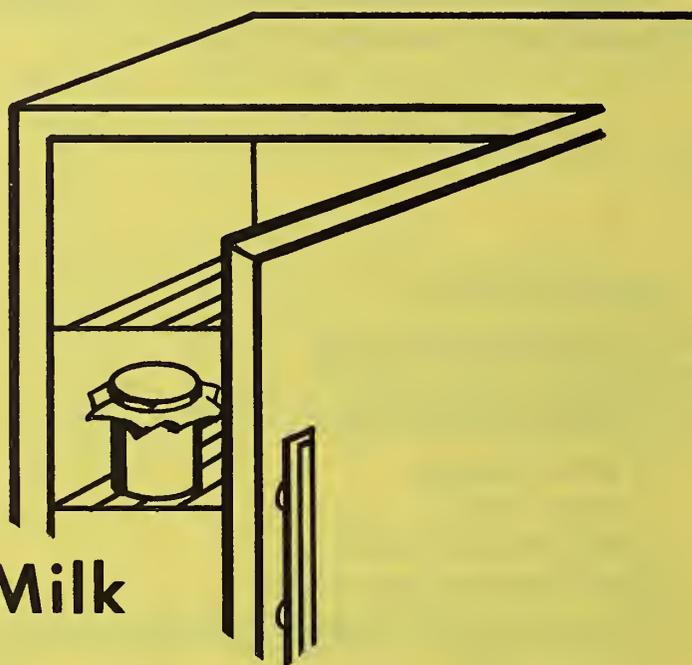


# To STORE in Opened Can...

Cover

Refrigerate

If used for baby's formula,  
use within 2 days

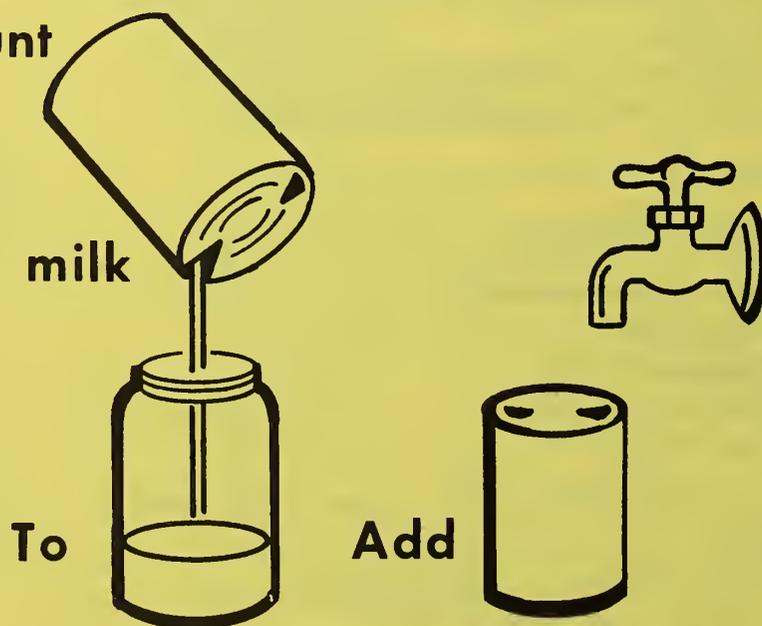


# To USE in Place of Whole Milk

Mix Evaporated Milk  
with the same amount  
of water

Use at once  
In recipes calling for milk  
Or for drinking

OR Store in refrigerator



To 1 Can Evaporated Milk

Add 1 Can Water

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