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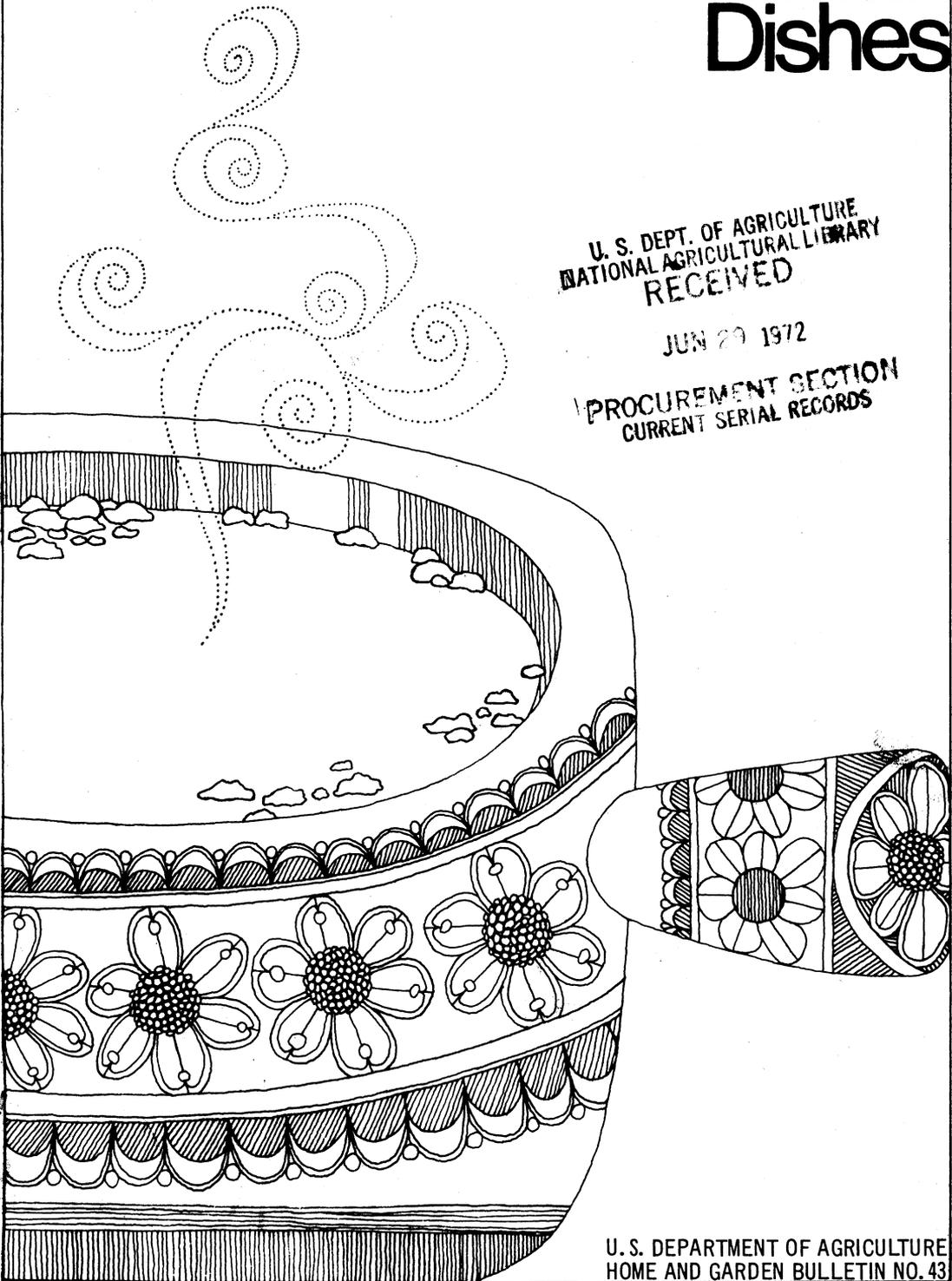
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Money-Saving Main Dishes

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HOME AND GARDEN BULLETIN NO. 43

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MONEY-SAVING MAIN DISHES is a result of research by the Agricultural Research Service of the U.S. Department of Agriculture and the Fish and Wildlife Service of the U.S. Department of the Interior.

This bulletin brings together information on the selection and preparation of the main dish for the noon or evening meal. For each main dish presented, one serving will provide about one-fourth or more of the day's protein needs for one person.

Meats usually will cost more as a source of protein for the main dish than dry beans, eggs, and combination main dishes. The main-dish recipes for meat feature the less costly kinds—for example, beef chuck and pork shoulder rather than beef rib and pork loin.

Economy of time, as well as of money, has been considered in the selection of the main dishes and menus and in the suggestions for good management.

Washington, D.C.

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Money-Saving Main Dishes



The main dish—whether a roast or steak, a casserole, a hearty soup, stew, or salad—has a special role in family meals.

Specifically, the main dish in a meal—

- Accounts for much of its appeal.
- Often is the main source of protein needed for growth and for repair of tissues.
- Usually represents a large share of the meal's cost.

In this country, the average family spends well over a third of each food dollar for foods commonly used in main dishes—meat, poultry, fish, and other foods such as eggs, cheese, dry beans, and dry peas. For this money the family gets half of the protein supplied by its daily food, and a fourth or more of the food energy, iron, vitamin A, and the B-vitamins, riboflavin and thiamine, plus other minerals and vitamins.

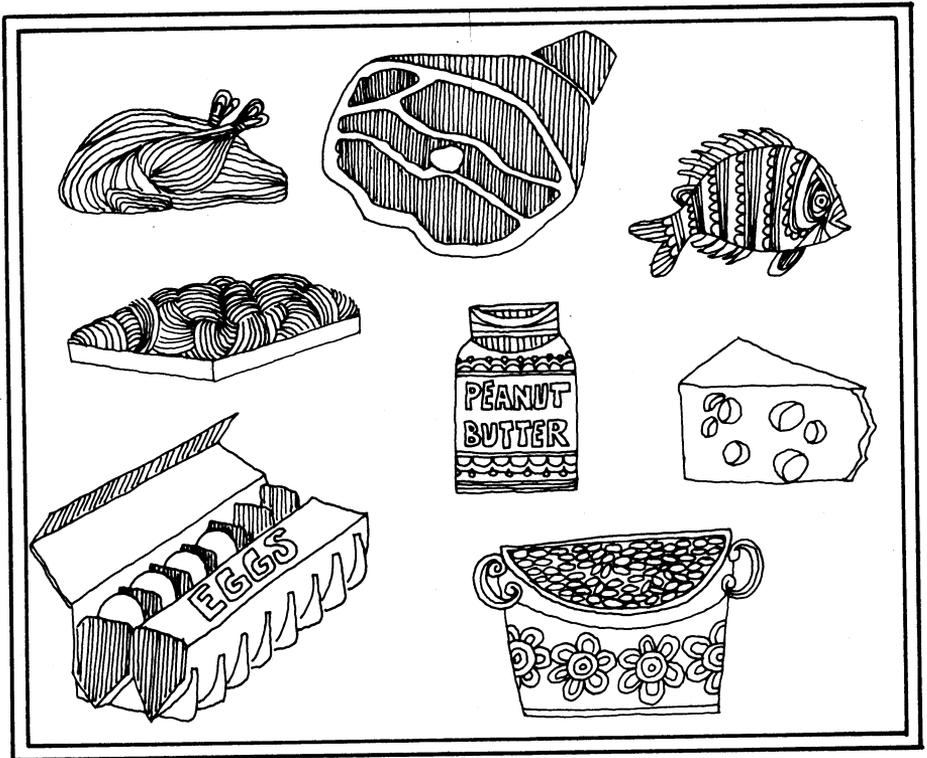
With such a large share of the food dollar going for these foods, thrifty-minded meal planners are always looking for main dishes that will cut the cost of meals.

Ideas and recipes in this bulletin suggest how to plan and prepare economical main dishes that will appeal to families. These money savers also will make substantial contributions in nutrients.

The bulletin begins by showing how different foods used in main dishes compare as sources of protein. Then comes a guide to planning meals around main dishes, followed by tips on buying foods commonly used in main dishes and money- and time-saving hints for handling them.

Finally, there is a wide assortment of main-dish recipes along with suggestions of what to serve with them for appetizing, nourishing meals.

Each recipe in this publication is planned to provide a fourth or more of the day's needs for protein for a family of six. The rest of the day's protein will come from main dishes in other meals, from milk used as a beverage and in desserts, and from cereals, breads, and other foods.



Protein Sources for Main Dishes

Foods commonly used in main dishes vary in the quantity of protein they provide. Amounts of some foods that provide about 15 grams of protein—approximately one-fourth of the day's protein needs for most people—are given in the table on the next page. Young children need somewhat less protein than other family members.

Some of the amounts given are for more than one serving, for example, $2\frac{1}{2}$ eggs, 6 to 8 slices of bacon, or 8 slices of bread. Smaller amounts of these and other foods listed can be combined for a main dish that supplies about one-fourth of the day's protein. Examples of such combinations are egg omelet with cheese and frankfurter-bean soup.

Some of the foods shown are expensive sources of protein simply because the price per pound is high—some steaks and chops, for example. Other foods, bacon, for example, are expensive sources because large amounts are required to provide needed protein.

Amounts of Some Foods That Provide About 15 Grams of Protein (about one-fourth of the day's protein needs for most people)

	Amounts
Meat, poultry, fish:	
Little or no bone:	
Boned lean steaks and roasts, stew meat, hamburger, liver, fish fillet, canned boned meat, poultry, or fish.	1/5 pound or less as purchased
Medium amount of bone:	
Most steaks, chops, roasts, poultry, dressed fish	1/4 to 1/5 pound as purchased
Much bone, gristle, or fat:	
Brisket, spareribs, short ribs, pork sausage	1/4 to 1/2 pound as purchased
Frankfurters	2 1/2 franks
Bologna	Four 1-ounce slices
Bacon	6 to 8 slices
Eggs	2 1/2 eggs, large
Milk:	
Whole or skim fluid, buttermilk	1 3/4 cups
Nonfat dry, instant	Scant 2/3 cup dry
Evaporated	Scant cup
Cheese:	
American, Swiss	Four 1-inch cubes or two 1-ounce slices
Cottage, creamed	1/2 cup
Dry beans, peas	1/3 cup dry or 1 cup canned or cooked
Peanut butter	4 tablespoons
Bread	8 slices or 1 1/3 cups dry crumbs
Macaroni products:	
Macaroni, noodles, spaghetti	1 cup dry or 2 cups cooked

Economy in Main Dishes

Some main-dish recipes included in this bulletin are more economical to prepare than others. But cost is not the only factor to consider in making comparisons. The contribution of the main dish to the meal also needs to be taken into account. For example, lasagna or chef's salad represents a good share of the meal while fried chicken or meat loaf provides only the main protein food.

Recipes use meats that are usually less expensive. Families with limited food budgets may be able to afford some of these meats only when available at reduced prices.

Main dishes extended with bread or cereal foods are often among the thriftiest choices. Examples are creamed eggs on toast, macaroni and cheese, and spaghetti and meat sauce. Milk and cereal—a breakfast favorite—gives substantial amounts of protein economically and can be served at any time of day.

The cost of fuel for cooking, especially for oven dishes, will add slightly to the cost of some main dishes. However, meals featuring baked main dishes might well include other foods cooked in the oven at the same time.

Planning Meals Around the Main Dish

The main dish necessarily influences the choice of other foods for a meal. Well-planned meals—

- Supply the nutrients needed for growth and health.
- Provide harmony and contrast in flavor, color, and texture of food.
- Include foods in season.

Also—well-planned meals fit the individual family. They stay within the food budget. The family enjoys eating them. The foods selected and the ways of preparing them suit the time schedule, the energy, and the skill of the homemaker. Meals are managed easily with the cooking equipment and storage facilities available.

The Daily Food Guide can help you plan meals that meet nutritional needs. For economy, choose the less expensive foods in each group.

Meat group: 2 or more servings daily—

Includes meat, poultry, fish, and eggs; also dry beans, peas, lentils, nuts, and peanut butter.

Milk group: Include milk for everyone—

Recommended daily amounts are: Children under 9 years, 2 to 3 cups; children 9 to 12 years, 3 or more cups; teenagers, 4 or more cups; adults, 2 or more cups; pregnant women, 3 or more cups; nursing mothers, 4 or more cups. Milk may be fluid whole or skim, evaporated, buttermilk, or dry milk. Cheese, ice cream, and ice milk may replace part of the milk.

Vegetable-fruit group: 4 or more servings daily—

Include a citrus fruit or other fruit or vegetable important for vitamin C daily and a dark-green or deep-yellow vegetable for vitamin A at least every other day.

Bread-cereal group: 4 or more servings daily—

Includes all breads and cereals that are whole grain, enriched, or restored.

Try to have some meat, poultry, fish, eggs, cheese, or milk at each meal. Foods not listed in the four groups can be used to round out meals and help meet energy needs. These include foods such as butter, margarine, other fats, vegetable oils, sugars and sweets that are ingredients in a recipe or added to other foods during preparation or at the table. Try to include some vegetable oil among the fats used.

Foods from each group often appear in each meal though this is not essential. But it is important to include the suggested number of servings from each food group sometime during the day. Serving sizes may differ—small for young children, extra large or seconds for very active adults or teenagers.

Meals can vary from light to hearty as illustrated by the menu suggestions for noon or evening meals at the end of each recipe.

A light meal might include main dish, salad, bread, and beverage.

A hearty meal might include main dish, two or three vegetables, salad, fruit or other dessert, bread, and beverage.

Fruit may be used in place of a vegetable. Sometimes vegetables are a part of the main dish, for example, a stew or a hearty salad. When rice or a macaroni product is used, it should be counted as a serving from the bread-cereal group instead of a vegetable.

Bread is often included in meals although it usually is not listed among the menu suggestions following the recipes. To round out meals, add a beverage—milk for children—milk, coffee, or tea for adults.

Buying Pointers

Main-dish foods generally take a large part of each food dollar. To economize on these foods, you will want to compare prices, and watch for specials. The following pointers can help improve your shopping skills and stretch your food money.

MEAT

- Price per pound is only a partial guide for judging a meat bargain. The amount of bone, fat, and gristle on a cut of meat affects the cost of a serving. One way to find the best buy is to compare costs of different cuts, grades, and kinds of meat in amounts needed for a family meal.
- Less tender cuts of beef such as chuck, heel of round, brisket, and short ribs usually provide protein for less money than more tender cuts, such as rib roast and T-bone steaks.
- USDA grades of beef refer to quality—tenderness, juiciness, and flavor. The top grade, USDA Prime, goes mainly to the hotel and restaurant trade. The next grade, USDA Choice, is the one usually found in retail markets. USDA Good, just below Choice, is also available in some markets. For the same cut, Good grade provides more lean meat than Choice, and generally costs less per pound. It is also less tender. Recipes in this bulletin give ideas for cooking some less tender cuts.

POULTRY

- Compared to many cuts and types of meat, chicken and turkey are low-cost sources of protein.
- The official USDA grade mark on poultry—in the form of a shield—is your assurance of quality. Grade A poultry has more meat and a better appearance than lower grades.
- Larger well-fleshed birds are often better buys than smaller ones. They usually have more meat in proportion to bone. Larger turkeys may be cut in halves or quarters and frozen for later use.
- Chicken sold whole generally costs a few cents less per pound than a whole chicken cut up, or chicken pieces, such as breasts and legs.
- A whole ready-to-cook turkey usually provides more meat for the money than a boned, rolled turkey roast.

EGGS

- In general, the larger eggs are a better buy if the price difference per dozen is less than 7 cents for the next smaller size *in the same grade*.
- Medium and small eggs are often good buys in the late summer and fall.
- The cheaper grade B eggs are as good as grade A eggs for combination dishes and baked foods where the appearance of the egg is not important.

FISH

- U.S. Department of the Interior (USDI) grades refer to the quality of processed fishery products—fresh, frozen, canned, and cured. U.S. Grade A means top quality; U.S. Grade B is good quality; U.S. Grade C is the quality of fishery products that meets product description but fails to meet the requirements of U.S. Grade B. U.S. Grade C fishery products are just as wholesome and nutritious as the higher grades and are a thrifty buy for use in dishes where appearance may not be so important.
- Most varieties of fresh fish and shellfish are more abundant and generally cost less per pound during certain seasons of the year.
- Frozen fish and shellfish are sometimes less expensive than fresh fish and shellfish of the same kind.
- The kind of meat and style of pack affect the price of canned tuna. “Light meat” tuna costs less than “white meat” tuna. In descending order of price, packs are fancy or solid, chunk, and flaked or grated. Pink and chum salmon are almost always less expensive than silver, sockeye, or king salmon.

DRY BEANS AND PEAS

- Dry beans and peas, available in wide variety, are among the least costly sources of protein.

CHEESE

- Cheese wedges are generally less expensive than cheese purchased sliced, cubed, or grated.
- Aged or sharp natural cheese may cost more than mild natural cheese. Pasteurized process cheese often costs less than natural cheese.
- Domestic cheese almost always costs less than imported cheese.
- Cream or cottage cheese flavored at home with chives, pineapple, or other ingredients usually costs less than similar purchased products.
- Process cheese is a better buy in food value than process cheese spread at the same price. Process cheese contains less moisture than process cheese spread.

MILK

- Both nonfat dry milk and evaporated milk are lower in cost than whole fluid milk, and can often be used satisfactorily in cooking and baking.
- Home-delivered milk may cost a few cents more per quart than store-bought milk. Some companies give discounts on large orders.
- Milk in a half-gallon container usually costs less than in two 1-quart containers.

Management Pointers

Money-Saving Ideas

Use less tender cuts of meat made tender by—

- Cooking slowly with moisture—pot roasting, braising, simmering, or stewing.
- Grinding, cubing, pounding, or scoring.
- Marinating or cooking with acid ingredients, such as tomatoes or vinegar.
- Using commercial tenderizers. (See page 11.)

Make the most of the flavor and food value from meat, poultry, and fish by using—

- Small pieces in casseroles, salads, and sandwiches.
- “Meaty” bones in soups and stews and for seasoning vegetables.
- Broth in gravies, sauces, soups and stews, and other combination dishes.
- Drippings in gravies and sauces, for pan frying, and for seasoning vegetables.

Caution: Cool leftover meat, broth, and gravies quickly; and store, well covered, in the refrigerator. Use within 1 to 3 days after cooking.

Extend some of the meat, poultry, and fish you buy by combining with—

- Mild-flavored foods, such as dry beans or peas, macaroni products, rice or potatoes in casseroles, stews or soups.
- Breads or cereals as stuffings or in meat, poultry, and fish loaves, patties or balls.
- Sauces served on bread or biscuit, rice, or macaroni products.

Replace the meat in some meals with these less expensive sources of protein—

- Dry beans, peas, and lentils.
- Peanut butter.
- Eggs.
- American or swiss-type cheeses.
- Cottage cheese.

Time-Saving Ideas

Prepare a larger amount of the main dish than needed for one meal.

Use some, cool the remainder quickly, and freeze in meal-size packs.

Use moisture-vapor-resistant wrapping or containers.

- **Roasts, poultry, or fish.** Remove cooked meat from bone in large pieces. Package and label for intended use—for example, large firm pieces for slicing for dinner, smaller pieces for sandwiches, bits for casseroles, etc.
- **Meat sauce.** (See page 21 for recipe and suggested uses.)

- **Combination dishes.** Most combination dishes freeze well. Experiment with small amounts of your favorite dishes. Some that usually freeze well are: Stews or chowders (without potatoes); meat, poultry, and fish pies; meat and fish loaves; stuffed peppers; chili con carne; various casserole dishes; and creamed meat, poultry, and fish. (Freeze the casserole combination in foil-lined baking dish, if desired. After freezing, lift the food from the dish and wrap for freezing.)

- **Lunchbox sandwiches.** Almost any meat, poultry, fish, or cheese sandwich freezes well. Avoid use of mayonnaise or salad dressing and very moist fillings that will soak into bread; egg white which toughens; and raw tomatoes and crisp greens because they lose desirable texture.

Use partly or fully prepared items—

- For sauces: Canned cream soups, sauces, or pastes or dehydrated sauce mixes.
- For topping for a casserole: Ready-to-eat cereals, fine dry crumbs, stuffing mix, or small bread cubes combined with margarine. For a more hearty topping, use cornbread, biscuits, or pastry crust made from mix.
- For added flavor with little preparation time: Dehydrated onion flakes, bottled onion juice, garlic powder, or parsley flakes.

Prepare a major part of meal in the oven. For example:

- Salmon loaf, potatoes, tomatoes, and apples.
- Oven-fried chicken with oven-cooked rice.
- Pot roast with the potatoes, carrots, and onions added when meat is almost tender.

Use a pressure cooker to shorten cooking time from hours to minutes when preparing pot roasts, swiss steak, stews, meat sauces, and dry beans and peas.

Recipes

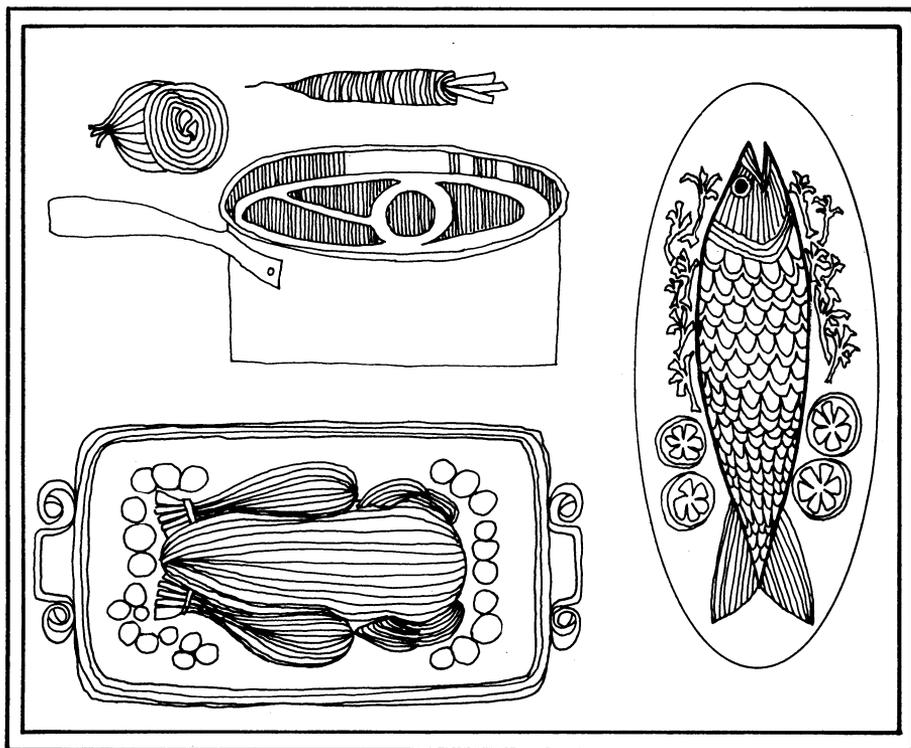
In this section, the first focus is on simple ways of cooking economical cuts of meat, poultry, and fish. Easy-to-follow directions tell how to broil, fry, roast, and braise less expensive meats. Also included are suggestions for using commercial tenderizers, for broiling in the oven, and for charcoal grilling outdoors.

Recipes for money-saving combination dishes follow. Besides main dishes prepared in the oven or on the top of the range, you'll find

numerous ideas for salads, hot sandwiches, soups, and stews—all hearty enough for main courses.

These recipes feature meat, poultry, or fish and other foods (eggs, cheese, and dry beans and peas) that supply substantial amounts of protein.

Most of the recipes provide six servings; a few—roasts, for example—provide more. To simplify meal planning, a menu suggestion is given with each recipe.



Cooked Meats, Poultry, and Fish

PAN-FRIED PORK CHOPS

6 servings

Flour.....	1/4 cup
Salt.....	1/2 teaspoon
Pepper.....	1/8 teaspoon
Pork shoulder chops, 1/3-inch thick.....	6 (about 2 pounds)
Fat or oil.....	1 or 2 table- spoons

Mix flour and seasonings; coat meat with mixture.

Heat fat in large frypan.

Cook meat over moderate heat until browned on both sides and the inside is no longer pink when a

sharp, pointed knife is inserted. Allow 25 to 30 minutes.

Drain off fat.

NOTE: If meat is not yet tender, it may be braised. Cover browned meat tightly and cook over very low heat for 15 minutes, or as needed to tenderize. Add a few tablespoons of water, if necessary, to prevent overbrowning.

VARIATION

Pan-fried cured pork.—Use cured shoulder or ham shank slices. Fry the meat, without adding flour or seasonings, until brown on both sides and heated throughout. Fully cooked cured pork will take about 10 minutes; uncooked cured pork will take about 20 minutes.

MENU SUGGESTION

Serve with spinach and mashed potatoes. Have grapefruit sections or half a grapefruit for dessert.

SWISS STEAK

6 servings

Beef chuck, boneless,
about 1/2-inch thick. 2 pounds
Commercial meat ten-
derizer. See label
Flour. 1/4 cup
Salt. As desired
Pepper. 1/8 teaspoon
Fat or oil. 2 tablespoons
Tomatoes. 16-ounce can
Onion, sliced. 1 medium-size
Celery, diced. 1 stalk

Cut meat into six servings, if desired.

Treat meat with tenderizer.

Mix flour and seasonings; coat meat with mixture.

Heat fat in a large frypan.

Brown meat on both sides in frypan, turning once. Drain off fat.

Add remaining ingredients.

Cover tightly and simmer until meat is tender, about 1 1/2 to 1 3/4 hours.

NOTES: If preferred, use 1 1/2 pounds boneless round steak or flank steak.

Instead of using commercial tenderizer, have the butcher cube the meat to tenderize it.

Excess fat may be trimmed from the meat and heated in a frypan to get fat for browning the meat.

MENU SUGGESTION

Serve with onion rings, noodles, and green peas. Have orange sherbet for dessert.

Commercial Meat Tenderizers

Meat tenderizers are usually available in powdered form. Some have seasonings added; others do not. These tenderizers should be used according to the directions on the label.

Tenderizers work best—

- On moist, raw meat.
- When distributed evenly over the meat and meat is pierced with a fork to allow penetration.

Tenderizers work slowly on meats at refrigerator temperature and have little or no action on meats while they are frozen. Tenderizers act as meat warms from refrigerator temperature and in the first stages of cooking.

Too much tenderizer may make meat mushy or crumbly, mealy, and dry.

BEEF POT ROAST

12 servings or more, 3 ounces each

Flour. 1/3 cup
Salt. 2 teaspoons
Pepper. 1/4 teaspoon
Chuck or round roast,
boneless. 4 pounds
Fat or oil. 2 tablespoons
Water. About 1/2 cup

Mix flour and seasonings; coat meat with mixture.

Heat fat in heavy pan.

Brown meat on all sides.

Add water, as needed, to prevent overbrowning. Cover tightly and cook over low heat or in the oven at 350° F. (moderate) until tender. Cooking time will be about 2 1/2 to 3 1/2 hours depending on thickness of meat cut.

NOTES: Trim excess fat from meat. It may be used to provide the fat needed for browning meat.

Brown the meat without flour coating, if preferred.

A 4-pound roast with bone will make eight servings or more.

MENU SUGGESTION

Serve with mashed potatoes and gravy, red cabbage, and fruit gelatin salad. Have baked custard for dessert.

ROAST BEEF

12 servings

- Beef chuck roast, boneless, 2 inches thick . . . 4 pounds
- Commercial meat tenderizer See label
- Pepper 1/4 teaspoon
- Salt As desired

Treat the roast with tenderizer. Preheat oven to 325° F. (slow).

Add pepper and salt before or after cooking.

Place roast on a rack in a shallow roasting pan or frypan.

Insert meat thermometer, if used, into center of lean meat.

Bake about 1 1/2 to 2 1/2 hours, depending on doneness desired. To test doneness, pierce the meat with a sharp, pointed knife and check the color. If a thermometer is used, the temperature of the meat should reach 140° F. for rare, 160° for medium, and 170° for well-done meat.

NOTE: For easier slicing, let meat stand 15 to 20 minutes before carving. Carve across the grain into thin slices.

MENU SUGGESTION

Serve with browned potatoes and carrots, and a waldorf salad. Have oatmeal cookies for dessert.

Cooking Frozen Meat

Frozen meat need not be thawed before cooking, but it requires extra cooking time. The extra time needed depends on the size, shape, and thickness of the meat, and on the cooking temperature.

Frozen roasts may take up to one and a half times as long to cook as unfrozen cuts of the same weight and shape.

Frozen steaks take one and a half to two times as long to broil as unfrozen. Broil frozen steaks at a low temperature so the surface does not char before the inside thaws and cooks.

Frozen meat can be thawed, then cooked the same as meat that has not been frozen. Thaw meat in the refrigerator.

BROILED STEAK

6 servings

- Beef chuck steak, boneless, 1/2- to 3/4-inch thick 2 to 2 1/2 pounds
- Commercial meat tenderizer See label
- Salt As desired

Treat meat with tenderizer.

Slash fat around edge to keep meat from curling.

Arrange meat on broiler rack. See broiling tips below.

For rare steak, broil about 8 minutes on the first side and 6 minutes after turning. For well-done steak, cook twice as long.

To test doneness, pierce the meat with a pointed knife and check the color.

NOTE: If preferred, omit the commercial tenderizer and use a marinade. For the marinade, mix $\frac{1}{4}$ cup vinegar or lemon juice with $\frac{1}{4}$ cup cooking oil. Let meat stand in the mixture several hours or overnight. Drain before cooking.

VARIATION

Pan-broiled steak.—Brush hot frypan lightly with fat or with fatty edges of meat. Cook the meat in the frypan over moderate heat until browned on both sides and of desired doneness.

MENU SUGGESTION

Serve with parsley potatoes and tossed vegetable salad. Have lemon pudding for dessert.

Broiling Tips

Set heating unit on broil. Follow manufacturer's directions for using broiler.

Distance of meat from source of heat will depend on kind of oven, thickness of meat, and doneness desired. The thinner the meat and the rarer you prefer it, the closer you place it to the heat.

If longer cooking is needed, move browned meat farther from the heating unit and finish cooking.

ROAST TURKEY

2 or 3 servings per pound of ready-to-cook turkey

Preheat oven to 325° F. (slow).

Season inside of turkey with salt, as desired; or fill cavities with a stuffing.

Fasten neck skin to back and tie legs together. Turn wing tips under back.

Place turkey, breast side up, on rack in shallow baking pan.

If a thermometer is used, place it in center of thigh meat next to body. Do not let thermometer touch bone.

Loosen legs when turkey is partly cooked.

Roast until leg moves up and down easily. Or roast until the thigh temperature reaches 180° to 185° F. and the stuffing in the body cavity reaches the temperature of at least 165° F. (Insert thermometer, if used, into stuffing after removing it from thigh.)

Approximate roasting times for stuffed turkey follow.

<i>Turkey weight (pounds)</i>	<i>Cooking time (hours)</i>
6 to 8.....	3 to 3½
8 to 12.....	3½ to 4½
12 to 16.....	4½ to 5½
16 to 20.....	5½ to 6½
20 to 24.....	6½ to 7

Unstuffed turkeys will take slightly less time.

NOTES: Baste turkey with drippings, fat, or oil during roasting if skin seems dry.

If needed to prevent overbrowning, cover breast and legs with aluminum foil during roasting.

MENU SUGGESTION

Serve turkey with stuffing, beets in orange sauce, coleslaw, and pumpkin pie.

PORK IN BARBECUE SAUCE

6 servings

Pork shoulder chops

1/3-inch thick 6 (about 2 pounds)

Barbecue sauce

Spanish-style tomato

sauce 8-ounce can
Onion, minced 1/2 cup
Catsup 1/4 cup
Vinegar 2 tablespoons
Brown sugar 2 tablespoons
Prepared mustard 1 tablespoon
Worcestershire sauce 1 tablespoon
Salt 1 teaspoon
Pepper 1/8 teaspoon

Prepare chops as for pan-fried pork chops, page 10; brown only. Drain off fat.

Combine sauce ingredients and pour over meat.

Simmer, covered, for 45 minutes.

NOTE: In place of fried pork, use 3 cups cooked pork shoulder chunks, if desired.

VARIATION

Chicken or turkey in barbecue sauce.—In place of pork shoulder, use fried chicken (p. 15) or 3 cups cooked turkey chunks or slices.

MENU SUGGESTION

Serve with cooked cabbage and panned apple wedges. Have vanilla tapioca pudding for dessert.

TURKEY LEG POT ROAST

6 servings, plus pieces for other uses

Flour 1/3 cup
Salt 2 teaspoons
Pepper 1/4 teaspoon
Turkey leg quarter 4 to 5 pounds
Fat or oil About 1/3 cup
Water 1 cup

Mix flour, salt, and pepper. Use to coat meat.

Heat fat in a large, heavy frypan or other heavy pan over moderate heat.

Brown turkey in hot fat on skin side first; then on the other side.

Drain off fat.

Add water, cover tightly, and simmer until meat is tender, about 2 1/2 hours. Add a little water during cooking, if needed, to prevent sticking.

NOTE: Instead of simmering, the browned turkey may be baked in a covered pan at 350° F. (moderate oven) about 2 1/2 hours.

VARIATION

Braised turkey legs or wings.—In place of a turkey leg quarter, use 2 1/2 to 3 pounds of turkey drumsticks, thighs, or wings. Use 1/2 teaspoon salt per pound of turkey. Small, young legs and wings will cook in about 1 1/4 hours. Larger, more mature ones will take about 2 1/2 hours. Makes 6 servings.

MENU SUGGESTION

Serve with whole potatoes and carrots, celery sticks, and ambrosia.

STEWED CHICKEN

6 servings, or 3½ cups cooked, diced meat

Frying chicken, whole
or cut-up 3 pounds
Salt 1½ teaspoons
Pepper ⅛ teaspoon
Water As needed

Put all ingredients in large pan. Use enough water to half cover a whole chicken or to cover pieces.

Cover and simmer 45 minutes to 1 hour, or until meat is tender.

NOTES: For extra flavor, add a stalk of celery, 1 or 2 chicken bouillon cubes, and ¼ teaspoon poultry seasoning.

Stewed chicken may be served plain or with rivels (see variation). Or it may be browned under a broiler or in a little hot fat in a frypan. The meat and broth also may be used as ingredients in recipes.

VARIATIONS

Chicken with rivels.—Prepare stewed chicken as above. Take the meat off the bones and return the meat to the broth. Bring to boiling. Stir 1 egg into 1 cup of unsifted flour to make small pieces of dough called rivels. Stir the rivels into the chicken and broth. Cover and cook slowly about 10 minutes until rivels are cooked.

NOTE: For larger rivels, use a little less flour than called for in the recipe.

Stewed turkey legs or wings.—In place of chicken, use 2½ to 3 pounds of turkey legs or wings. Use ½ teaspoon salt per pound of turkey. Cooking time will be 1¾ to 2½ hours, depending on the size and maturity of turkey pieces. Wings usually take less time than legs. One pound of legs will give about 1¼ cups diced, cooked meat; 1 pound of wings will make about 1 cup of meat.

MENU SUGGESTION

Serve with noodles cooked in chicken broth, sliced beets, green pepper slaw, and fruit gelatin.

FRIED CHICKEN

6 servings

Flour ½ cup
Salt 1 teaspoon
Pepper ⅛ teaspoon
Frying chicken, cut-
up 3 pounds
Fat or oil ¼ cup

Mix flour and seasonings; coat chicken with mixture.

Heat fat in large frypan.

Fry chicken until browned on one side; turn and brown the other side.

Continue to cook slowly, uncovered, on top of range 30 to 45 minutes, or in the oven at 350° F. (moderate) until tender.

NOTE: If chicken is not yet tender, it may be braised. Cover tightly and cook over very low heat for 15 minutes, or as needed to

tenderize. Add a few tablespoons of water, if necessary, to prevent overbrowning.

VARIATION

Oven-fried chicken.—Preheat oven to 400° F. (hot). Place floured chicken in baking pan containing hot fat (1/8 inch deep or less). Turn to coat both sides of chicken pieces with fat. Bake, skin side down, for 30 minutes. Turn and cook 20 to 30 minutes longer, or until tender.

MENU SUGGESTION

Serve with broccoli, potato salad, and fruit cup.

OVEN-FRIED FISH FILLETS

6 servings, about 3 ounces each

Fish fillets, fresh or
frozen 2 pounds
Milk 1/2 cup
Salt 1 teaspoon
Cereal crumbs or toasted
fine dry breadcrumbs. 1 1/2 cups
Melted fat or oil 1/4 cup

Thaw frozen fillets.

Preheat oven to 500° F. (extremely hot).

Grease a 15- by 10- by 1- inch baking pan.

Cut fillets into six portions.

Combine milk and salt.

Dip fish in milk and coat with crumbs.

Place fish in a single layer, skin side down, on baking pan. Pour fat over fish.

Bake 10 to 15 minutes or until fish are brown and flake easily when tested with a fork.

MENU SUGGESTION

Serve with baked potatoes, sweet-sour beans, and lettuce wedges. Have apple dumplings for dessert.

PAN-FRIED FISH

6 servings, about 3 ounces each

Pan-dressed fish, fresh
or frozen 3 pounds
Milk 1/4 cup
Egg, beaten 1
Salt 1 teaspoon
Pepper As desired
Fine dry bread, cereal,
or cracker crumbs,
or cornmeal or flour. 1 1/2 cups
Fat or oil 1/2 cup

Thaw frozen fish.

Clean, wash, and dry fish.

Combine milk, egg, salt, and pepper.

Dip fish in milk mixture and coat with crumbs.

Place fish in a single layer in hot fat in a 12-inch frypan.

Fry on one side over moderate heat for 4 to 5 minutes or until brown.

Turn carefully.

Fry for 4 to 5 minutes longer or until fish are brown and flake easily when they are tested with a fork.

Drain fish on absorbent paper and serve.

MENU SUGGESTION

Serve with french-fried potatoes, spinach, and have apricot whip for dessert.

BROILED FISH STEAKS

6 servings, about 3 ounces each

Fish steaks, fresh or
frozen 2 pounds
Melted fat or oil 2 tablespoons
Lemon juice 2 tablespoons
Salt 1 teaspoon
Paprika 1/2 teaspoon
Pepper As desired

Thaw frozen steaks.

Grease a 15- by 10- by 1-inch baking pan.

Cut steaks into six portions and place in single layer on baking pan.

Combine remaining ingredients. Pour sauce over fish.

Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flake easily when tested with a fork. Baste once during broiling with liquid in pan.

MENU SUGGESTION

Serve with hashed brown potatoes, stewed tomatoes, tossed vegetable salad, and gingerbread.

BAKED FISH

6 servings, about 3 ounces each

Dressed fish, fresh or
frozen 1 large (about
3 pounds)
Salt and pepper As desired
Melted fat or oil 2 tablespoons

Thaw frozen fish.

Preheat oven to 350° F. (moderate).

Grease a 15- by 10- by 1-inch baking pan.

Clean, wash, and dry fish.

Sprinkle inside with salt and pepper.

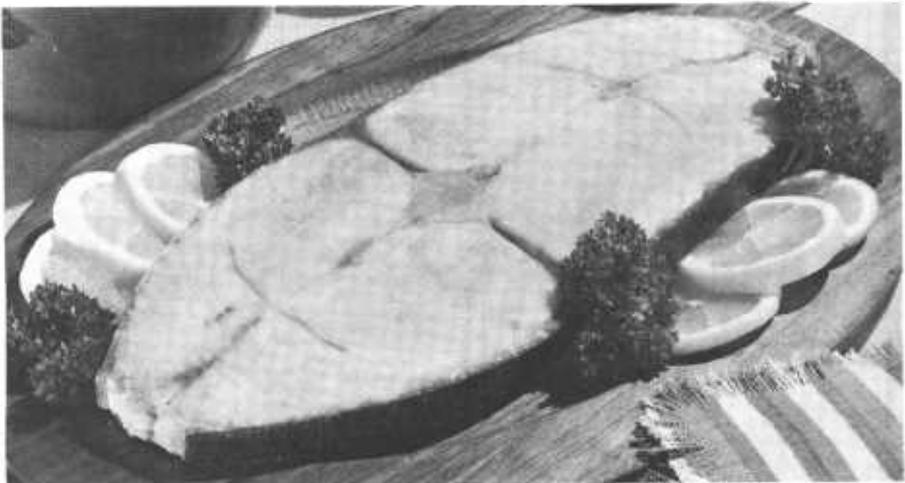
Place fish on baking pan.

Brush fish with fat.

Bake 45 to 60 minutes or until fish flakes easily when tested with a fork.

MENU SUGGESTION

Serve with scalloped potatoes, peas, coleslaw, and sliced peaches with custard sauce.



Broiled halibut steaks make a satisfying main dish.

BN-34709

Top of Range and Oven Main Dishes

"GO-FURTHER" HAMBURGERS

6 servings, 1 medium or 2 small
burgers each

Egg, slightly beaten	1
Water	1/3 cup
Bread, cubed or crumbs	3 slices
Onion, finely chopped	1/4 cup
Worcestershire sauce	1 teaspoon
Salt	1 teaspoon
Pepper	1/4 teaspoon
Ground beef	1 pound
Fat	1 tablespoon

Mix ingredients except beef and fat.

Add beef and mix thoroughly.

Shape into 12 thin or six thick burgers.

Heat fat in a heavy frypan over moderate heat.

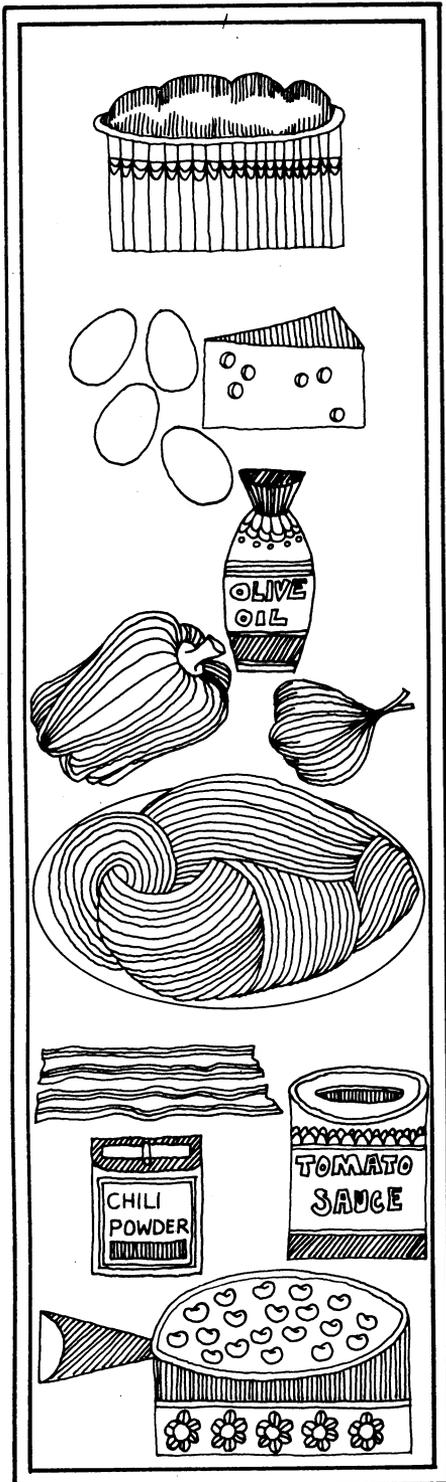
Brown burgers on both sides, turning once. Reduce heat and continue cooking, if needed, until meat is no longer pink when a knife is inserted into the center. Thin burgers take about 8 minutes total cooking time and thick ones, about 16 minutes.

NOTE: For broiled hamburgers, place burgers on broiler rack. (See broiling tips p. 13.) Broil, turning once. Thin hamburgers take about 8 minutes total cooking time and thick ones about 16 minutes.

VARIATIONS

Meaty burgers.—Omit the onion and worcestershire sauce. Add 1½ teaspoons of a seasoned salt instead of 1 teaspoon salt.

Chiliburgers.—Omit onion and worcestershire sauce. Add 1 tea-



spoon chili powder, 2 tablespoons catsup, and 1 teaspoon prepared mustard to the bread mixture.

Smothered burgers.—After cooking “go-further” hamburgers, add a 10½-ounce can of celery, mushroom, or other condensed cream soup. Cover and simmer for 20 minutes. Add a little water if a thinner sauce is desired.

Veal or lamb patties.—Use veal or lamb for the meat. Shape into cakes 1 inch thick. Cooking time will be about the same as for hamburgers.

MENU SUGGESTION

Serve “go-further” burgers on buns with baked beans, spinach, and celery and carrot sticks. Have melon or other fruit in season for dessert.

MEDITERRANEAN CHICKEN

6 servings, ¾ cup each

- Margarine. 1 tablespoon
 - Onion, finely chopped. 1 tablespoon
 - Celery, chopped. ½ cup
 - French-style green beans, frozen. 10-ounce package
 - Chicken, cooked, diced. 2 cups
 - Condensed cream of mushroom soup. 2 cans (10½ ounces each)
 - Oregano. ½ teaspoon
 - Pepper. As desired
 - Pimiento, chopped. 1 tablespoon, if desired
 - Roasted peanut halves. ½ cup
- Melt fat in a large saucepan.
Add onion, celery, and beans.

Cover and place over low heat to thaw beans. Simmer, stirring occasionally, for about 15 minutes until beans are tender.

Add remaining ingredients, except nuts. Simmer 10 minutes longer to blend flavors. Stir as needed to prevent sticking.

Stir in peanuts before serving.

VARIATION

Mediterranean pork.—Use 2 cups chopped, cooked pork in place of chicken.

MENU SUGGESTION

Serve with orange-flavored sweet-potatoes. Have chocolate cake for dessert.

BEEF LOAF

6 servings, two ¾-inch slices each

- Egg, slightly beaten. 1
- Milk. ⅔ cup
- Bread, cubed. 3 slices
- Ground beef. 1½ pounds
- Onion, finely chopped. ¼ cup
- Celery, finely chopped. ¼ cup
- Salt. 1½ teaspoons
- Pepper. ⅛ teaspoon
- Catsup. ¼ cup
- Worcestershire sauce. 1 teaspoon

Preheat oven to 375° F. (moderate).

Combine egg, milk, and bread. Soak bread well.

Mix in remaining ingredients.

Shape into a 9-inch loaf in a shallow baking pan or use a 9- by 5- by 3-inch loaf pan.

Bake 1¼ hours or until browned.

Drain off excess fat. Let stand for 10 minutes for easier slicing.

VARIATION

Stuffed green peppers.—Boil six green pepper halves in water to cover for 10 minutes; drain. Make beef loaf mixture but use only $\frac{3}{4}$ pound of meat and 1 teaspoon salt. Fill peppers with meat mixture. Place in a baking dish, and pour 1 cup water into the dish. Bake at 375° F. for 1 hour.

MENU SUGGESTION

Serve beef loaf with cauliflower and baked sweetpotatoes. Have cherry tarts for dessert.

SALMON LOAF

6 servings, two $\frac{3}{4}$ -inch slices each

Salmon..... 16-ounce can
Onion, chopped..... $\frac{1}{2}$ cup
Melted fat or oil.... $\frac{1}{4}$ cup
Salmon liquid..... $\frac{1}{3}$ cup
Fine dry bread-
crumbs..... $\frac{1}{3}$ cup
Eggs, beaten..... 2
Parsley, chopped.... $\frac{1}{4}$ cup
Mustard, dry..... 1 teaspoon
Salt..... $\frac{1}{2}$ teaspoon

Preheat oven to 350° F. (moderate).

Grease a 9- by 5- by 3-inch loaf pan.

Drain salmon and save the liquid. Flake salmon.

Cook onion in the fat until tender.

Add remaining ingredients and mix thoroughly.

Place salmon mixture in loaf pan.

Bake 40 to 50 minutes or until firm in the center.

Remove from oven and let stand 5 minutes for easier slicing.

VARIATION

Salmon patties.—Shape salmon mixture into six patties. Roll in $\frac{1}{2}$ cup fine dry breadcrumbs. Place patties in a single layer in hot fat in a 10-inch frypan. Fry over moderate heat for 3 to 4 minutes or until brown. Turn carefully. Fry 3 to 4 minutes longer or until brown. Drain on absorbent paper.

MENU SUGGESTION

Serve with stewed tomatoes, corn, cucumber slices, and raisin-rice pudding.

LIVER AND ONIONS

6 servings

Beef or pork liver,
sliced..... $1\frac{1}{2}$ pounds
Flour..... $\frac{1}{2}$ cup
Fat..... 2 tablespoons
Onion, sliced..... 1 large
Salt..... $1\frac{1}{2}$ teaspoons
Pepper..... $\frac{1}{4}$ teaspoon
Water..... $\frac{1}{4}$ cup

Remove heavy blood vessels and outside membrane from liver.

Coat slices with flour.

Brown on one side in hot fat in frypan.

Turn liver. Sprinkle with salt and pepper.

Top with onions.

Add water and cover pan tightly.

Cook over low heat 20 to 30 minutes or until liver is tender.

MENU SUGGESTION

Serve with mashed potatoes and a tossed green salad. Have fruit for dessert.

SPAGHETTI WITH MEAT SAUCE

6 servings, about $\frac{3}{4}$ cup sauce and 1 cup spaghetti each

Meat sauce

Fat.....	1 tablespoon
Ground beef.....	1 pound
Onion, chopped.....	1 large
Green pepper, chopped.....	$\frac{1}{2}$ pepper
Garlic, finely chopped.....	1 clove
Tomatoes, cooked or canned.....	2 cups (16- ounce can)
Tomato paste.....	6-ounce can
Salt.....	$1\frac{1}{2}$ teaspoons
Pepper.....	$\frac{1}{8}$ teaspoon
Worcestershire sauce.	1 teaspoon

Spaghetti

Cooked spaghetti....	6 cups (about 12 ounces uncooked)
Grated cheese.....	As desired

Heat fat in a large, heavy frypan; add beef, onion, and green pepper.

Cook until meat is lightly browned.

Drain off most of fat.

Add remaining ingredients except spaghetti and cheese. Cover and simmer about 50 minutes or until flavors are well blended and sauce is of desired consistency.

Serve over well drained spaghetti with grated cheese, as desired.

VARIATION

Spanish rice.—Omit spaghetti and cheese. After draining fat from the browned meat, add 2 cups hot water, 1 cup uncooked rice, and $\frac{1}{4}$ teaspoon chili powder, if desired. Cover and simmer about 15 minutes or until rice is barely tender.

Gently stir in remaining ingredients. Cover and simmer about 10 minutes longer or until thickened and flavors are blended.

MENU SUGGESTION

Serve spaghetti with tossed vegetable salad, garlic bread, and sliced pineapple.



BN-33679

Spaghetti with meat sauce—a flavorful and nutritious main dish.

COOKED DRY BEANS OR PEAS

4 to 5½ cups cooked beans or peas

Dry beans or peas..... 2 cups

Water

For blackeye, Great North-
ern, lima..... 5 cups

For kidney, pea (navy),
pinto..... 6 cups

Boil beans in the water for 2 minutes. Remove from heat and let stand 1 hour or overnight, as desired.

Cook beans in the soaking water.

Add 1 teaspoon salt per cup of beans and boil gently for the time given below:

	<i>Hours</i>
Blackeye.....	½
Great Northern.....	1 to 1½
Kidney.....	2
Lima.....	1
Pea (navy).....	1½ to 2
Pinto.....	2

NOTES: To cook beans in one-fourth to one-half less time, add ⅛ teaspoon baking soda to soaking water for each cup of dry beans if the water is medium hard. Add slightly more if water is very hard and less if water is soft. Measure baking soda carefully; too much affects flavor and nutritive value of beans.

To reduce foaming, add 1 table-
spoon meat drippings or other fat
to the cooking water for each cup
of beans.

If acid ingredients like tomatoes,
catsup, or vinegar are included in
the recipe, add them late in the
cooking period when the beans are
almost tender. Acids delay softening
of the beans.

Cooked dry beans may be sea-
soned and eaten without further

cooking, or they may be baked
(p. 27) or combined with other
foods.

MENU SUGGESTION

Serve cooked dry beans with kale,
and peach-cottage cheese salad.
Have lemon sherbet and a cookie
for dessert.

LASAGNA

6 servings, about 1¼ cups each

Ground beef.....	¾ pound
Garlic, finely chopped	2 cloves
Onion, chopped.....	½ cup
Salt.....	1½ teaspoons
Red pepper, crushed.	⅛ teaspoon
Oregano.....	1 teaspoon
Parsley flakes.....	1 tablespoon, if desired
Tomato paste.....	6-ounce can
Tomato sauce.....	8-ounce can
Hot water.....	¾ cup
Lasagna noodles, cooked.....	6
Egg.....	1
Cottage cheese, cream-style.....	12 ounces
Process cheese, shredded.....	¼ pound (about 1 cup)

Crumble beef into large frypan.
Cook over moderate heat, stirring
as needed, until lightly browned.

Add garlic and onion; cook until
onion is tender.

Add seasonings, tomato paste,
tomato sauce, and water.

Simmer, stirring occasionally, for
5 minutes.

Blend egg with cottage cheese.

Preheat oven to 350° F. (moderate).

In a 7- by 12- by 2-inch baking dish, spread layers of one-fourth of tomato-meat sauce, then three noodles, and one-fourth more tomato-meat sauce.

Add half the cottage cheese mixture and half the process cheese.

Add another one-fourth tomato-meat sauce, then the remaining cottage and process cheese.

Spread with remaining noodles, then sauce.

Bake uncovered for 30 minutes. Cool 10 minutes before serving.

MENU SUGGESTION

Serve with paned cabbage, and garlic pickles. Have a banana sundae for dessert.

SARDINE STUFFED TOMATOES

6 servings, 1 tomato each

Maine sardines..... 2 cans (3¾ or 4 ounces each)

Tomatoes..... 6 large

Salt..... 1 teaspoon

Pepper..... As desired

Cheese, shredded.... 1 cup

Rice, cooked..... 1 cup (about ⅓ cup uncooked)

Egg, beaten..... 1

Salt..... ¼ teaspoon

Pepper..... As desired

Fine dry bread-crumbs..... ¼ cup

Melted fat or oil.... 1 tablespoon

Preheat oven to 350° F. (moderate).

Grease a 10- by 6- by 2-inch baking dish.

Drain sardines. Cut sardines into ½-inch pieces.

Remove stem ends and centers of tomatoes. Sprinkle inside with salt and pepper.

Combine cheese, rice, egg, salt, pepper, and sardines.

Fill tomatoes with fish mixture.

Place tomatoes on baking dish.

Combine breadcrumbs and fat. Sprinkle over top of tomatoes.

Bake 30 to 40 minutes or until tomatoes are tender.

MENU SUGGESTION

Serve with broccoli, pineapple salad, and brownies.

CHEESE MEAT LOAF

6 servings, 1-inch slice each

Egg, slightly beaten.. 1

Milk..... ½ cup

Rolled oats..... ¾ cup

Ground beef..... 1 pound

Onion, finely

chopped..... 3 tablespoons

Salt..... 1 teaspoon

Cheese, chopped.... ½ cup

Preheat oven to 350° F. (moderate).

Combine all ingredients; mix well.

Shape into a loaf 6 inches long in a baking pan.

Bake about 1 hour until browned.

Remove excess fat.

Let stand about 10 minutes for easier slicing.

NOTE: For a change, shape the meat loaf mixture into six individual loaves or put it into muffin tins. Baking time will be shorter.

MENU SUGGESTION

Serve with tomato juice, mixed vegetables, and peach upside-down cake.



BN-33678

Individual cheese meat loaves make an attractive platter (see p. 23).

CHIPPED BEEF DELUXE

6 servings, about $\frac{1}{2}$ cup sauce and $\frac{1}{2}$ cup noodles each

Fat or oil.....	2 tablespoons
Celery, chopped.....	$\frac{1}{2}$ cup
Green pepper, chopped.....	2 tablespoons
Onion, chopped.....	2 tablespoons
Condensed cream of mushroom soup ...	10 $\frac{1}{2}$ -ounce can
Water.....	$\frac{1}{2}$ cup
Dried beef.....	4-ounce package
Pimiento, chopped ..	2 tablespoons
Hard-cooked eggs, diced.....	2
Noodles, cooked....	3 cups (about 6 ounces uncooked)

Heat fat; add raw vegetables and cook until they begin to brown.

Stir mushroom soup, water, and beef into vegetables. Cook, stirring as needed, until thickened.

Add pimiento and eggs.

Serve on noodles.

NOTE: In place of the mushroom soup and water, you may use 2 cups of milk and $\frac{1}{4}$ cup flour. Gradually blend milk into flour.

MENU SUGGESTION

Serve with spinach, carrot salad, and cherry crisp.

POTATO CHEESE PUFF

6 servings, about 1 cup each

Egg yolks, beaten.....	3
Milk.....	$\frac{1}{4}$ cup
Mashed potatoes, seasoned.....	3 cups
Onion, grated.....	1 teaspoon
Parsley, chopped or flakes.....	1 tablespoon
Cheese or process cheese food, coarsely shredded.....	2 cups
Egg whites, stiffly beaten.....	3

Preheat oven to 375° F. (moderate).

Grease a 2-quart baking dish.

Combine egg yolks and milk.

Add remaining ingredients except egg whites; beat well.

Fold egg whites into mixture.

Put in baking dish.

Bake 40 to 45 minutes or until a knife inserted in the center comes out clean and the top is browned.

Serve immediately.

MENU SUGGESTION

Serve with mixed vegetables, tossed green salad, and berry cobbler.

CHEESE OMELET

6 servings

Margarine.....	2 tablespoons
Eggs.....	6
Salt.....	1/2 teaspoon
Pepper.....	1/8 teaspoon
Milk.....	1/3 cup
Onion, minced.....	1 tablespoon, if desired
Parsley, chopped....	1 tablespoon, if desired
Sharp cheese, finely shredded.....	1 1/4 cups

Heat fat in large, heavy frypan over moderate heat.

Beat eggs until foamy.

Stir remaining ingredients, except cheese, into eggs. Pour mixture into hot pan; sprinkle cheese evenly over top.

Cook over low heat.

Lift edges and tip pan, as needed, to let uncooked mixture flow underneath.

Cook until set, 12 to 15 minutes.

NOTE: *Use only clean, sound-shelled eggs in this recipe.*

VARIATIONS

Puffy cheese omelet.—Separate eggs. Beat whites until stiff, but not dry. Beat yolks; stir in milk and seasonings. Fold yolk mixture into egg whites. Cook omelet slowly a few minutes until lightly browned on bottom. Bake at 325° F. (slow oven) until a knife inserted in the center comes out clean, about 15 minutes. Sprinkle with cheese; crease in center and fold in half.

Ham omelet.—Use 1 cup cooked, chopped ham or smoked pork shoulder in place of cheese in cheese omelet or puffy cheese omelet.

MENU SUGGESTION

Serve with green beans, panned apple wedges, and spice cake.

SWEET-SOUR PORK

6 servings, 2/3 cup sauce and 1/2 cup rice each

Pork shoulder, lean, 1-inch pieces.....	2 1/2 cups (1 1/4 pounds)
Fat or oil.....	2 tablespoons
Garlic salt.....	1 teaspoon
Pepper.....	1/8 teaspoon
Water.....	1 3/4 cups
Green pepper, 1-inch pieces.....	1 1/2 cups
Raisins.....	1/2 cup
Cornstarch.....	3 tablespoons
Sugar.....	1/3 cup
Vinegar.....	1/3 cup
Soy sauce.....	1/4 cup
Rice, cooked.....	3 cups (about 1 cup uncooked)

Brown meat in hot fat or oil.

Add garlic salt, pepper, and water.

Cover and simmer about 40 minutes until meat is tender.

Add green pepper and continue cooking until it is tender.

Mix remaining ingredients, except rice, and stir into meat mixture. Cook, uncovered, until broth is clear and thickened. Stir just enough to prevent sticking.

Serve on rice.

MENU SUGGESTION

Serve with broccoli, fruit salad, and coconut pudding.

GROUND BEEF CHOP SUEY

6 servings, $\frac{3}{4}$ cup chop suey and $\frac{2}{3}$ cup rice each

Celery, thin 1-inch

strips	2 cups
Onion, sliced	$\frac{1}{2}$ cup
Ground beef	1 pound
Fat or oil	1 tablespoon
Cornstarch	2 tablespoons
Water	$1\frac{1}{2}$ cups
Beef bouillon cube	1
Soy sauce	$\frac{1}{4}$ cup
Salt	$\frac{1}{2}$ teaspoon
Cabbage, chopped	4 cups
Rice, cooked	4 cups (about $1\frac{1}{3}$ cups uncooked)

Cook celery, onion, and ground beef in hot fat in a large frypan about 5 minutes until meat begins to brown.

Blend cornstarch with water and stir into beef mixture. Add bouillon cube, soy sauce, and salt.

Cook, stirring constantly, until sauce is thickened and clear.

Stir in cabbage. Cook, covered, about 3 minutes until cabbage is tender but still firm.

Serve on rice.

NOTE: In place of cabbage a 16-ounce can of bean sprouts may be used. Drain and use the liquid in place of part of the water. Heat only to serving temperature after adding bean sprouts.

VARIATION

Chicken chop suey.—In place of ground beef and beef bouillon cube, use 2 cups diced, cooked chicken and chicken bouillon cube.

MENU SUGGESTION

Serve with tomato salad and peach pie.

QUICK MACARONI AND CHEESE

6 servings, 1 cup each

Elbow macaroni, uncooked	$1\frac{1}{2}$ cups
Boiling water	4 cups
Salt	1 teaspoon
Egg, slightly beaten	1
Milk, whole or skim	$1\frac{1}{2}$ cups
Process cheese, shredded or chopped	2 cups (about $\frac{1}{2}$ pound)
Onion, grated	1 teaspoon
Salt	$\frac{1}{2}$ teaspoon
Margarine	1 tablespoon
Bread, cut into small cubes	1 slice

Cook macaroni in boiling water with 1 teaspoon salt until tender. Drain.

Combine remaining ingredients, except fat and bread; stir into macaroni.

Cook over low heat, stirring to prevent sticking, until cheese melts and mixture thickens.

Melt fat over moderate heat. Add bread cubes and heat, stirring constantly, until lightly browned. Serve over macaroni and cheese.

MENU SUGGESTION

Serve with green peas, fruit salad on lettuce, and chocolate ice cream.

CHILI CON CARNE

6 servings, about $\frac{3}{4}$ cup each

Fat or oil.....	1 tablespoon
Ground beef.....	$\frac{1}{2}$ pound
Onion, chopped.....	1 medium-size
Green pepper, chopped.....	$\frac{1}{2}$ pepper
Garlic, minced.....	1 clove
Tomatoes, cooked or canned.....	2 cups (16- ounce can)
Kidney beans, dry, cooked, drained...	3 cups (about $1\frac{1}{4}$ cups dry)
Chili powder.....	2 or 3 tea- spoons, as desired
Salt.....	1 teaspoon

Heat fat in a large frypan.

Add meat, onion, and green pepper; brown lightly.

Add remaining ingredients. Cover and simmer about 25 minutes to blend flavors.

To thicken, remove cover during last few minutes of cooking.

NOTE: Canned, drained kidney beans may be used in this recipe, if preferred.

MENU SUGGESTION

Serve with squash, lettuce salad, cornbread, and apple betty.

LIMA BEANS IN TOMATO SAUCE

6 servings, $\frac{3}{4}$ cup each

Bacon, finely chopped	3 slices
Dry baby lima beans, cooked, salted, drained (p. 22)....	4 cups (about 2 cups un- cooked)
Tomatoes, cooked or canned.....	2 cups (16- ounce can)
Onion, chopped.....	$\frac{1}{4}$ cup
Brown sugar, packed.	$\frac{1}{4}$ cup
Chili powder.....	$\frac{1}{4}$ teaspoon
Vinegar.....	1 tablespoon

Fry chopped bacon; remove from pan.

Put remaining ingredients into fat in pan; mix.

Simmer for 25 minutes or until thickened.

Sprinkle beans with bacon before serving.

VARIATION

Baked limas in tomato sauce.—Combine ingredients except bacon in a $1\frac{1}{2}$ -quart casserole. Sprinkle uncooked, chopped bacon over the

top. Bake at 375° F. (moderate oven) for 1¼ to 1½ hours or until of desired consistency.

MENU SUGGESTION

Serve with swiss chard, pear-cheese salad, and chocolate pudding.

RANGE-TOP BAKED BEANS

6 servings, about ¾ cup each

- Dry pea (navy) or Great Northern beans 1¾ cups
- Water 4½ cups
- Smoked shoulder or ham pieces, cooked ½ cup
- Ham or bacon drippings 2 tablespoons
- Salt 1½ teaspoons
- Onion, chopped 1 small
- Brown sugar, packed ½ cup
- Catsup ½ cup
- Prepared mustard 1 tablespoon

Add water to beans; boil 2 minutes. Soak for 1 hour or overnight, as desired.

Add meat, fat, and salt. Bring to boil. Cover and simmer until beans are tender; 1½ hours for navy beans, 1 to 1½ hours for Great Northern beans. Add a little water, if needed, during cooking. Do not stir.

Add remaining ingredients. Simmer about 35 minutes until flavors are blended and beans are of desired consistency. Stir only as necessary to prevent sticking.

MENU SUGGESTION

Serve with potato salad, sliced tomatoes, and a fruit sundae.

TURKEY LEGS WITH DRESSING

6 servings, 3 ounces meat and ½ cup dressing each

Dressing

- Margarine 2 tablespoons
- Celery, chopped ¾ cup
- Onion, chopped 2 tablespoons
- Soft breadcrumbs 1 quart
- Salt ½ teaspoon
- Pepper As desired
- Nuts, chopped ½ cup, if desired

Turkey

- Turkey legs 2 small (about 1½ pounds each)
- Salt ½ teaspoon
- Oil or melted fat As needed for basting

Preheat oven to 325° F. (slow).

To make dressing, melt margarine in frypan. Add celery and onion; cook until tender. Lightly mix celery and onion with breadcrumbs, ½ teaspoon salt, pepper, and nuts, if used.

Put dressing mixture into a 9- by 13-inch baking dish.

Arrange turkey on top of dressing and sprinkle with ½ teaspoon salt.

Set baking dish on a large piece of aluminum foil. Cup foil around baking dish and over dressing not covered by turkey.

Place in oven and roast until turkey is tender and leg joints move easily, about 2½ hours.

Brush turkey as needed with fat.

If dressing looks too moist after cooking, lift off turkey and return

dressing uncovered to oven for a few minutes.

MENU SUGGESTION

Serve with carrots and peas and a mixed green vegetable salad. Have deep-dish apple pie for dessert.

TURKEY AND DUMPLINGS

6 servings, 3 ounces meat and 2 dumplings each

Flour	1/2 cup
Water	1/3 cup
Hot turkey broth or chicken bouillon	4 cups
Cooked turkey, large pieces	1 quart
Salt	As needed
Flour	1 cup
Baking powder	1 1/2 tea- spoons
Salt	1/2 tea- spoon
Milk	1/2 cup

Mix 1/2 cup flour with the water to make a smooth paste.

Gradually blend into the hot broth or bouillon.

Cook, stirring constantly, until thickened.

Add turkey and salt as needed. Simmer, covered, while preparing dumplings. Stir occasionally.

Mix 1 cup flour, baking powder, and 1/2 teaspoon salt thoroughly.

Add milk, stirring 18 times.

Drop dough from a tablespoon onto the meat and broth, making 12 dumplings.

Cover tightly and simmer 15 minutes without lifting the cover of the pan.

VARIATION

Chicken and dumplings.—Use cooked chicken in place of turkey.

MENU SUGGESTION

Serve with carrot and celery sticks. Have fruit gelatin and sugar cookies for dessert.

Main-Dish Salads

CHICKEN-MACARONI SALAD

6 servings, about 1 cup each

Elbow macaroni, cooked, drained, cooled	3 cups (about 6 ounces uncooked)
Celery, diced	1 cup
Chicken, cooked, diced	2 cups
Onion, minced	2 tablespoons
Mayonnaise or salad dressing	1/2 cup
Prepared mustard	1 teaspoon
Salt (if meat is un- seasoned)	1 teaspoon
Pepper	1/4 teaspoon
Eggs, hard-cooked, chopped	1 or 2

Combine ingredients, except eggs; mix gently.

Carefully mix in eggs or save them for garnish, if desired.

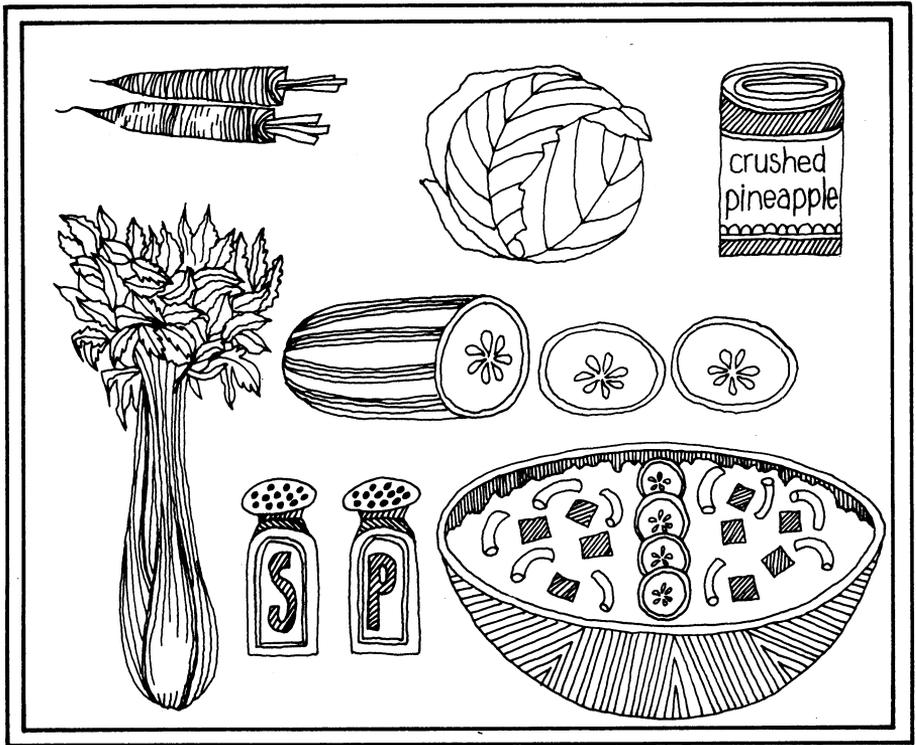
Chill before serving.

VARIATIONS

Corned beef-macaroni salad.—Use a 12-ounce can of corned beef in place of chicken. Break corned beef into bite-size pieces and mix gently with eggs into salad.

Salmon-macaroni salad.—Use a 16-ounce can of salmon in place of chicken. Drain salmon well. Break salmon into large pieces. Carefully mix eggs and salmon into salad.

Beef- or ham-macaroni salad.—Use 2 cups diced cooked beef or ham in place of chicken.



Beef tongue-macaroni salad.—Use 2 cups of diced cooked tongue in place of chicken.

MENU SUGGESTION

Serve with green beans, pickled peaches, and raisin muffins.

TUNA-APPLE SALAD

6 servings, about 2/3 cup each

- Tuna..... 2 cans (6 1/2 or 7 ounces each)
- Apples, diced..... 2 cups
- Celery, chopped..... 1/2 cup
- Mayonnaise or salad dressing..... 1/2 cup
- Raisins..... 1/4 cup
- Lemon juice..... 1 tablespoon
- Lettuce..... As desired

Drain tuna. Break tuna into large pieces.

Combine all ingredients except lettuce.

Chill thoroughly.

Serve on lettuce.

VARIATIONS

Chicken- or turkey-apple salad.—Use 2 cups chopped cooked chicken or turkey in place of tuna.

Pork-, ham-, or veal-apple salad.—Use 2 cups chopped cooked meat in place of tuna.

MENU SUGGESTION

Serve with potato chips, carrot sticks, and mint ice cream.

KIDNEY BEAN SALAD

6 servings, about $\frac{3}{4}$ cup each

Salt.....	$\frac{1}{2}$ teaspoon
Sugar.....	$\frac{3}{4}$ cup
Vinegar.....	$\frac{1}{2}$ cup
Cooking oil.....	3 tablespoons
Dry kidney beans, cooked, drained...	4 cups (about $1\frac{1}{2}$ cups un- cooked)
Celery, diced.....	$\frac{1}{2}$ cup
Green pepper, thinly sliced.....	$\frac{1}{2}$ cup
Onion, thinly sliced..	$\frac{1}{4}$ cup
Eggs, hard-cooked, sliced.....	2

Combine salt, sugar, vinegar, and cooking oil; mix well.

Add vegetables and mix gently.

Chill for at least an hour.

Pour off liquid. Gently stir in eggs before serving.

MENU SUGGESTION

Serve with tomato and lettuce sandwich. Have applesauce for dessert.

GRAPEFRUIT-CHEESE SALAD

6 servings

Grapefruit sections, drained.....	16-ounce can
Cornstarch.....	2 teaspoons
Sugar.....	2 tablespoons
Grapefruit liquid....	$\frac{1}{2}$ cup
Salted peanuts, chopped.....	$\frac{1}{4}$ cup
Maraschino cherries, sliced.....	1 tablespoon, if desired
Cottage cheese.....	12 ounces
Lettuce.....	As desired

Chill grapefruit.

Mix cornstarch and sugar in saucepan; gradually blend in grapefruit liquid.

Cook, stirring constantly, until thickened.

Cool; stir in peanuts and cherries.

Arrange grapefruit sections and spoonfuls of cottage cheese on lettuce.

Top with peanut dressing.

VARIATION

Mandarin orange-cottage cheese salad.—Omit the grapefruit, sugar, and grapefruit liquid. Use an 11-ounce can of mandarin oranges, drained, and $\frac{1}{2}$ cup of the liquid from the oranges.

MENU SUGGESTION

Serve with egg salad sandwich, carrot sticks, pickle chips, and gingerbread.

CHEF'S SALAD

6 servings, $1\frac{1}{2}$ cups each

Cooked meat, strips or flakes (see NOTES).....	2 cups
Lettuce, in bite-size pieces.....	$1\frac{1}{2}$ quarts
Celery, chopped.....	$\frac{1}{2}$ cup
Tomato, cut in wedges.....	1
Green onions, chopped.....	2
Green pepper, cut in strips.....	$\frac{1}{4}$ cup
Eggs, hard-cooked, chopped.....	3
Salt.....	$\frac{1}{4}$ teaspoon
French dressing.....	$\frac{1}{3}$ cup

Combine ingredients; toss gently to mix.

NOTES: Use pork, ham, beef, veal, chicken, turkey, or tuna.

If preferred, replace half the lettuce with a mixture of other salad greens.

Use prechilled ingredients and a prechilled bowl for a crisp salad.

VARIATION

Cheese or cottage cheese chef's salad.—Use 1 cup cheese strips or 1 cup cottage cheese in place of 1 cup cooked meat.

MENU SUGGESTION

Serve with crackers and pumpkin pie.

ROAST BEEF SALAD

6 servings, $\frac{2}{3}$ cup each

Mayonnaise or salad dressing $\frac{1}{3}$ cup
Pickle relish 2 tablespoons
Salt (if meat is unseasoned) 1 teaspoon
Prepared mustard 1 teaspoon
Worcestershire sauce 1 teaspoon
Onion, finely chopped $\frac{1}{3}$ cup
Celery, chopped $\frac{1}{2}$ cup
Roast beef, in cubes or thin strips 3 cups
Lettuce As desired
Pimiento or green pepper strips As desired

Blend mayonnaise or salad dressing with pickle relish, salt, prepared mustard, worcestershire sauce, and onion.

Mix in celery and beef.
Chill thoroughly.

Serve on lettuce. Garnish with pimiento or green pepper strips.

VARIATION

Pork salad.—Use cooked, chopped pork shoulder in place of beef.

MENU SUGGESTION

Serve with green peas, vegetable relishes, and biscuits. Have banana cream pie for dessert.

COTTAGE CHEESE-FRUIT MOLD

6 servings, 4 by $2\frac{1}{2}$ inches each

Lime- or orange-flavored gelatin 3-ounce package
Boiling water 1 cup
Pineapple liquid and water 1 cup
Crushed pineapple, drained 8-ounce can
Cottage cheese, uncreamed 1 pound
Grapes, seedless, halved 1 cup
Lemon juice 1 tablespoon, if desired
Lettuce As desired

Dissolve gelatin in boiling water. Add the pineapple liquid. Chill until thick but not set. Stir in remaining ingredients except lettuce. Pour into 8-inch square pan. Chill overnight or until set. Serve on lettuce.

MENU SUGGESTION

Serve with chicken-rice soup, radishes, and green pepper strips. Have macaroons for dessert.

TURKEY OR CHICKEN SALAD

6 servings, about $\frac{2}{3}$ cup each

Turkey or chicken,
cooked, diced..... 3 cups
Celery, diced..... 1 cup
Salt..... $\frac{1}{2}$ teaspoon or
as desired
Pepper..... $\frac{1}{8}$ teaspoon
Onion, minced..... 1 tablespoon
Lemon juice..... 1 tablespoon,
if desired
Mayonnaise or
salad dressing..... $\frac{1}{2}$ cup
or
French dressing..... $\frac{1}{3}$ cup

Mix all ingredients gently.
Chill before serving.

VARIATION

Turkey- or chicken-fruit salad.—
Omit 1 cup of the turkey or chicken.
Add 1 cup seedless grapes or pine-
apple chunks.

MENU SUGGESTION

Serve with potato sticks, and
jellied citrus salad on lettuce. Have
butterscotch pudding for dessert.

CHICKEN-STUFFED EGGS

6 servings, 1 egg each

Eggs, hard-cooked..... 6
Chicken, cooked, finely
chopped..... 1 cup
Celery, chopped..... $\frac{1}{2}$ cup
Mustard, dry..... $\frac{1}{2}$ tea-
spoon
Salt..... $\frac{1}{2}$ tea-
spoon
Salad dressing..... $\frac{1}{4}$ cup
Paprika..... As desired
Salad greens..... As desired

Cut eggs in half lengthwise.

Scoop out yolks and mash.

Combine egg yolks with chicken,
celery, mustard, salt, and salad
dressing. Mix well.

Fill egg whites with chicken
mixture.

Sprinkle with paprika.

Serve on salad greens.

MENU SUGGESTION

Serve with broccoli and potato
chips. Have peach shortcake for
dessert.

CHEESE-POTATO SALAD

6 servings, about 1 cup each

Cheese or process cheese
food, diced..... 2 cups
Potatoes, cooked, diced. 3 cups
Eggs, hard-cooked,
coarsely chopped..... 3
Celery, chopped..... $\frac{3}{4}$ cup
Onion, chopped..... 3 table-
spoons
Salt..... 1 tea-
spoon
Salad dressing..... $\frac{1}{2}$ cup
Sweet pickle liquid..... $\frac{1}{4}$ cup
Sweet pickle..... If desired

Put cheese, potatoes, eggs, celery,
onion, and salt in a large bowl.

Mix salad dressing with pickle
liquid.

Gently mix dressing with other
ingredients.

Chill thoroughly to blend flavors.

Garnish with sweet pickle, if
desired.

MENU SUGGESTION

Serve with stewed tomatoes and
hard rolls. Have sherbet and peanut
cookies for dessert.

Stews and Hearty Soups

FRANKFURTER-BEAN SOUP

6 servings, 1 cup each

Dry beans.....	1½ cups
Water.....	7 cups
Onion, chopped.....	½ cup
Salt.....	1 teaspoon
Pepper.....	⅛ teaspoon
Frankfurters, finely chopped.....	½ pound
Margarine.....	1 tablespoon

Boil beans in the water for 2 minutes; remove from heat; cover and let stand 1 hour or overnight.

Add onion and seasonings.

Bring to a boil, then cover and simmer about 1½ to 2 hours or until beans are soft. Mash beans slightly.

Lightly brown the frankfurters in fat in a frypan; add to soup.

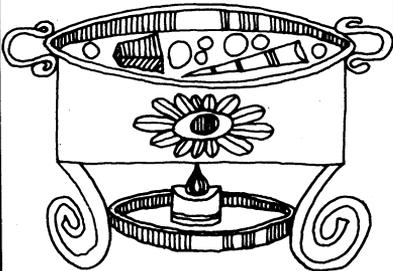
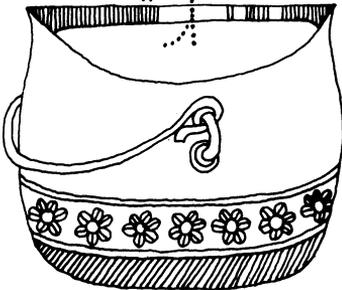
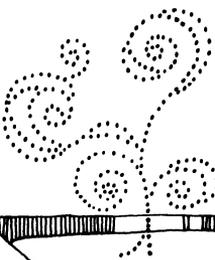
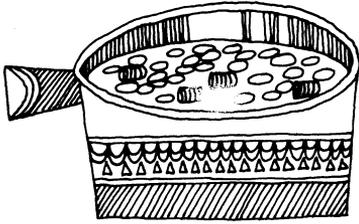
Simmer 5 minutes longer to blend flavors.

NOTES: Great Northern, pea (navy), marrow, pinto beans, or blackeye peas may be used in this recipe.

To use a pressure cooker, add only 3 cups of water for soaking and cooking the beans. Add 1 tablespoon ham or bacon fat or other fat. Cook at 15 pounds pressure for 10 minutes. Let pressure drop gradually. Mash beans slightly. Continue as in recipe above. Add additional hot water, as desired, to thin the soup.

VARIATIONS

Ham-bean soup.—Omit the frankfurters; use 1 cup cooked, chopped, smoked pork shoulder or ham. Add meat with other ingredients after soaking beans.



Split pea or lentil soup.—Use dry split peas or lentils in place of the beans in either of the above recipes. Decrease water to 5 cups for peas and 6 cups for lentils. Do not soak split peas or lentils. Simmer 20 to 30 minutes until peas or lentils are tender. Do not mash.

MENU SUGGESTION

Serve with orange and banana salad and crackers. Have angelfood cake for dessert.

BEEF-VEGETABLE SOUP

6 servings, 1 2/3 cups each

Beef short ribs.....	1 pound
Water.....	7 cups
Salt.....	2 teaspoons
Pepper.....	1/8 teaspoon
Tomatoes, fresh or canned.....	2 cups (16- ounce can)
Potatoes, diced.....	1 cup
Carrots, diced.....	3/4 cup
Onion, sliced.....	1/2 cup
Other mixed vegetables (such as peas, cab- bage, celery, green beans, green pepper, okra, turnips, or corn).	3 cups

Combine meat, water, salt, and pepper in a large saucepan.

Bring to a boil; cover and simmer until meat can be easily removed from bones.

Remove bones; skim off excess fat.

Add remaining ingredients. If canned or leftover vegetables are used, add them during the last few minutes of cooking.

Cover and cook 35 minutes or until vegetables are tender.

NOTE: About 3 pounds of beef soup bones with meat on them may be used in place of beef short ribs.

VARIATION

Quick beef-vegetable soup.—Combine 2 cups cooked, chopped, lean beef with 6 cups water, 6 beef bouillon cubes, 1 1/2 teaspoons salt, 1/8 teaspoon pepper, and the vegetables used in beef-vegetable soup. Cover and cook 35 minutes or until vegetables are tender.

MENU SUGGESTION

Serve with crackers, apricot-cottage cheese salad on lettuce, and lime-chiffon pie.

NEW ENGLAND FISH CHOWDER

6 servings, about 1 cup each

Fish fillets, fresh or frozen.....	1 pound
Bacon or salt pork, chopped.....	2 tablespoons
Onion, chopped.....	1/2 cup
Potatoes, diced.....	2 1/2 cups
Boiling water.....	1 1/2 cups
Salt.....	1 teaspoon
Pepper.....	As desired
Milk.....	2 cups
Margarine.....	1 tablespoon
Parsley, chopped....	As desired

Thaw frozen fillets.

Remove skin and any bones from fillets. Cut fillets into 1-inch pieces.

Fry bacon until crisp. Add onion and cook until tender.

Add potatoes, water, seasonings, and fish. Cover and simmer 15 to 20 minutes or until potatoes are tender.

Add milk and fat. Heat. Sprinkle with parsley.

MENU SUGGESTION

Serve with green bean salad and peach upside-down cake.

BEEF STEW

6 servings, 1½ cups each

Boneless stew beef, 1-inch cubes	1½ pounds
Flour	⅓ cup
Fat or oil	2 tablespoons
Water	3 cups
Potatoes, quartered . . .	5 medium-size
Carrots, cut in diagonal chunks	5 medium-size
Onions	6 small
Salt	1½ teaspoons
Pepper	⅛ teaspoon
Water	⅓ cup

Coat meat with flour. Save remaining flour.

Brown meat on all sides in fat in a large, heavy saucepan.

Add 3 cups water and cover tightly.

Simmer about 2 hours or until meat is tender.

Add vegetables and seasonings and continue cooking, covered, about 25 minutes or until vegetables are tender.

Blend remaining flour gradually with ⅓ cup water.

Stir flour mixture gently into stew; continue stirring only as needed to prevent sticking until stew thickens.

VARIATIONS

Beef pot pie.—Make stew as above except dice the vegetables. Pour stew into a 3-quart casserole. Make a biscuit or pastry dough using 1 cup flour or 1 cup biscuit



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Beef stew—always a family favorite—is almost a meal in itself.

mix to fit top of casserole; cut several slits near center; place on casserole.

Bake at 425° F. (hot oven) for 15 to 20 minutes or until browned.

Lamb stew.—Use lamb stew meat in place of stew beef.

MENU SUGGESTION

Serve beef stew with cucumber salad and raisin bread pudding.

HAM-SUCCOTASH CHOWDER

6 servings, 1 cup each

Ham or smoked
shoulder, cooked,
chopped 2 cups
Water 1½ cups
Lima beans, drained . 16-ounce can
Corn, drained 16-ounce can
Vegetable liquid
plus water 1½ cups
Flour ¼ cup
Margarine 2 tablespoons
Onion, sliced 1 large

Simmer meat in water in a large, covered saucepan 15 minutes.

Add vegetables.

Blend vegetable liquid gradually with the flour to make a smooth mixture; stir into chowder.

Cook, stirring as needed, until thickened.

Melt fat in frypan; add onion and cook until lightly browned.

Top chowder with onion slices.

NOTE: If desired, use two 10-ounce packages of frozen succotash for the vegetables. Add succotash before simmering the meat. Cook until vegetables are tender. Use 1½ cups water—instead of vegetable liquid and water—to blend with flour.

MENU SUGGESTION

Serve with carrot and celery sticks and bran muffins. Have a baked apple for dessert.

BEEF-NOODLE SOUP

6 servings, 1 cup each

Beef short ribs 1¼ pounds
Salt 1 tablespoon
Water 6 cups
Beef bouillon cubes 2
Celery with leaves,
chopped 1 cup
Noodles, uncooked 4 ounces

Combine beef, salt, and water in a large pan; simmer, covered, about 2 hours or until meat is tender.

Skim off excess fat and remove bones; separate meat into small pieces.

Add bouillon cubes and celery. Cover and simmer 10 minutes.

Stir in noodles. Cover and simmer for 7 to 10 minutes or until noodles and celery are tender.

Add a little hot water if a thinner soup is desired.

VARIATION

Chicken-noodle soup.—In place of beef and beef bouillon cubes, use a 2½- or 3-pound frying chicken and chicken bouillon cubes. Cook chicken about 45 minutes or until tender. Remove chicken from broth, cool enough to handle. Remove skin, if desired, and bones. Continue as for beef-noodle soup.

MENU SUGGESTION

Serve with lettuce and tomato sandwich. Have lime-pear gelatin and cookies for dessert.

Hot Main-Dish Sandwiches

CHEESE-FRANK SANDWICHES

6 servings, 2 sandwiches each

Process Cheddar cheese

slices 12 (1 ounce each)

Frankfurters, thinly

sliced ½ pound

Bread 12 slices

Arrange slices of cheese, topped with frankfurter slices, on the bread.

Place under broiler and broil until lightly browned.

NOTE: Swiss, pimiento, or natural Cheddar cheese may be used in place of process cheese.

MENU SUGGESTION

Serve with tomato soup, tossed vegetable salad, and plums.

CHEESE RAREBIT

6 servings, ½ cup rarebit each

Egg, beaten 1

Milk 1¼ cups

Cheese, shredded 3 cups (¾ pound)

Worcestershire sauce 1 teaspoon

Dry mustard ½ teaspoon

Pimiento, chopped 2 tablespoons

Toast 6 or 12 slices, as desired

Combine all ingredients except pimiento and toast.

Cook over low heat, stirring constantly, until cheese melts and mixture is slightly thickened.

Stir in pimiento and serve immediately on toast.

NOTE: Crackers may be used in place of toast.

MENU SUGGESTION

Serve with broccoli, fruit salad, and gingersnaps.

PIZZA QUICKIES

6 servings, 2 pizzas each

Bread 12 slices

Mild process cheese, thinly sliced ¾ pound

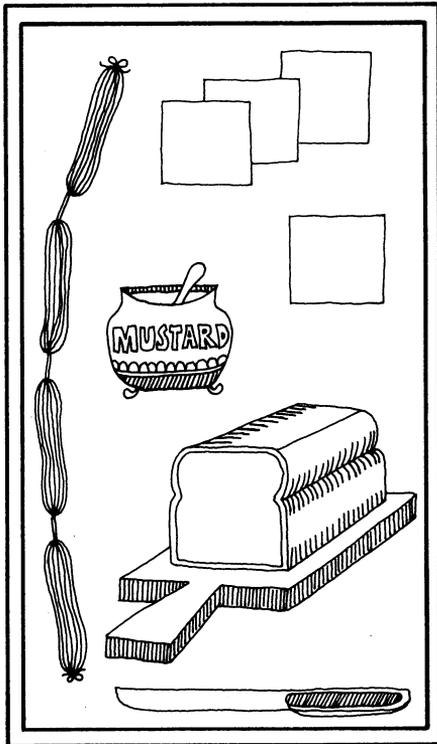
Tomato sauce 8-ounce can

Oregano 1 teaspoon

Parmesan cheese, grated ¼ cup

Toast bread on one side under broiler.

Place cheese on untoasted side of bread.



Cover with tomato sauce and sprinkle with oregano and Parmesan cheese.

Broil until lightly browned.

VARIATION

Biscuit pizzas.—In place of bread, make biscuit dough from 2 cups mix or 2 cups flour. Roll dough to 1/8-inch thickness. Cut into serving-size pieces, if desired. Place on greased baking sheet and top with remaining ingredients. Bake in a preheated oven at 450° F. (very hot) 15 minutes or until lightly browned.

MENU SUGGESTION

Serve with potato salad, vegetable relishes, and strawberry ice cream.

TURKEY SHORTCAKE

6 servings, 2/3 cup each

- Margarine 1/4 cup
- Flour 1/3 cup
- Turkey broth or
chicken bouillon 1 1/2 cups
- Milk 1 1/2 cups
- Salt 1/2 to 1 tea-
spoon, as
desired
- Pepper 1/8 teaspoon
- Poultry seasoning 1/2 teaspoon
- Turkey,
cooked, diced 2 cups
- Eggs, hard-cooked,
sliced 2
- Parsley, chopped 1 tablespoon
- Toast 6 slices
- or
- Hot biscuits 12

Melt fat; blend in flour.

Stir in liquids, seasonings, and turkey.

Cook, stirring as needed, until thickened.

Serve on toast or hot biscuits.

Garnish top with egg slices and parsley.

MENU SUGGESTION

Serve with diced beets and coleslaw. Have bananas in orange juice for dessert.

CREAMED EGGS ON TOAST

6 servings, about 3/4 cup each

- Margarine 1/4 cup
- Flour 1/4 cup
- Worcestershire sauce 2 teaspoons
- Prepared mustard 2 teaspoons
- Salt 1 teaspoon
- Milk 3 cups
- Hard-cooked eggs,
sliced 8
- Toast 6 slices

Melt fat; blend in flour. Add seasonings.

Gradually stir in milk.

Cook, stirring constantly, until thickened.

Add eggs; do not stir. Heat to serving temperature.

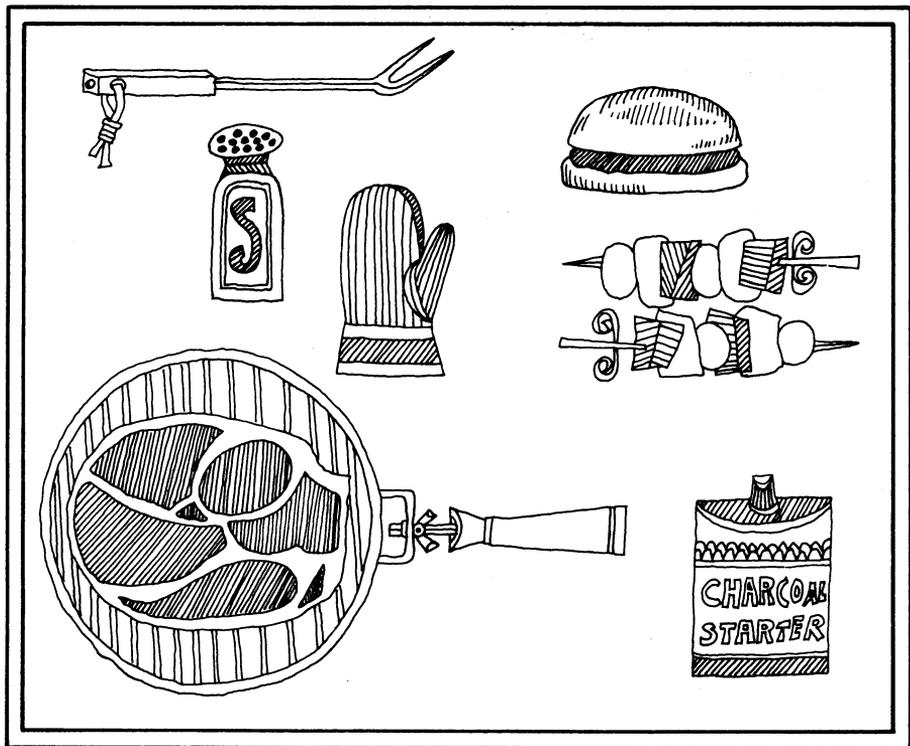
Serve on toast.

VARIATION

Curried eggs on toast.—Omit worcestershire sauce and mustard. Cook 2 tablespoons of finely chopped onion in the fat. Stir in the flour and 1/2 or 1 teaspoon curry powder, as desired.

MENU SUGGESTION

Serve with green peas and onions, a tart fruit salad, and a cupcake.



MENU SUGGESTION

Serve with corn-on-cob, tossed vegetable salad, and toasted marshmallows.

Charcoal Grilling Tips

Line the bottom of the fire bowl with aluminum foil for better heat reflection and easier cleaning.

To help the fire breathe easily and to distribute heat evenly, either—

- Pierce holes in the foil over the perforations in the fire bowl.
- Or, put a layer of coarse gravel or fine crushed stone on top of the foil.

Start fire at least 30 minutes ahead of cooking; pile coals for easy starting. When coals become lightly

covered with gray ash, the fire is ready.

Before grilling, spread coals about 1 inch apart, extending them slightly beyond the food being cooked.

Grease rack or grid to help prevent food from sticking.

To decrease drippings that cause flames, trim fat from edges of meat to $\frac{1}{4}$ - or $\frac{1}{8}$ -inch thickness. Also, cut away large chunks of fat from inner sections of the meat. Slash fat remaining around edges to prevent curling of meat.

Also, to help prevent flames and smoke, drain marinated meat, poultry, and fish thoroughly before cooking. If a sauce is used, add it to each side after cooking.

To grill, place meat, poultry, or

fish 3 to 8 inches from the heat. Distance from heat depends on thickness of meat and on the doneness desired. The thinner the meat and the rarer you want it, the closer you place it to the heat. However, since meat, poultry, and fish quickly lose juiciness, especially if pieces are thin, they should not be cooked close to the heat for more than a few minutes.

If longer cooking is needed, move food a little farther from heat and finish cooking.

To check doneness of meat, insert a sharp, pointed knife near the center and observe the inner color. Cook fish until it flakes easily when tested with a fork.

GRILLED CHICKEN

6 servings

Broiler-fryer chickens,
about 2 pounds each. 2
Fat or oil. As needed
Salt and pepper. As desired

Start fire. (See charcoal grilling tips, p. 41.)

Cut chickens into halves, quarters, or pieces.

Brush chicken with fat before and during cooking.

Grill, turning occasionally, about 1 hour or until tender.

Salt and pepper as desired.

NOTE: For extra flavor, sprinkle chicken during last few minutes of cooking with seasonings, such as paprika, poultry seasoning, tarragon, garlic salt, onion salt, or monosodium glutamate. Or use a barbecue sauce sparingly.

MENU SUGGESTION

Serve with potatoes baked in foil, sliced tomatoes, and watermelon in season.

BEEF SHISH KEBABS

6 servings

Beef chuck, lean, cut
in 1½-inch cubes. . . . 2 pounds
Commercial meat
tenderizer. See label
Vegetable chunks
(tomatoes, green or
red peppers, and
partially cooked or
canned potatoes,
onions, or carrots). . . As desired
Fat or oil. About 2
tablespoons
Salt and pepper. As desired

Start fire. (See charcoal grilling tips, p. 41.)

Treat meat with tenderizer.

Thread meat and vegetables onto skewers leaving a little space between each piece.

Brush meat and vegetables with fat before and during cooking to help keep them moist.

Place kebabs on grill. Turn as needed to brown evenly on all sides. It should take 20 to 25 minutes to cook the meat to rare doneness. Well-done meat will take twice as long. Salt and pepper as desired.

NOTE: Barbecue sauce can be used in place of fat or oil.

VARIATIONS

Lamb shish kebabs.—Use lamb stew meat or make lamb patty



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Versatile shish kebabs are an appealing main dish. Skewer your own combinations.

mixture (p. 19) into balls $1\frac{1}{4}$ to $1\frac{1}{2}$ inches thick. Use french dressing marinade. Cook 15 to 20 minutes.

Burger shish kebabs.—Shape outdoor burger mixture (p. 44) into balls $1\frac{1}{4}$ to $1\frac{1}{2}$ inches thick. Cook 10 to 15 minutes.

Fresh or cured pork shish kebabs.—Use fresh or cured pork shoulder for the meat. Thread onto skewers with

partially cooked or canned sweet-potatoes and chunks of fruits such as pineapple, apples, bananas, or orange sections. Cook about 20 minutes.

MENU SUGGESTION

Serve with french bread and an ice cream stick.

OUTDOOR BURGERS

6 hamburgers

Ground beef..... 1 pound
Salt, seasoned salt,
garlic salt, or onion
salt..... 1 teaspoon
Pepper..... 1/8 teaspoon
Hamburger buns..... 6

Start fire. (See charcoal grilling tips, p. 41.)

Mix ingredients and shape into six burgers about 1/2 inch thick. Handle lightly.

Grill, turning once. It should take 7 to 12 minutes total cooking time, depending on desired doneness.

Serve on buns.

NOTES: If ground beef is extra lean, have a little suet ground with it to keep burgers moist.

Monosodium glutamate may be added to enhance the meat flavor; if used, omit seasoned salt.

VARIATIONS

Lamburgers or vealburgers.—Use 1 1/4 pounds ground lamb or 1 pound ground veal. Decrease salt to 3/4 teaspoon. Mix 1/4 cup french dressing with a minced garlic clove. Use dressing to marinate meat before and during grilling.

MENU SUGGESTION

Serve with potato sticks, carrot-raisin salad, pickles, and chocolate-covered graham crackers.

FISH BAKED IN FOIL

6 servings, about 3 ounces each

Fish fillets, fresh or
frozen..... 2 pounds
Green peppers, sliced. 2
Onions, sliced..... 2
Margarine, melted... 1/4 cup
Lemon juice..... 2 tablespoons
Salt..... 2 teaspoons
Paprika..... 1 teaspoon
Pepper..... As desired

Thaw frozen fillets.

Start fire. (See charcoal grilling tips, p. 41.)

Grease six 12-inch squares of heavy aluminum foil.

Cut fillets into six portions.

Place fish, skin side down, on pieces of foil.

Top with vegetables.

Combine remaining ingredients and pour over vegetables and fish.

Bring foil up over the food and close edges with tight double folds.

Place packages on a grill about 5 inches from moderately hot coals. Cook 45 to 60 minutes or until fish flake easily when tested with a fork.

MENU SUGGESTION

Serve with potatoes baked in foil, stuffed celery, and assorted fresh fruit.

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Other Publications

Additional information on food management and food buying is contained in the USDA publications listed below. Single copies of these bulletins are available from the U.S. Department of Agriculture, Washington, D.C. 20250. Send your request on a post card and include your Zip Code.

Family Fare: A Guide to Good Nutrition.....	G 1
Food for the Family with Young Children.....	G 5
Food Guide for Older Folks.....	G 17
Storing Perishable Foods in the Home.....	G 78
Food for the Young Couple.....	G 85
Conserving the Nutritive Values in Foods.....	G 90
Family Food Budgeting . . . for Good Meals and Good Nutrition	G 94
Eggs in Family Meals: A Guide for Consumers.....	G 103
Vegetables in Family Meals: A Guide for Consumers.....	G 105
Cheese in Family Meals: A Guide for Consumers.....	G 112
Beef and Veal in Family Meals: A Guide for Consumers.....	G 118
Lamb in Family Meals: A Guide for Consumers.....	G 124
Fruits in Family Meals: A Guide for Consumers.....	G 125
Milk in Family Meals: A Guide for Consumers.....	G 127
How To Buy Cheddar Cheese.....	G 128
How To Buy Instant Nonfat Milk.....	G 140
How To Buy Fresh Fruits.....	G 141
How To Buy Fresh Vegetables.....	G 143
How To Buy Eggs.....	G 144
How To Buy Beef Roasts.....	G 146
Cereals and Pasta in Family Meals: A Guide for Consumers.....	G 150
How To Buy Poultry.....	G 157
Pork in Family Meals: A Guide for Consumers.....	G 160
Keeping Food Safe To Eat: A Guide for Homemakers.....	G 162
Nuts in Family Meals: A Guide for Consumers.....	G 176

The following publication is for sale only. Send your request to Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Family Food Buying: A Guide for Calculating Amounts To Buy and Comparing Costs, HERR 37, price 35 cents.

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