|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| STEAK EN CASSEROLE  *By Mabel Behrns*  **Ingredients:**   |  |  | | --- | --- | | 1 lb | Steak | | 4 large | Onions | | 4 large | carrots |   **Directions:**  Pound flour into the steak and cook then remove to a casserole. Place a layer of steak then a layer of carrots and onions, repeat until dish is full. Cover with gravy made from steak.  Bake from 2 to 3 hours. Potatoes may be added. | Chef hat man |
| LIMA BEANS AND PORK CHOPS  *By Jean Rubeck*  **Ingredients:**   |  |  | | --- | --- | | 1 lb | Lima beans | | 2 tsp | Salt | | 2 TBSP | Sugar | | ½ tsp | Dry mustard | | 1 med | Onion, chopped | | ½ c | Tomato catsup | | 4 or 5 | Pork chops |   **Directions:**  Cook lima beans and onion until the beans are tender, season with salt, sugar, dry mustard and catsup. Place in a flat baking dish or casserole and cover with salt and peppered pork chops.  Bake in 350 deg oven from 1 to 1 ½ hours. | Chef hat man |
| BRAISED LIVER  *By Clara Merow*  **Directions:**  Slice liver not too thin. Cut sliced bacon into small pieces and saute in a heavy frying pan until pieces are crisp. Dredge liver with flour and add to hot fat. Brown well on either side. Sprinkle well with salt and pepper add water (just cover meat), add little more water from time to time.  Cover and steam 1 ½ hours. | Chef hat man |
| TUNA CASSEROLE  *By Mrs. Glenn Cullen*  **Ingredients:**   |  |  | | --- | --- | | 1 can | Tuna fish | | 1 c | White sauce | | 1 #2 can | Peas and carrots |   **Directions:**  Combine ingredients, heat to boil. Place in small 1-qt casserole. Top with baking powder biscuit dough. Bake in 400 deg oven until done, 12 – 15 min.  Diced cheese may be added to dough, if desired.  Serves 2 – 4. | Chef hat man |
| ALL-AT-ONCE SPAGHETTI    **Ingredients:**   |  |  | | --- | --- | | 1 TBSP | Cooking oil | | 1 large | Onion, chopped | | ½ lb | Ground beef | | 2 cans | Tomato sauce | | 1 ½ c | Water | | ¼ lb | Uncooked spaghetti | |  | Grated cheese |   **Directions:**  Heat oil in saucepan or skillet. Add onion and cook until soft. Crumble in beef. Stir and fry until meat loses re color. Sprinkle with salt and pepper. Pour in tomato sauce and wafer; bring to a boil.  Break spaghetti in half; sprinkle in a little at a time, stirring it into the sauce and keeping if separated. Cover tightly. Simmer 20 – 30 minutes. Serve with cheese. | Chef hat man |
| SAVORY SHORT RIBS    **Ingredients:**   |  |  | | --- | --- | | 2 ½ lb | Beef short ribs | | 3 TBSP | Flour | | 3 TBSP | Shortening | | 2 tsp | Worcestershire sauce | | 2 tsp | Salt | | ¼ tsp | Pepper | | 1 c | Water | | 3 large | Unpeeled red apples, sliced thick | | 2 large | Onions, sliced thick | | 2 or 3 TBSP | margarine |   **Directions:**  Roll meat in flour and brown in shortening. Add the Worcestershire sauce, salt, pepper and water. Cover and cook until tender 2 hours. Remove seeds from apples and brown in margarine. Next, brown onions in same manner. Arrange applies and onions around meat on platter. | Chef hat man |
| MEAT MUFFINS  *By Mrs. Dorothea Ditcher*  **Ingredients:**   |  |  | | --- | --- | | 1 ¼ lb | Ground beef | | ½ lb | Ground pork | | 2 c | Soft bread crumbs | | 1 c | Milk | | 1 | Egg | | 1 tsp | Worcestershire Sauce | | 1 tsp | Accent | | ½ tsp | Thyme | | 2 tsp | Salt | | ¼ tsp | pepper |   **Directions:**  Combine and mix 1st 6 ingredients. Add last 4 ingredients  Divide above in 12 portions in greased muffin tins. Bake 40 minutes at 350 deg. Meanwhile, mix together 1/3 c ketchup 1/3 c brown sugar  After 20 min of baking, spoon 2 tsp of the sauce over each muffin. | Chef hat man |
| SOUP MEAT BALLS  *By Martha Kuhlman*  **Ingredients:**   |  |  | | --- | --- | | 1 lb | Ground beef | | 1 | Egg | | ¼ c | Finely chopped green pepper | | 1 | Finely chopped onion | | 1 c | Corn meal | | 1 TBSP | Salt | | ¼ tsp | oregano |   **Directions:**  Combine meat egg, green pepper, onion, corn meal, salt & oregano. Roll mixture into small balls size of marbles. Heat either tomato or onion soup broth and drop the tiny balls into the broth.  The balls will swell during the cooking, so allow for this when choosing a cooking utensil. Serve as soon as the meat has cooked through. | Chef hat man |
| TANGY PORK CHOPS    **Ingredients:**   |  |  | | --- | --- | | ¼ tsp | Dry mustard | | 1 tsp | ketchup | |  | Pork chops |   **Directions:**  Brown pork chops (usual number for your family). Sprinkle each with salt and pepper. Spread each chop with mustard and ketchup.  Add a slice of onion on each one. Pour ¾ cup pickle juice (your choice of juice from your favorite pickles) over chops. Cover and simmer 45 minutes. | Chef hat man |
| OVEN CHICKEN DINNER  *By Mrs. Robert Grunder*  **Directions:**  Allow either ½ fryer or equally cut parts for each person. Place prepared pieces in roaster. Sprinkle with salt and pepper. Cut raw potatoes into pieces about 6 pieces from a medium potato (enough for your family). Sprinkle with salt and pepper. Add carrots in the same way. Brush melted butter or cooking oil on each piece of chicken and vegetable.  Cover and roast at 375 deg. About 1 hour. Remove cover and continue roasting until each piece is tender delicately browned and slightly crisp. Parsley may be sprinkled over all. | Chef hat man |
| BARBECUED SPARERIBS  *By Mrs. Verna Ditcher*  **Ingredients:**   |  |  | | --- | --- | | 4 to 5 lb | Spareribs | | 1 c | Catsup | | ¼ c | Vinegar | | ¼ c | Worcestershire sauce | | 1 tsp | Salt | | 1 tsp | Pepper | | 2 tsp | Chili powder | | ¼ tsp | Cayenne | | 1 or 2 | Finely chopped onions | | 1 ½ c | water |   **Directions:**  Wipe spareribs, put in roasting pan. Blend remaining ingredients. Pour over meat. Cover and bake 1 ½ hours in 350 deg oven. Uncover during last ½ hour. Baste meat several times. | Chef hat man |
| SHRIMP WIGGLE  *By Mrs. Alice Borngraber*  **Ingredients:**   |  |  | | --- | --- | | 1 c | Canned or frozen peas | | 1 can | Cleaned shrimp | | 1 TBSP | Butter | | 1 TBSP | Flour | | 1 c | Milk | | ½ tsp | Salt | | Dash | pepper |   **Directions:**  Melt butter, stir in flour and seasoning. Add milk gradually. When thick, pour over pease and shrimp and heat. Serve on toast or in pastry cups. | Chef hat man |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| MEAT EN CASSEROLE  *By Mrs. Alice Borngraber*  **Ingredients:**   |  |  | | --- | --- | | 2 lb | Beef, cut in serving pieces | | 4 small | Carrots, cubed | | 4 small | Potatoes | | 1 c | Peeled onions | | 1 c | Strained tomatoes, optional |   **Directions:**  Season meat with salt & pepper. Dredge in flour and brown in frying pan. Put meat in casserole, add the carrots, tomatoes or 1 cup of water or broth and 1 TBSP prepared mustard. Cover and cook 15 minutes. Add onions and potatoes. Bake in 300 deg oven for 2 hours.  Serves 4. | Chef hat man |