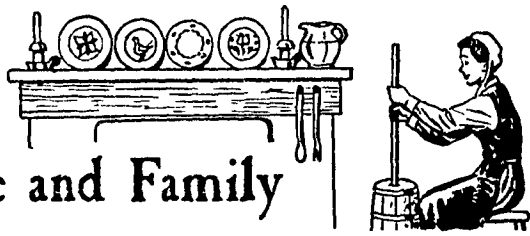


## For the Farm Wife and Family



### Pork's "Economy" Role

Trying to balance a budget and still maintain the sufficient amount of meat in your family's diet can be somewhat of a problem these days. Pork chops are not the cheapest cut of meat you can buy, but there are times when your butcher may have them at a "special" low price. At any rate the following recipes using pork chops will taste extra "special" to your family whatever the cost of the chops

#### PORK CHOPS — RICE PUDDING CASSEROLE

- 6 loin or rib pork chops, cut 1 inch thick
- 2 tablespoons lard
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup rice
- 1/2 cup raisins
- 3 cups cold water
- 1/4 teaspoon cinnamon
- 3 to 4 tablespoons sugar
- 1 teaspoon salt
- 1 1/2 cups milk

Brown chops in lard Pour off drippings Season chops with 1 teaspoon salt and pepper. Add rice and raisins to cold water. Bring to a boil, stir, cover and simmer 15 to 18 minutes or until rice is tender and liquid is absorbed. Stir cinnamon, sugar, salt and milk into rice-raisin mixture Pour into an 8x12-inch greased baking dish. Place seasoned chops on rice mixture Cover tightly and bake in a moderate oven (350 degrees) 30 minutes. Uncover and continue baking 15 minutes. Makes 6 servings

Here's a new way to fix pork chops with another favorite food

— cheese.

#### CHEDDAR CHOPS CASSEROLE

- 6 pork chops
- 2 cups thin onion slices
- 1 cup chopped green pepper
- 1 cup uncooked white rice
- 2 teaspoon salt
- 2 1/2 cups water
- 1 can (No. 303) tomatoes
- 1/4 teaspoon black pepper
- 6 thin slices cheddar cheese, or about 1/2 pound.

Trim some of the fat from the pork chops. Fry out in a large skillet. Add the chops. Brown slowly on both sides. Remove. Add the onions and green pepper. Cook slowly until the onions are tender, about 15 minutes. While the pork chops and the onions cook, put the rice, 1 teaspoon of the salt and 2 cups of the water into a 2-quart saucepan. Bring to a vigorous boil. Turn the heat down low. Cover with a lid. Simmer over this low heat 14 minutes. Remove the saucepan from the heat but leave the lid on 10 minutes.

Place the cooked rice over the bottom of a greased shallow baking dish about 8x12x2. Top with the onions and green pepper. Ar-

range the browned chops over the top. Spoon the tomatoes over the chops. Pour on the 1/2 cup of water. Sprinkle with 1 teaspoon of the salt and the black pepper. Cover with a lid or aluminum foil. Bake in a preheated 350 degree oven 1 hour. Uncover. Add water if the mixture has cooked dry. Lower the oven temperature to 300 degrees. Cover the top with the cheese. When oven reaches 300 degrees, return the casserole to the oven until the cheese melts about 15 minutes. This recipe makes 6 servings.

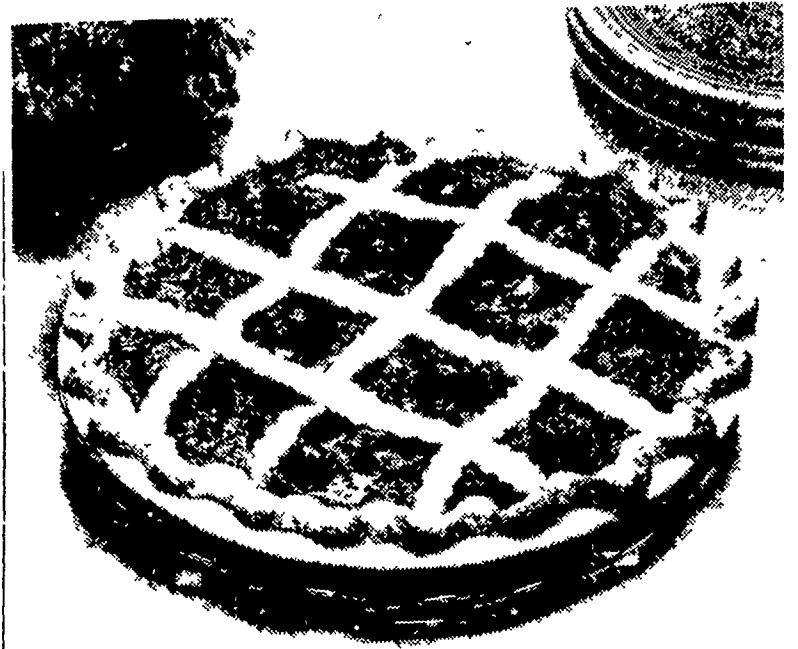
Another favorite pork product is sausage. Our next recipe uses pork sausage links.

#### SPANISH RICE AND PIGGIES

- 1 pound pork sausage links
- 1 cup coarsely chopped onion
- 1 cup chopped celery
- 3 cups water
- 1 cup uncooked white rice
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1 can tomatoes and juice (No. 303)
- Bay leaf

Brown sausage links in a skillet. Remove from the skillet. Add chopped onion and chopped celery. Cook until almost tender. Remove celery and onions and place in a greased 2-quart oven dish. Add water, rice, salt, black pepper, chili powder, tomatoes and bay leaf. Mix. Cover and bake in a preheated 400 degree oven about 45 minutes. Stir. Cover and bake about 15 more minutes or until most of the liquid is absorbed. Uncover and arrange the sausage over the top. Bake 15 minutes or until the liquid is absorbed and the sausage is cooked through. Additional water may be added if a thinner mixer is desired. This recipe makes 5 to 6 servings.

Turning from pork to beef our next recipe makes use of the always popular hamburger. Your family need never tire of this



IT'S A QUICKIE — For this succulent beef pie, just prepare an 8-inch crust from your favorite pie mix and fill it with a 16-ounce can of Beef Stew. Top with a lattice-work of pastry or with a full crust (seal the edges of the latter and slit it several places to allow steam to escape). Bake at 425 degrees F. for 30 minutes or until lightly browned. Makes a satisfying dinner for 4 when teamed with tomato juice cocktail, a big tossed vegetable or citrus salad, rolls, cake, ice cream and coffee.

economical cut of meat as there are so many, many ways to use it. This Lattice Meat Pie is different with its cheese crust. The crust is a tasty complement to the succulent beef and rice filling.

#### LATTICE AND MEAT PIE

- 1/4 cup very soft butter or margarine
  - 1 3/4 cups cheese cracker crumbs
  - 3 tablespoons water
  - 1 pound ground beef (chuck or round)
  - 2 cups cooked white rice
  - 2 teaspoons instant minced onion
  - 1 teaspoon salt
  - 1/8 teaspoon black pepper
  - 1/4 teaspoon celery salt
  - 1/2 cup water
  - 1 can (8 oz) tomato sauce
  - 1/4 pound American cheese
- Mix the butter or margarine, cracker crumbs and 3 tablespoons

water in a deep pie plate holding about 6 cups. Press over the bottom and sides of the pie plate to make a crust. Bake in a preheated 350 degree oven 10 minutes. (Continued on page nine)



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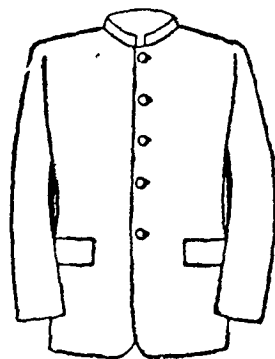
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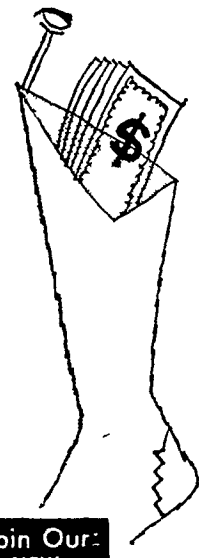
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