

## For the Farm Wife and Family

### Meat For Energy

by Mrs. Richard C. Spence

We need plenty of protein these cold winter days and meat is just the food to provide it. It is a good thing to know that it is not always the most expensive cut of meat that provides the best in food value. Most of the less-expensive pieces of meat can be dressed up or combined with other foods to make as vitamin-rich a dish as you'll need for your family—and be mighty tasty too. Take for instance, the following recipe:

#### NEAR EAST MEATBALLS

1 pound ground beef  
 ¼ cup fine dry bread crumbs  
 2 tablespoons milk  
 ¼ teaspoon salt

2 tablespoons shortening  
 1 can (4 ounces) sliced mushrooms  
 1 can (1½ ounces) condensed onion soup  
 1 cup water  
 ½ cup rice

Combine ground beef, bread crumbs, milk and salt. Shape into 18 meatballs; set aside. Preheat covered elec-

tric skillet to 340 degrees. Melt shortening. Brown meatballs and mushrooms, drained. Reduce temperature to 250 - 260 degrees. Drain off excess fat. Pour in onion soup and water. When boiling starts, slowly add the rice, making sure it is covered by liquid. Cover; boil gently about 25 minutes or until rice is tender. Stir now and then. Makes 6 servings.

#### HAMBURGER STROGANOFF

¼ cup butter  
 ½ cup chopped onion  
 1 pound ground beef  
 1 clove garlic, minced  
 2 tablespoons flour  
 ¼ teaspoon monosodium glutamate  
 ¼ teaspoon paprika  
 1 pound fresh mushrooms, sliced

1 can condensed cream of chicken soup  
 1 cup sour cream  
 Saute onion in butter. Stir in ground beef, garlic, flour monosodium glutamate, pepper, paprika and mushroom saute 5 minutes. Add unthickened soup. Simmer 10 minutes. Stir in sour cream. To

serve, spoon over triscuit wafers. Serves 4 to 6.

#### ROLLED MEATLOAF WITH BLEU CHEESE STUFFING

1 pound lean ground beef  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 ¼ cup finely chopped onion

1 egg, lightly beaten  
 2 tablespoons butter or margarine, melted  
 4-ounce can mushrooms, drained and chopped  
 2 tablespoons crumbled bleu cheese  
 6½ ounce package bleu cheese crackers, finely rolled (about 2 cups of crumbs.)

Mix together first five ingredients. Shape on wax paper into a rectangle about 9x7 inches and about one

inch thick. Blend together remaining ingredients for stuffing. Heap stuffing in center of meat and spread to edges. Using wax paper roll meat over stuffing and seal by patting meat together at top and ends. Remove paper and bake in shallow pan in moderate oven (350 degrees) 40 minutes. Serve 4.

Although stew meats still need long slow cooking to develop tenderness and flavor, there are many shortcuts with modern foods that will reduce the time in the kitchen. Paring and chopping of vegetables and the fear of lumpy gravy have been reduced to a minimum for the following recipes. Take advantage of canned frozen vegetables and soups.

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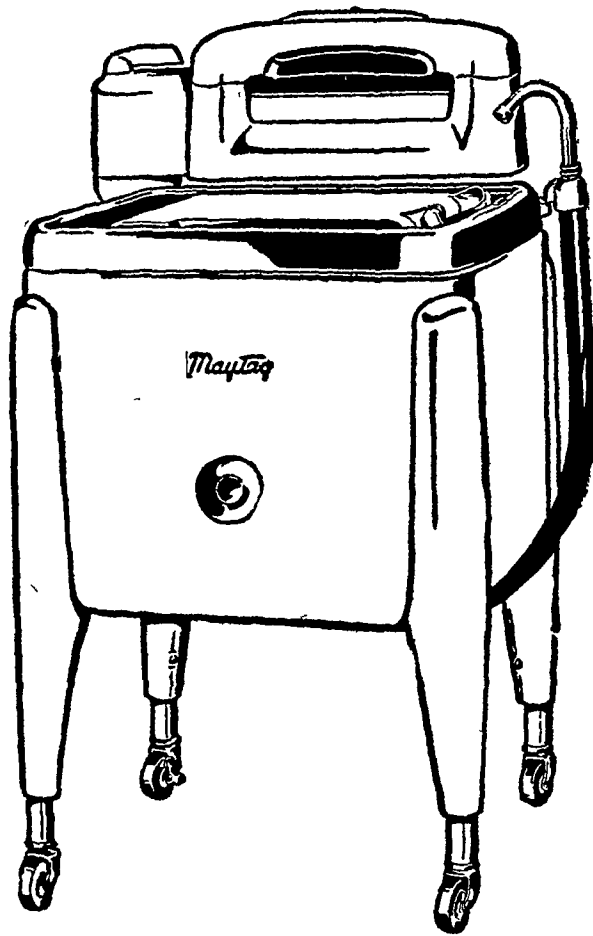
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