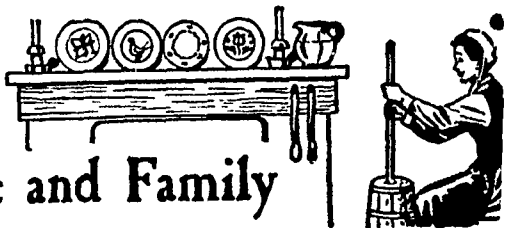


# For the Farm Wife and Family



## Peanuts and Peanut Butter

by Mrs. Richard C. Spence

March 6 to 12 is being observed as National Peanut Week so we are going to help you celebrate this week in full fashion with some recipes using peanuts or peanut butter.

Peanuts belong to the pea-bean family, the legumes—they aren't really nuts at all. But like nuts, they're always popular in salads and sandwiches, cookies, and desserts—as well as just plain salted. And like peas and beans, peanuts are good in main dishes, in soups, and in combination with other vegetables.

Peanuts are exceptionally high in niacin, are important also for other B vitamins. Among the vegetable foods, peanuts rate high in quantity of protein. For efficient use of peanut protein, some high-quality protein food such as meat, eggs, or milk should be eaten at the same meal. The high fat content of peanuts makes them a good source of food energy.

Some main dishes using peanuts—

### PEANUT-STUFFED

### PEPPERS

4 green peppers  
1 tablespoon melted butter or margarine  
1/3 cup uncooked rice  
3 tablespoons finely chopped onion  
1/4 cup chopped celery  
1 teaspoon salt  
1 cup water  
1 1/2 cups cooked or canned tomatoes  
3/4 cup chopped salted peanuts  
1/4 cup fine crumbs mixed with 1 tablespoon melted butter or margarine  
Cut out stem ends of the peppers and take out the seeds. Cook peppers five minutes in boiling salted water. Combine butter or margarine, rice, onion, celery, and salt in a fry pan. Add water slowly as the mixture begins to cook, and simmer covered 5 to 10 minutes. Add

tomatoes and simmer 10 minutes longer or until rice is almost done. Add more liquid if needed. Stir in peanuts, stuff peppers with the mixture, and sprinkle with crumbs. Place peppers in a baking pan with a little hot water and bake at 350 degrees 30 to 40 minutes.

### PEANUT - MEAT LOAF

1 1/2 cups ground beef (3/4 pound)  
2 tablespoons finely chopped onion  
1/2 teaspoon powdered dry mustard  
1/2 teaspoon Worcestershire sauce, if desired  
1 teaspoon salt  
1 cup finely chopped salted peanuts  
3/4 cup fine crumbs  
1 egg  
1/2 cup milk  
1 tablespoon tomato catsup  
Mix ingredients lightly. Bake in a greased loaf pan at 350 degrees about 1 hour. Serve with tomato sauce. 6 servings.

### PEANUT BUTTER FRENCH TOAST

1/2 cup peanut butter  
1/4 cup Honey  
1/4 teaspoon salt  
8 slices bread  
2 eggs, beaten  
1/2 cup milk  
2 tablespoons butter or margarine  
Blend peanut butter, honey and salt. Place about 2 1/2 tablespoons peanut butter-honey mixture between two

slices of bread to make a sandwich. Combine egg and milk. Soak sandwiches in egg mixture. Melt butter or margarine in a baking pan or fry pan. Bake sandwiches at 400 degrees about 40 minutes. Turn sandwiches to brown both sides. Or cook slowly in fry pan on top of range.

### CREAMED CELERY AND PEANUTS

1 1/2 cups celery cut in 1-inch lengths  
3/4 cup liquid (cooking liquid plus milk)  
1 tablespoon flour  
1/4 teaspoon salt  
Pepper  
1 tablespoon butter or margarine  
1/4 cup grated cheese, if desired  
1/2 cup chopped salted peanuts  
Cook celery until tender in a small amount of boiling salted water. Drain. Measure cooking liquid and add enough milk to make 3/4 cup. Mix flour and part of liquid until smooth. Stir into rest of liquid. Add seasonings and butter or margarine; cook slowly until the sauce is thickened, stirring frequently. Stir the celery and cheese into the sauce. As soon as cheese is melted, remove from heat. Add peanuts.

### SWEETPOTATO AND PEANUT CROQUETTES

2 cups mashed sweetpotatoes  
2 cups finely ground peanuts  
2 eggs, well beaten  
1 teaspoon salt  
2 tablespoons flour  
Bread crumbs  
1 egg diluted with 2 tablespoons milk  
Combine the first 6 ingredients; shape mixture into croquettes. Roll them in bread crumbs, diluted egg and again in crumbs. Fry in hot deep fat (380 degrees) till a golden brown. Drain on absorbent paper. Serves 6.

### PEANUT AND CARROT SALAD

2 cups grated carrots  
1 cup ground peanuts  
1 tablespoon grated onion  
1/2 teaspoon salt  
1/2 cup mayonnaise  
Lettuce  
1 tomato cut into thin wedges  
Combine carrots, peanut onion, salt and mayonnaise. Mix lightly and serve crisp lettuce. Garnish with tomato wedges. Serves 6.

### PEANUT & CRANBERRY RELISH

1 cup cranberries

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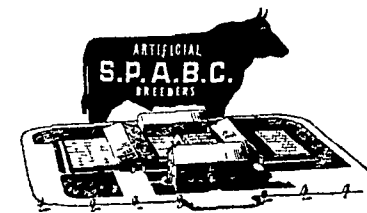
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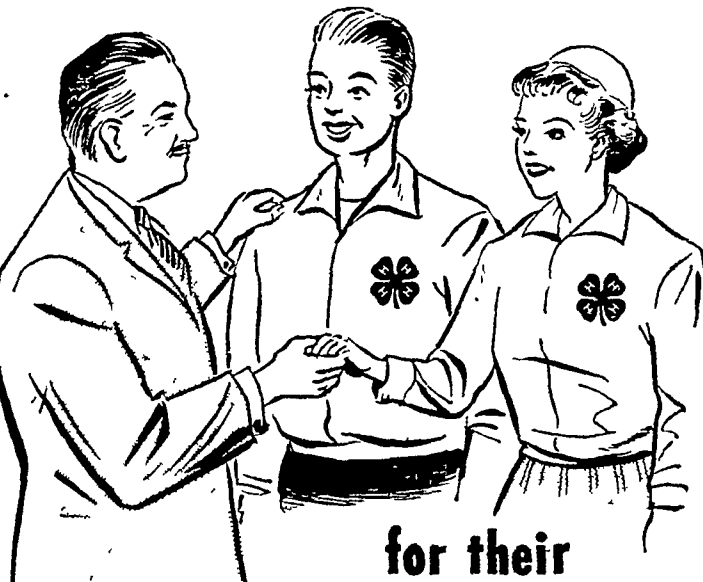


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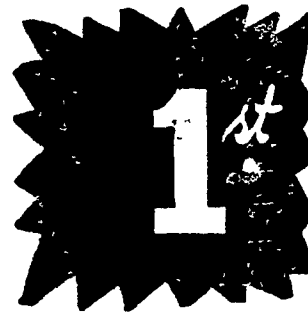
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