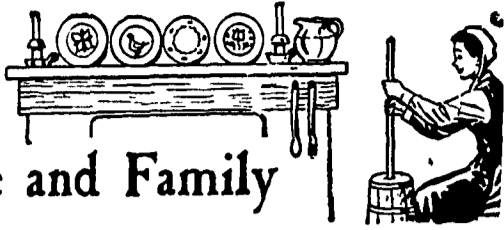


For the Farm Wife and Family



Covered Dish Specials

By Mrs. Richard C. Spence



SPENCE

"What shall I take for the covered dish supper tonight?" This is an often-asked question, sometimes it is easily answered but then again we go through the cookbook from cover to cover trying to find something different to take. Here are some suggestions that might be of help to you.

A meat loaf is always a good main dish, carries well, and can be made in a variety of sizes just by varying the amount of ingredients. Meat loaf can be made from almost any kind of ground meat and the varieties are almost endless. Here is one that should go well in almost any group.

SAVORY MEAT LOAF

- 1 pound ground beef
- 1 pound ground pork
- 1 1/2 cups crushed shredded wheat (about 5 biscuits)
- 1 cup canned tomatoes
- 1 cup chopped onion
- 1/4 cup chopped green pepper
- 2 eggs, beaten
- 1 teaspoon salt

Mix all ingredients. Bake in

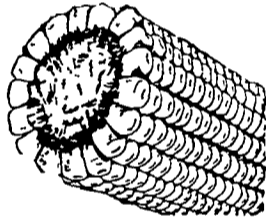
moderate oven (350 degrees) 1 1/2 hours. Garnish with mashed potatoes and serve with your favorite vegetable. Makes 6 to 8 servings.

CRABCAKE CASSEROLE

- 1 can (10 1/2 ounces) condensed cream of celery soup
- 1/2 soup can of milk
- 2 cans (6 1/2 ounces each) crabmeat, coarsely broken and cleaned
- 1/2 teaspoon cayenne pepper
- 1/8 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- 1/4 cup finely chopped onion
- 1 egg, slightly beaten
- 1 1/2 cups finely rolled Ritz

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cracker crumbs
Combine cream of celery soup and milk. Heat and stir till well blended. Add remaining ingredients, reserving 1/4 cup cracker crumbs. Turn into a greased 1-quart casserole and sprinkle top with crumbs. Bake in moderate oven (350 degrees) 40 minutes. (Tuna can be substituted for crabmeat, if desired.) Serves 6.

CHINESE-STYLE VEAL STEW

- 1 pound cubed veal
- 1/4 pound cubed pork
- 1 1/4 cups water
- 1/2 teaspoon salt
- 6 tablespoons (3/4 stick) butter
- 1 cup diced celery
- 1/2 cup minced onion
- 6 tablespoons flour
- 1/2 teaspoon salt
- 2 tablespoons soy sauce
- 2 cups green beans
- 1 5-ounce can Chinese noodles, heated

In saucepan combine veal, pork, water and salt. Heat to boiling; reduce heat, cover, and simmer until meat is tender (about 1 hour). Mean-

while in saucepan melt butter; add celery and onion. Sauté until vegetables are tender; remove from heat. Blend in flour, salt and soy sauce, stir in undrained green beans and cooked meat. Cook over medium heat, stirring constantly, until mixture thickens. Serve over Chinese noodles.

NOTE: If desired, pour meat mixture into 8-inch square baking dish; top with Chinese noodles. Bake 20-25 minutes in preheated 350 degree oven.

tender, about 10 minutes. Drain. Place in 1 1/2 quart baking dish. Melt 2 tablespoons butter in saucepan. Stir in flour and salt. Add milk gradually and stir until sauce thickens. Cut dried beef into pieces. Cover with boiling water. Drain immediately. Add dried beef to sauce. Pour sauce over onions. Combine bread crumbs and 2 tablespoons butter for topping. Sprinkle over top. Bake in hot oven (425 degrees) 12 to 15 minutes until golden brown.

SMOKY CHEESE AND RICE BAKE

- 1/2 cup pitted ripe olives
- 1/4 cup butter or margarine, melted
- 2 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon dry mustard
- 1 1/2 cups milk
- 1 cup grated Cheddar cheese
- 8 smoky link sausages, cut in small pieces
- 2 tablespoons diced pimiento
- 2 cups cooked rice

(Continued on Page 7)

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