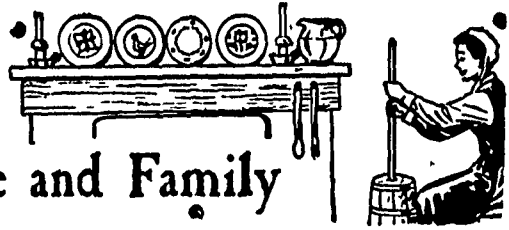


For the Farm Wife and Family

By Mrs. Richard C. Spence



Cheery Cheese Recipes

Here's a version of that favorite family meal, macaroni and cheese. It's a Cheeseroni Casserole, made with Cheddar and milk and cream of celery soup. Oregano adds a dash of herb flavor, and you can top it with wedges of fresh tomato and grated Romano or Parmesan cheese for extra color and taste appeal. Satisfy your family with this delicious protein-packed Cheeseroni Casserole.

SPENCE

- 1 package (7 oz.) elbow macaroni
 - 2 cups shredded sharp Cheddar cheese
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/4 teaspoon crumbled oregano
 - 1 small onion sliced thin
 - 1 can (10 1/2 oz.) cream of celery soup
 - 1 cup milk
 - 2 tablespoons grated Parmesan or Romano cheese
 - 1 tomato, cut in 8 wedges
- Cook macaroni according to package directions. Rinse with hot water and drain. Place half the macaroni in casserole. Cover with half the Cheddar cheese. Mix salt, pepper and oregano, sprinkle half over cheese. Separate onion slices into rings and place half on top of cheese layer. Blend milk with soup and pour half of the mixture over the onions. Repeat each layer. Sprinkle Parmesan cheese on top. Bake 20 minutes in a 350 degree oven. Place tomato wedges on

top of casserole. Return to oven and continue baking 10 minutes longer.

Another version of macaroni and cheese—

MACARONI AND CHEESE SUPERB

- 1 package (7 oz.) elbow macaroni
- 2 1/2 cups (2 10 1/2 oz. cans) cream of chicken soup, undiluted
- 1/2 cup chopped onion

- 2 tablespoons chopped pimiento
- 4 hard-cooked eggs, diced
- 2 cups (1/2 lb.) Edam or Cheddar cheese, diced
- 1/2 pound fresh mushrooms, sliced
- 2 tablespoons butter

Cook macaroni, according to package directions except reduce salt to 1 teaspoon. Rinse and drain. In casserole combine soup, onion, pimiento, eggs and cheese with macaroni. Sauté mushrooms in butter to garnish top of casserole. Bake 25-30 minutes in a 350 degree oven.

To make your freezer pay off, you've got to keep it full. Cooked main dishes — meat loaves, casseroles and stews — can go into some of that vacant space. Make enough for several meals, then freeze the extra. It will save you time later — 2 or 3 months from now — when you may be particularly busy or have unexpected guests. Food specialists say you prepare and cook the dish as usual, leaving ingredients such as vegetables and macaroni a little underdone to allow for reheating later.

This recipe for cheese meat loaf is a good one to try as a starter.

CHEESE MEAT LOAF

- 2 1/2 pounds ground beef
- 1 cup chopped cheese
- 3 tablespoons chopped green pepper
- 3/4 cup chopped onion
- 2 1/2 cups dry bread crumbs
- 1 tablespoon salt
- 1/2 small bay leaf, crushed
- 1/4 teaspoon thyme
- Dash of garlic salt
- 3 eggs, beaten
- 2 1/2 cups tomato puree

Mix beef, cheese, green pepper, onions, crumbs, and seasoning thoroughly. Combine eggs and tomatoes and blend into meat mixture. Bake at 350 degrees for about 1 hour in metal freezer container or loaf pan. Cool rapidly by putting pan in ice or cold water, cover with lid or moisture-resistant packaging material. Seal, then freeze and store at 0 degrees or below. To prepare for serving, cover frozen meat loaf with tomato sauce or gravy and reheat at 400 degrees for about 1 hour. The loaf can also be thawed in the refrigerator and served cold — or heat slices in a pan with gravy or sauce.

TOMATO MACARONI CASSEROLE

- 4 slices bacon
- 1 package (8 oz.) elbow macaroni
- 3 tablespoons butter
- 3 tablespoons flour

- 1 1/2 teaspoons salt
 - 1/4 teaspoon pepper
 - 2 cups milk
 - 2 3/4 cups shredded Cheddar cheese
 - 3 medium tomatoes, sliced
 - Paprika
- Cook bacon until crisp; drain, cool and crumble. Cook macaroni according to package directions; drain. In a saucepan melt butter; add flour, salt and pepper. Remove from heat; gradually add milk; return to heat and cook, stirring constantly, until mixture thickens. Add bacon. Spread half the macaroni in casserole; top with half the tomato slices and half the cheese sauce. Repeat layers. Sprinkle top with remaining 3/4 cup shredded Cheddar cheese and paprika. Broil 4 inches from heat for 4-5 minutes or until

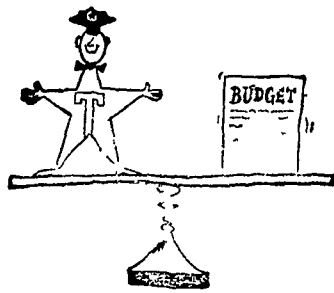
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