

# For the Farm Wife and Family



By Mrs. Richard C. Spence

## Stuffed Vegetables



Many an economical meal can be made from stuffed vegetables. Green peppers, tomatoes, squash, potatoes, mushrooms, cabbage, even cucumbers all lend themselves to making edible containers for cooked meats or fish. Salmon has a wonderful adaptability to combine tastewise and colorwise with almost any vegetables in the world. So that would make it a natural to use as a filling for green peppers. We also have a recipe for Cheese-Rice stuffed peppers with a tomato sauce. This tomato sauce could be used for the Salmon stuffed peppers too.

### SPENCE

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| <b>SALMON-STUFFED PEPPERS</b>       | 1 cup instant rice              |
| 6 medium green peppers              | 1/4 cup chopped parsley         |
| 2 tablespoons butter                | 1/2 teaspoon salt               |
| 3 tablespoons finely chopped onion  | 3/4 teaspoon pepper             |
| 3 tablespoons finely chopped celery | 1/4 teaspoon oregano            |
| 1 7 1/2 oz can salmon               | 2 teaspoons chili powder        |
|                                     | 1 egg, slightly beaten          |
|                                     | 1/2 cup shredded cheddar cheese |

1 1 lb can stewed tomatoes  
2 teaspoons cornstarch  
1 tablespoon cold water

Wash peppers. Cut a thin slice from the top of each pepper. Scoop out and discard membranes and seeds. Place peppers in kettle, cover with boiling water and simmer for 10 minutes. Drain and cool slightly. In a small saucepan melt butter and in it saute onion and celery for 5 minutes or until onion is transparent. Drain liquid from can of salmon into measuring cup

and add water to measure 1 cup. Pour into saucepan with onions and celery and bring to a boil. Add instant rice, cover and remove from heat. Let stand, covered, for 5 minutes. Meanwhile mash salmon in large mixing bowl. Add rice mixture, parsley, salt, pepper, oregano, chili powder and egg and mix thoroughly. Empty tomatoes into baking dish. Arrange peppers in dish and fill lightly with the salmon-rice mixture. Top each with part of the cheese and bake in a 350 degree oven for 30 minutes. Remove peppers to serving dish. Place baking dish over direct heat and stir in the cornstarch mixed to a smooth liquid with the cold water. Cook, stirring, for 2 or 3 minutes, or until liquid is slightly thickened. Serve the sauce separately.

### CHEESE-RICE STUFFED PEPPERS

- |                                |
|--------------------------------|
| 2 cups shredded Cheddar cheese |
| 4 large green peppers          |
| 1 tablespoon butter            |
| 3/4 cup chopped onion          |
| 1 tablespoon flour             |
- Tomato Sauce:
- |                                 |
|---------------------------------|
| 10 1/2 oz can tomato puree      |
| 1 teaspoon chili powder         |
| 1/2 teaspoon dry mustard        |
| 1/2 teaspoon paprika            |
| 1 cup milk                      |
| 1 teaspoon Worcestershire sauce |
| 4 cups cooked rice              |
| 1/2 teaspoon leaf oregano       |
| 1/4 teaspoon Tabasco sauce      |

Wash green peppers. Cut each lengthwise into halves and remove the stems and seeds. Parboil the peppers in a small amount of boiling water in a covered kettle, about 5 minutes. Drain. Melt butter in a skillet. Saute onion until soft. Blend in flour, dry mustard, and paprika. Slowly add milk and Worcestershire sauce. Cook and stir until smooth and well thickened. Add cheese. Heat and stir until cheese melts. Blend in cooked rice. Fill each green pepper half with some of the rice mixture. Place stuffed green pepper halves in a baking dish. Bake in a moderate oven (350 degrees) for 15 minutes.

Meanwhile, blend together tomato puree, chili powder, oregano, and Tabasco sauce in a saucepan. Heat together for about 15 minutes. To serve, spoon some of tomato sauce over each green pepper half. 4 servings.

### MEAT BALLS WITH BAKED SQUASH

12 oz. package frozen meat balls
2 acorn squash
1 teaspoon salt
1 teaspoon leaf thyme
1/2 teaspoon pepper
1/2 stick (1/4 cup) butter or margarine, melted

Wash and cut squash in half and remove seeds. Add seasonings to melted butter. Brush squash with mixture. Place squash cut side down on a baking sheet. Bake in a moderate oven (350 degrees) 35 minutes. Turn, brush with seasoned butter and continue baking 25 minutes. Place frozen meat balls in a shallow baking pan. Season with salt and pepper. Place in oven with squash during the last 25 minutes of baking. Drain meat balls. Place 6 meat balls in each squash half. Spoon the remaining butter mixture over the meat balls before serving. 4 servings.

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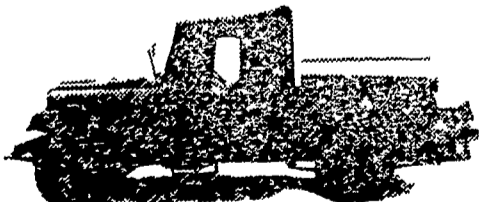
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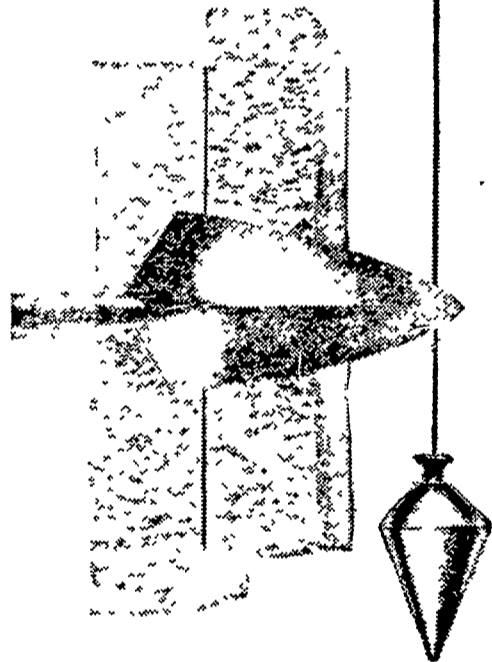
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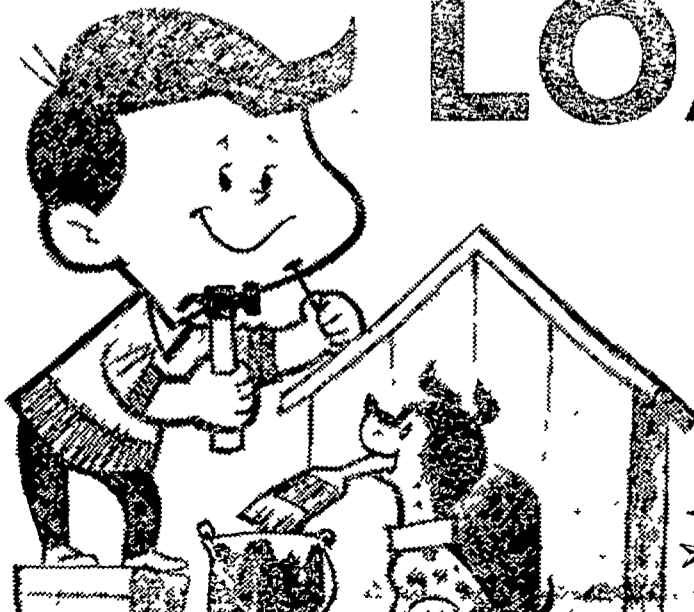
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