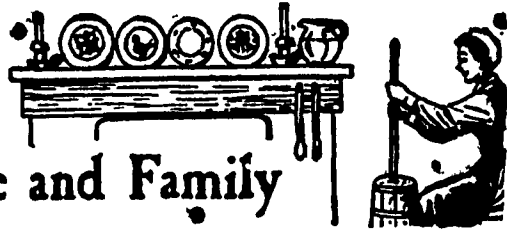


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Thrifty But Nutritious Meals



Everybody likes to be thrifty and to serve good nutritious meals. Here are some recipes to make this task easier, using split peas and lentils while they are plentiful and inexpensive. Some of these recipes can be cooked in quantity and frozen for later use. There are many times when you'll find it quite convenient to have a prepared casserole in the freezer, all ready to pop in the oven and heat.

SPENCE

LENTIL AND CABBAGE SOUP

- 2 medium-sized carrots, sliced
- 3/4 cup chopped celery
- 1 small onion, chopped
- 3 cups meat stock
- 2 cups cooked dry beans or lentils
- 1 cup finely chopped cabbage

Salt, pepper, garlic salt

Cook carrots, celery and onion in stock until almost tender — about 15 minutes. Add beans or lentils and cabbage; cook 5 minutes more. Season. Makes 4 servings.

SPLIT PEA OR LENTIL SOUP

- 1 cup dry split peas or lentils

- 4 cups boiling water
 - Ham bone and salt and pepper to taste
 - 1 small onion, chopped
- Add peas or lentils to water with ham bone and onion. Boil gently about 2 hours — until the consistency desired for soup. Remove ham bone. Press lentils through a course sieve to remove skins. Chop meat from bone and return it to the soup. Season and reheat. Makes 4 servings.

MEXICAN CASSEROLE

- 3 cups cooked dry beans or lentils
- 1 cup cooked or canned tomatoes
- 2 tablespoons chopped green peppers
- 3/4 cup chopped onion
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- Garlic salt
- 4 strips bacon

Combine all ingredients except bacon. Turn into greased baking dish. Arrange bacon strips over top. Bake at 350 degrees about 1 hour. 4 servings.

CHILI CON CARNE "PIE"

- Filling:
- 3/4 cup coarsely chopped onion
 - 3 tablespoons butter or margarine, melted

- 1 1/2 pounds ground beef
- 1 (1-pound) can red kidney beans
- 1 (10-ounce) can whole tomatoes
- 1 (8-ounce) can tomato paste
- 1 clove garlic, minced
- 1 tablespoon chili powder (or more to taste)
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon liquid hot pepper seasoning

Crust:

- 1 cup sifted all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups cream of wheat

- cereal (regular, quick or instant)
- 2 teaspoons sugar
- 1/2 cup butter or margarine
- 1 egg, beaten
- 3/4 cup milk

To prepare filling: In a large skillet, saute onion in butter or margarine until tender. Add meat; brown lightly, breaking with a fork. Add remaining filling ingredients; blend well. Cover; simmer gently 30 minutes, stirring occasionally.

To prepare crust: Sift flour, baking powder and salt into a large mixing bowl. Stir in cream of wheat cereal and sugar. Cut in butter or margarine. Combine egg and

(Continued on Page 9)

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