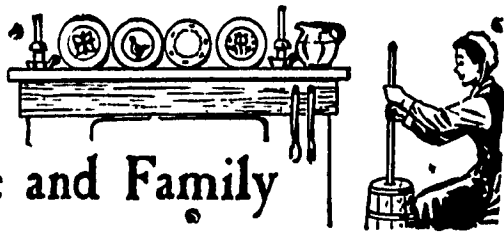


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

A Ground Beef Can Be Glamorous



Next time your ground beef budget wants to change from the usual hamburger diet, try this tempting dish, Speedy Stroganoff. It's a hurry-up dinner so delicious your family and guests will think you've spent hours over the range. It's prepared in just slightly more time than it takes to brown ground beef. Serve it over noodles or fluffy rice with a tossed green salad, hot buttered rolls and milk.

SPENCE

SPEEDY STROGANOFF

- 1 pound ground beef
 - 1 can (10 3/4 oz) cream of vegetable soup
 - 1 cup dairy sour cream, at room temperature
 - 1 can (4 oz) sliced mushrooms, drained
- Hot cooked buttered noodles or rice

In a 10-inch skillet brown ground beef, pour off excess drippings. In a bowl combine soup and sour cream, blend thoroughly. Add soup mixture and mushrooms to ground beef, heat to serving temperature. Serve immediately on noodles or rice. Makes 4-6 servings.

Ground beef is the versatile ingredient in this main dish Meat 'n Potato Pie, a tasty

take-off on the old-fashioned Shepherd's Pie.

MEAT 'N POTATO PIE

- 2 tablespoons butter
- 1/4 cup minced onion
- 1 1/2 cups (2 slices bread) soft bread crumbs
- 1 1/2 pounds ground beef
- 1 teaspoon salt
- Dash of pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon horseradish
- 1 egg
- 3/4 cup buttermilk
- 1 7-oz. package (2 envelopes) instant mashed potatoes
- 1 cup buttermilk
- 4 teaspoons grated onion
- Catsup

In a saucepan melt butter, saute onion until tender. In mixing bowl combine bread crumbs, beef, salt, pepper, Worcestershire sauce and horseradish. Add egg, 3/4 cup buttermilk and sauteed onion; mix lightly but thoroughly. Using one envelope of instant mashed potatoes, prepare according to package directions, substituting 1/2 cup buttermilk for the milk, and adding 2 teaspoons grated onion. Spread half of the meat mixture on the bottom of a 10-inch pie plate, top with potato mixture. Spread with remaining meat mixture; bake in a preheated 350 degree oven about 40 minutes. Meanwhile prepare topping. Using second envelope of instant mashed potatoes, prepare as before spoon po-

tato mixture around edge of pie. Slip under broiler until potatoes are lightly browned; garnish center of pie with a few spoonfuls of catsup. Makes 6 servings.

TOMATO-CHEESEBURGER PIE

- Crust:
- 1 cup sifted regular all purpose flour
 - 1/2 teaspoon salt
 - 2 tablespoons lard
 - 3 tablespoons butter
 - 3 tablespoons milk
- Filling:
- 1 pound lean ground beef
 - 3/4 cup chopped onion
 - 4 eggs, slightly beaten
 - 1/2 cup milk
 - 1 cup (4 oz) shredded Cheddar cheese
 - 1 teaspoon salt
 - 1/2 teaspoon oregano
 - 1/4 teaspoon pepper
 - 1 can (8 oz) pizza sauce
 - 6 triangles Cheddar cheese
- To prepare crust Into mixing bowl sift together flour

and salt; cut in lard until it resembles coarse meal. Then potatoes are lightly browned; cut in butter until it resembles small peas. Add milk, stir with fork until dough holds together. On lightly floured surface, roll dough to circle 1 1/2 inches larger than inverted pie plate. Fit loosely into pie plate; fold edge to make high standing rim; flute. Prick with fork. Bake 8-10 minutes or until lightly brown. Meanwhile prepare filling: In skillet break up beef and brown with onion; drain if necessary. In a mixing bowl combine eggs, milk, cheese, salt, oregano and pepper, stir in meat mixture. Turn into shell. Reduce oven temperature to 325 degrees. Bake 40-45 minutes or until a knife inserted near center comes out clean. Spread top with pizza sauce, bake additional minutes. Arrange triangles of Cheddar cheese on top in spoke fashion. Cut into wedges. Makes 6 servings. (Continued on Page 11)

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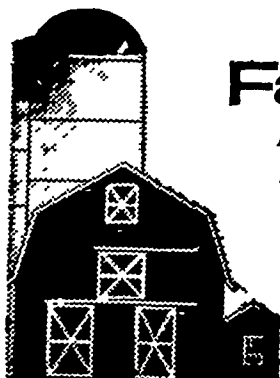
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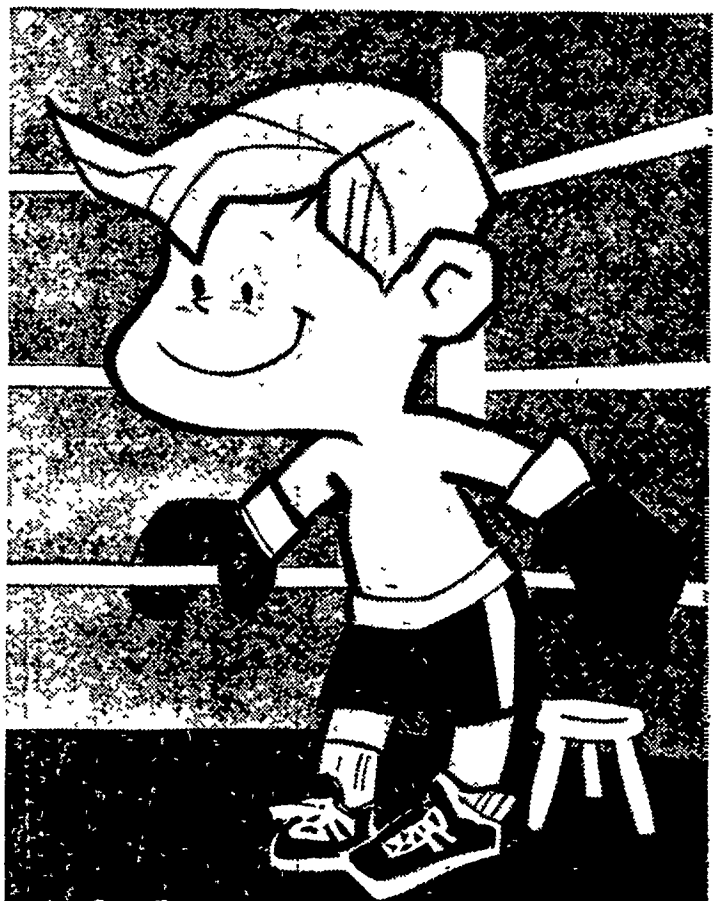
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