

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Tasty Meals For The Thrifty



SPENCE

are generally low to medium priced cuts. Less meaty cuts such as short ribs and shank can be combined with beans — limas, navy or pea beans — to boost the protein content of the main dish.

To get meals out of the mid-winter do'drums, try a few new dishes—saierbraten, sweet and sour pork, short ribs and limas or fish fillets baked with cheese or tomato sauce.

If you make a stew, be adventuresome. Try a new seasoning; using either curry powder, ginger, mace, rosemary, chili powder or dry mustard to add a new taste. Sliced black or green olives also add to flavor and appearance. How about trying a different vegetable too? Your family might enjoy a stew with eggplant, Chinese cabbage, yellow turnip or parsnips added to the usual carrots and tomatoes. In fact, stews are a good way to introduce a new vegetable to the family.

The late winter food budget is often caught in the squeeze between high food prices and the need to budget for remaining holiday bills. Protein usually accounts for a large proportion of any food budget, so economizing on meat and fish is a good way to "ease the squeeze."

Even with today's prices, you can economize on meat. A little more time spent cooking and a dash of spices — and imagination — can turn less tender, less expensive cuts of meat into a family-pleasing dinner. Those less tender cuts of meat require slow, gentle cooking in moist heat by braising, stewing or cooking in water.

Shoulder and arm cuts, round steaks and roasts, breast and shank meat and frozen fish

since the flavors are so well blended together.

Take advantage of another characteristic of meat, spice and vegetable combinations. Cook them a few hours ahead of time so the flavors have a chance to blend well. Many dishes seem to taste best after standing cooked for a few hours in the refrigerator.

CORNERED BEEF CASSEROLE

- 2½ cups (7 oz.) shell macaroni, uncooked
- 1 can (12 oz.) corned beef, diced
- 2 cups (8 oz.) diced Cheddar cheese
- 1 can (10½ oz.) condensed cream of chicken soup

- 1 cup milk
- ½ cup chopped onion
- 2 slices bread
- 2 tablespoons butter, melted

Cook macaroni according to package directions; drain. Combine macaroni, corned beef, cheese, soup, milk and onion; blend thoroughly. Turn into 2-quart casserole. Trim crusts from bread and cube; toss in butter. Arrange around edge of casserole. Bake in a preheated 350 degree oven 45 minutes or until golden brown; allow to stand 10 minutes before serving. Makes 8-10 servings.

MEATBALL AND RICE CASSEROLE

- 1 pound lean ground pork or beef
- ½ cup fine dry breadcrumbs
- ¼ cup whole or skim milk
- 2 tablespoons chopped onion
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 2 tablespoons fat or oil, if desired
- 2 cups cooked rice
- ½ cup finely sliced celery
- ½ cup finely chopped green pepper
- 1 10½ oz. can condensed cream of mushroom or celery soup
- ½ cup water
- ½ cup shredded Cheddar cheese, if desired

Combine ground meat, breadcrumbs, milk, onion, salt, and Worcestershire sauce. Shape into 18 meatballs about 1½ inches in diameter. Brown meatballs in fat, if desired, or in an ungreased fry pan. Preheat oven to 350 degrees. Place meatballs in a 2-quart casserole. Mix rice, celery, green

pepper, soup, and water. Pour mixture over meatballs. Bake lightly browned and onion is 40 to 45 minutes. Top with shredded cheese, if desired. Bake 5 minutes longer, or until cheese is melted and lightly browned. Sprinkle with paprika. Garnish with parsley, if desired. 6 servings.

NOTE: Meatball and rice casserole can be baked in an oven-proof dry pan. Brown the meatballs, drain, add the rice mixture and bake.

This recipe has about 270 calories per serving if made with lean ground meat, skim milk and celery, omitting fat and cheese.

or in ungreased fry pan until lightly browned and onion is transparent. Pour off drippings. Add soup, vegetable liquid, vegetables, salt, and thyme. Mix well. Pour into a 2-quart casserole. Arrange tomato slices on top of mixture. Sprinkle with salt and cheese. Bake 35 to 40 minutes. 6 servings.

Calories per serving: About 460 if made with regular ground beef, fat, mushroom soup, and cheese; about 310 if made with lean ground beef and celery soup, with fat and cheese omitted.

SWEDISH SURPRISE CROQUETTES

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| MEAT AND VEGETABLE CASSEROLE | 3 | tablespoons butter |
| | ¼ | cup regular all-purpose flour |
| 1 10-oz. pkg. frozen lima beans | 1 | cup milk |
| 1½ cups thinly sliced carrots | 2 | cups cooked elbow macaroni |
| 1 cup boiling water | 2 | cups cottage cheese, drained |
| 1½ lbs. regular or lean ground beef or pork | 2 | teaspoons minced onion |
| 2 tablespoons chopped onion | 1 | teaspoon salt |
| 1 tablespoon fat or oil, if desired | ½ | teaspoon dill weed |
| 1 10½-oz. can condensed cream of celery or mushroom soup | | Dash of pepper |
| ¼ cup vegetable liquid | | (Continued on Page 11) |
| 1½ teaspoons salt | | |
| ¼ teaspoon thyme | | |
| 6 tomato slices, ¾ in. thick | | |
| ½ teaspoon salt | | |
| 2 tablespoons grated Parmesan cheese, if desired | | |

Add lima beans and carrots to boiling water. Cook, covered, until tender, about 15 or 20 minutes. Drain, reserving ½ cup cooking liquid. Preheat oven to 350 degrees. Cook ground meat and onion in fat

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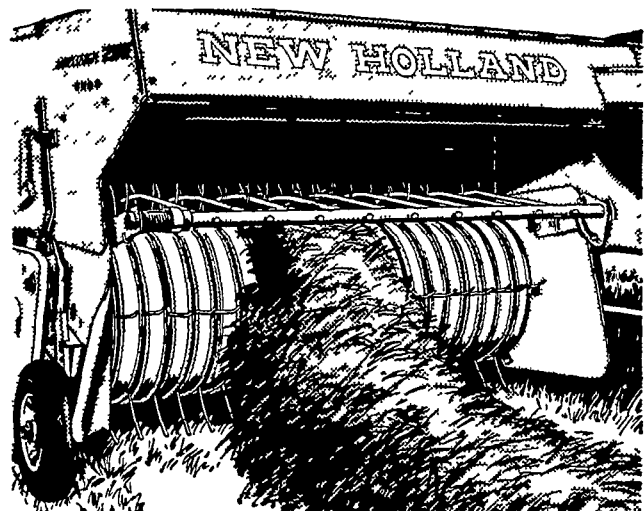


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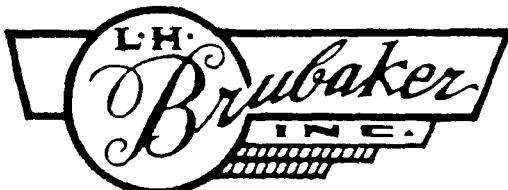
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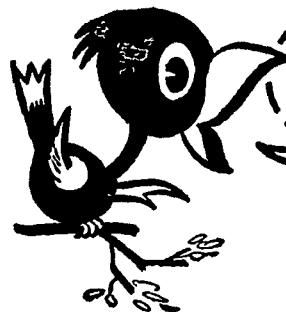
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