

FOR THE FARM WIFE AND FAMILY

Ground Beef Favorites

By Mrs. Richard C. Spence

A bonus feature of planning a whole week's menus at once is that it allows you to take advantage of buying larger quantities.

For example, with this Double-Dividend Beef Mixture, you start with three pounds of ground beef half is used for meat loaf and the other half is shaped into patties to freeze for use later in the week.

DOUBLE-DIVIDEND BEEF MIXTURE

Basic Beef Mixture:

- 3 pounds ground beef
- 1½ cups rolled oats (quick or old-fashioned, uncooked)
- 2½ teaspoons salt
- ½ teaspoon pepper
- ½ cup chopped onion
- 1 can (10¾ ounces) condensed tomato soup
- ¼ cup dry milk
- ½ cup water

For basic beef mixture, thoroughly combine all ingredients. Divide mixture in half.

INDIVIDUAL MEAT LOAVES Combine ½ of basic beef mixture with 1 egg, beaten. Shape to form 6 small meat loaves. Place in shallow baking

pan. Bake in preheated moderate oven (350 degrees) 25 to 30 minutes. Makes 6 servings.

HAMBURGERS Shape remaining basic beef mixture to form 6 patties. Tightly wrap in freezer paper or aluminum foil and freeze for future use. Allow hamburgers to thaw and boil about 5 inches from source of heat for 7 minutes. Turn, cook about 5 minutes longer for

medium doneness. Serve on toasted hamburger buns. Makes 6 servings.

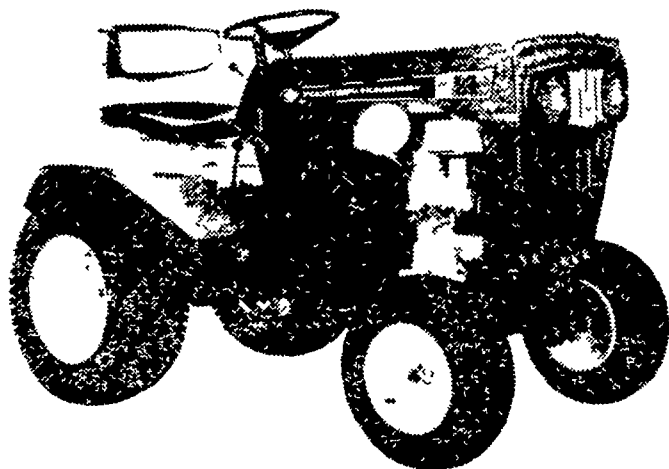
GROUND BEEF STROGANOFF

- 1 ½ pounds ground beef
- ½ cup chopped onion
- 4 ounces sliced mushrooms, drained
- 1 clove garlic, crushed
- 1 tablespoon butter
- 1 teaspoon seasoned salt
- ¼ teaspoon pepper
- 1 ¼ cups cream of mushroom soup
- 1 ¼ cups beef consommé
- 2 tablespoons enriched flour
- 1 tablespoon parsley, minced
- 1 cup sour cream
- 12 ounces wide noodles

Brown beef in skillet, drain off excess fat. Cook onion, mushrooms and garlic in butter until lightly browned. Stir in salt and pepper. Blend ingredients together. Combine with beef and onion mixture in large kettle. Cook over medium heat until mixture thickens, about 15 minutes. Stir in sour cream, heat only until serving temperature is reached. Cook noodles in boiling, salted water until tender. Yet firm, about 5 minutes. Drain. Serve stroganoff mixture over noodles. 6 servings.

(Continued on Page 17)

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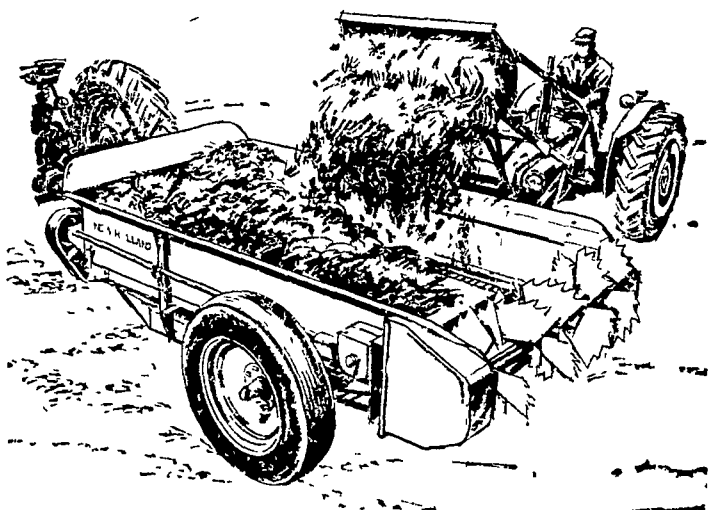
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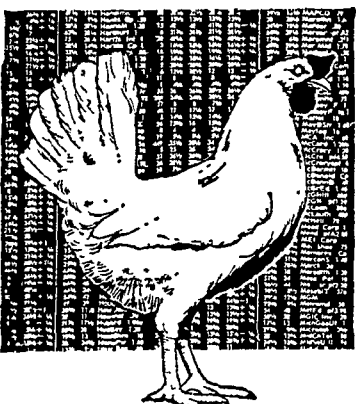
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