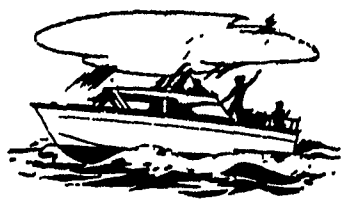


**Boaters Can Enjoy Skillet Suppers**



The galley's small and supplies are limited, but you can do fascinating things in a skillet to feed those hungry sailors.

Canned soup and tomatoes, pasta and rice, dehydrated onions, and green pepper and a tube or glass of Parmesan or Romano cheese are part of the shelf supplies. It's easy to pick up some milk and ground beef before setting sail. Natural cheese keeps well in that tiny refrigerator for concentrated but instant, first-class protein.

All of the ingredients in this Galley Ho Skillet go right into the skillet, even the macaroni, so the extra step of cooking the macaroni is eliminated.

**GALLEY HO SKILLET SUPPER**

- 2 tablespoons butter
  - 1 pound lean ground beef
  - 3/4 cup chopped onion
  - 1/2 cup chopped celery
  - 1/4 cup chopped green pepper
  - 1 can (1 lb. 12 oz.) tomatoes
  - 1 teaspoon salt
  - 1/4 teaspoon pepper
  - 1 cup uncooked elbow macaroni
  - 1/2 cup grated Parmesan cheese
  - 3/4 cup shredded Cheddar cheese
  - Chopped parsley
- Melt butter in a large skillet

**Casserole Fits Porch Supper Menu Easily**

Easy to fix, easy to serve, that's this porch supper casserole. It contains basic ingredients which you usually have on hand so there's no need to go into a flurry of shopping when you prepare it.

If you're going to be busy or out during the day, assemble the casserole and refrigerate it in the cool of the morning. While it heats, whisk the table settings out to the porch or patio, toss the salad, assemble a fruit and cookie tray for dessert and you're ready for supper.

- Porch Supper**
- Porch Supper Casserole
  - Green Garden Salad
  - Italian Dressing
  - Whole Wheat Bread
  - Butter
  - Grapes, Peaches, Strawberries
  - Lemon Wafers
  - Chilled Milk



While you wait for breakfast stragglers, assemble this Porch Supper Casserole, then refrigerate it. Heat just before serving for a carefree meal, easy on the budget.

with cover; add beef, onion, celery and green pepper and saute until meat is browned. Add tomatoes, salt and pepper; bring to boil. Add macaroni, cover and cook over low heat, stirring occasionally, for 10 minutes or until macaroni is tender. Stir in Parmesan cheese. Sprinkle with Cheddar cheese; cover and allow to stand for 5 minutes. Sprinkle with parsley and serve.

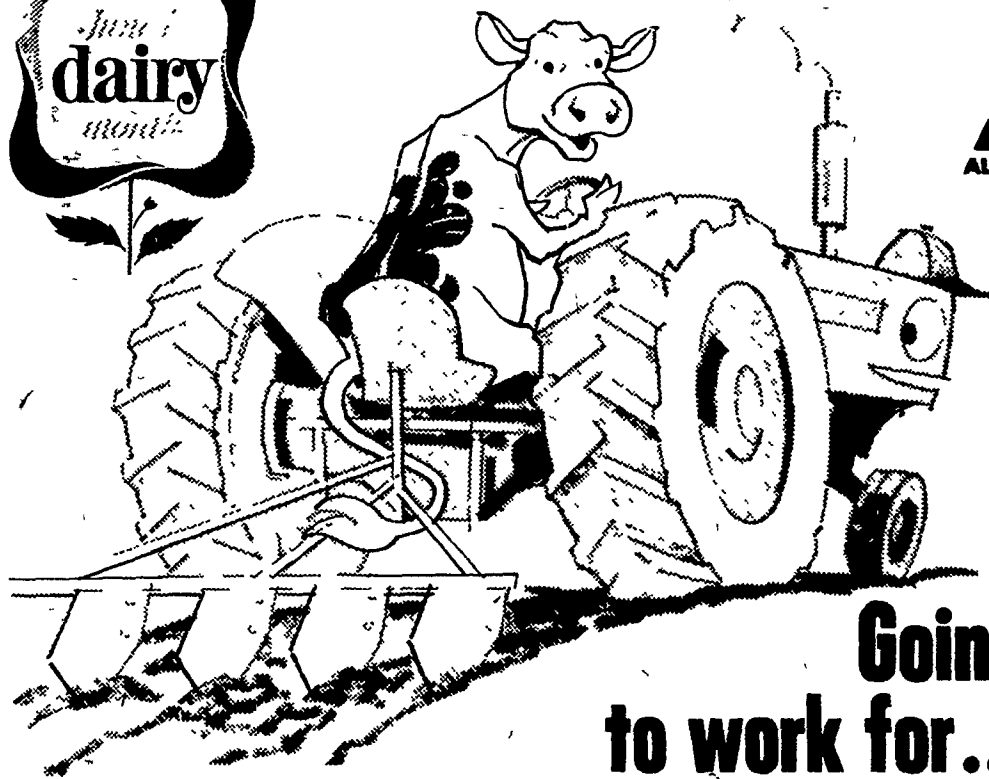
**PORCH SUPPER CASSEROLE**

- 3/4 cup uncooked rice
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 2 cups milk
- 1/3 cup crumbled Blue cheese
- 2 large tomatoes, peeled and sliced
- 1 can (9 1/4 oz.) tuna, drained and flaked
- Tomato slices
- Parsley

Cook rice according to package directions. Melt butter in a 1 1/2-quart saucepan. Blend in flour and salt. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add cheese and stir until melted. Place rice in buttered, shallow 1 1/2-quart casserole, pour over 1 cup sauce; top with 6 slices tomato, then

tuna. Pour remaining sauce over all; bake 20 minutes in a preheated 350 degree oven. Remove from oven; garnish with tomato slices, return to oven 10-15 minutes. Garnish with parsley. Yield: 6 servings.

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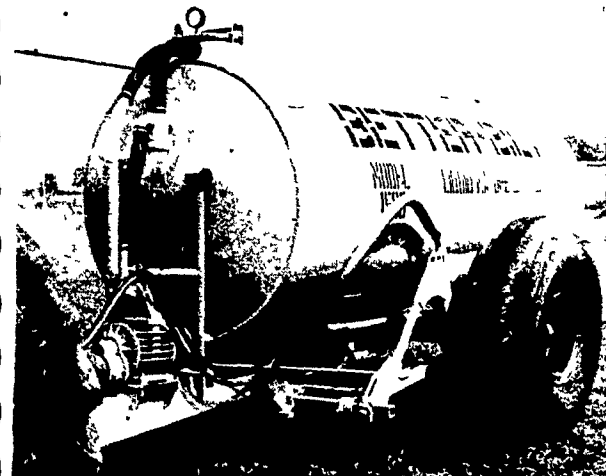
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