

Home on The Range





We began our "garden vegetable" theme last week, and are concluding our recipes this week. With this week's variety, no families should be bored with "the same old recipes" that they've been using for years.

MARINATED CARROT SALAD

- 2 pounds carrots
- 1 medium onion, sliced
- 1 green pepper, diced
- 1 can tomato soup, undiluted
- one-third cup corn oil
- 1 cup sugar
- 3/4 cup cider vinegar
- 1 tablespoon prepared mustard
- 1 tablespoon worcestershire sauce
- 1 teaspoon salt
- Dash of pepper

Wash, peel, and slice carrots. Cook in boiling water until crisp and tender. Drain. Combine remaining ingredients. Stir in carrots. Cover and place in refrigerator for 12 hours before serving. May be refrigerated at least three weeks.

Trudy Frey
Phillipsburg, N.J.

COMPANY SQUASH

Yellow or zucchini squash (1 cup per serving)
For each cup add:
1/4 cup finely chopped green pepper
2 tablespoons sliced onion
1/2 tablespoon oil
Pinch of dried or fresh basil
Parmesan cheese
Wash yellow or zucchini

squash and slice or dice thinly. Allow one cup for each serving. For each cup serving add green pepper, onion, oil, fresh basil, and cook over low heat for five minutes, stirring often. Season with salt and pepper. Cover and let cook very slowly until just barely tender. Top with Parmesan cheese, heat just enough to melt cheese, and serve.

Mrs. Jay Epler
Middletown, Pa.

SWEET AND SOUR CARROTS

- 1 pound carrots, diagonally sliced
- 1 medium green pepper, seeded and chopped
- 1 (8 oz.) can pineapple chunks in own juice
- one-third cup sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 2 tablespoons vinegar
- 2 teaspoons soy sauce

In saucepan, cook carrots in small amount of lightly salted water until tender. Add green pepper; cover and cook for three minutes more. Drain. Drain pineapple, reserving juice; add water to make one-third cup liquid. In saucepan, combine sugar, cornstarch, and salt. Stir in pineapple liquid, vinegar, and soy sauce. Cook and stir until bubbly. Stir in vegetables and pineapple; heat through. Makes six servings.

Mrs. Jacob M. Conley
Mount Joy, Pa.

MEATBALLS IN TOMATO JUICE

- 1 pound hamburger
- 1 cup bread crumbs
- 1 or 2 eggs

- 1 teaspoon salt
 - one-eighth teaspoon pepper
 - 1/4 cup milk
 - 1 quart tomato juice
- Mix all ingredients, except tomato juice, well. Shape into balls 1-1/4 inches in diameter, and drop into boiling tomato juice. Simmer for approximately 1-1/2 hours. Makes approximately eight meatballs.

Mrs. W. Martin
Ephrata, Pa.

CHOW-CHOW

- 1 quart green string beans
- 1 quart yellow string beans
- 1 quart corn
- 1 quart celery
- 1 quart soup beans
- 1 quart kidney beans
- 1 quart small pickles
- 1 quart lima beans
- 1 quart carrots
- 12 small red peppers
- 3 onions
- 3 quarts vinegar and water
- 3 pounds granulated sugar
- 2 teaspoons mustard seed
- 2 teaspoons celery seed
- Salt to taste

Cook all vegetables separately until soft but not mushy. Drain and rinse. Mix everything in a very large kettle or canner. Bring to boil and seal. Yield is 18 pints. Process in boiling water bath for 10 minutes.

Mrs. Raymond Wenger
Lititz, Pa.

crumbs, tomatoes, beaten eggs yolks and salt. Mix together with the cream sauce and fold in beaten egg whites and bake at 375 degrees F. for 30 minutes. Serve at once. Serves six.

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BAKED EGGPLANT

- 1 eggplant
- 1/4 stick butter, oleo, or bacon drippings
- 2 tablespoons flour
- two-third cup milk
- 1 cup sharp cheese
- 1 cup cracker crumbs
- 1 cup tomatoes
- 2 eggs, separated
- Pinch of salt

Peel and dice eggplant. Cook in a little water until tender over low heat. Make a cream sauce with butter or drippings, flour, and milk. Add cheese and melt over low heat. Drain eggplant and mash it. Add cracker

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Recipe Theme Calendar

27 "Peaches"
Deadline August 19

SEPTEMBER

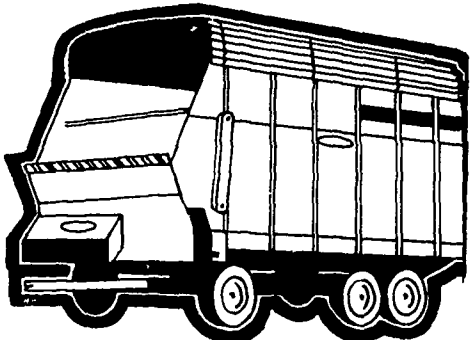
3 "Apples and Cheese"
Deadline August 26

10 "Pumpkin Recipes"
Deadline September 2

17 "Nutritious Snacks"
Deadline September 9

24 "Breads"
Deadline September 16

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