



Home on

The Range

Recipe Theme Calendar

NOVEMBER

5 "The Added Touch of Mushrooms"
Deadline October 22

12 "Holiday Vegetable Dishes"
Deadline October 29

19 "Cranberry Creations"
Deadline November 5

26 "Left-over Turkey Recipes"
Deadline November 12

DECEMBER

3 "Christmas Candy Favorites"
Deadline November 19

10 "Holiday Puddings"
Deadline November 26

17 "Christmas Stuffings"
Deadline December 3

24 "Gelatin Whip-ups"
Deadline December 10

31 "Party Appetizers"
Deadline December 17

This is the week to feature beef in our commodity promotion month. As we all know, beef is a principal source of iron in available form as well as the B vitamins—especially niacin, thiamin, riboflavin, and several other B vitamins and nutrients. Not only that, but it is one of the most completely digestible and utilized foods in our diet.

On the average, most beef cuts contain 30 grams of protein, 15 grams of fat, but

less than 265 calories for a 3½ ounce serving as eaten, which means weight watchers can enjoy it too.

So, this week, no matter which of the following dishes you choose to serve your family, you can be certain that they will contain outstanding nutritive values.

BAR-B-Q BEEF

1 pound left over roast beef
½ cup ketchup
½ teaspoon mustard
3 tablespoons sugar
2 tablespoons vinegar

Cut up beef into small pieces. Mix all ingredients in saucepan. Simmer, and add beef. Heat slowly. Serve on rolls.

Mrs. Raymond Wenger
Lititz, Pa.

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HAMBURGER AND RICE

1 pound hamburger
½ cup uncooked rice
¼ cup diced carrots
¼ cup diced green pepper
½ teaspoon chili powder
Salt and pepper to taste
1 small onion

Tomato juice to cover
Brown hamburger and onion. Drain off fat. Add rest of ingredients except rice. Bring to boil, then add rice, and simmer until vegetables and rice are tender.

Mrs. Marvin Sensenig
Ephrata, Pa.

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PEPPER STEAK

2 tablespoons flour
¼ teaspoon salt
Dash pepper

1½ pounds round steak (¾ inch thick)
2 tablespoons shortening
1 can onion soup
½ cup ketchup

1 medium green pepper, cut into eight strips
Combine flour and seasonings, pound into meat with meat hammer (or edge of heavy saucer). In skillet, brown meat in shortening; pour off fat. Add onion soup and ketchup. Cover, cook over low heat one hour. Add green pepper, cook 20 minutes more or until tender. Stir now and then. Serve with mashed potatoes. Makes four servings.

Mrs. Ruth Ruoss
Blain, Pa.

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CRANBERRY POT ROAST

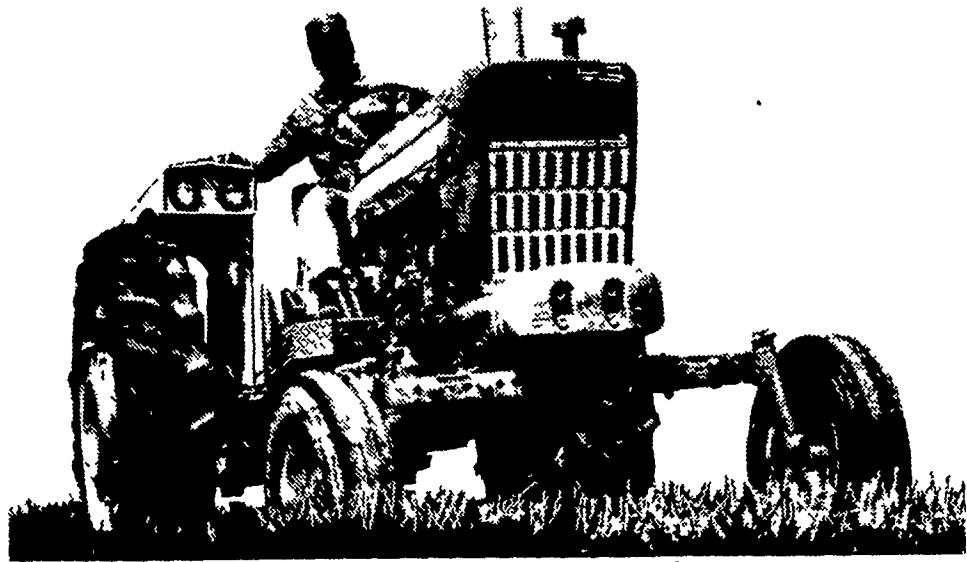
3 or 4 pounds rolled chuck roast
2 tablespoons flour
2 tablespoons fat
Salt and pepper
2 cups tart cranberry sauce

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