



**Hot Sandwiches for Cold Days**

Serve your family hot sandwiches for lunch on cold winter days. With a microwave, it's a snap! And it's a sneaky way to use up leftovers, too!

Here are some hints for heating your own concoctions, and a few new sandwiches to try:

- When making hot meat sandwiches, hot dogs, etc. use a two-step method to keep the rolls or bread from getting hard or rubbery. Heat the meat first, by itself. After the meat is hot, assemble the sandwiches, adding other ingredients as desired. Top with bread or roll and heat for 10 to 20 seconds per sandwich to heat sandwich through.

- When reheating meat, arrange slices or pieces in a ring around a plate, and cover with waxed paper. Heat on medium (50,5) power, or use defrost (30,3) to warm the meat. The time depends on how much meat you have, so check it frequently. Using a lower power setting for the meat keeps it from getting tough and dried out.

- When using cheese in a hot sandwich, add it after meat, etc. is hot, and heat just until the cheese softens. Cheese gets rubbery and stringy if overcooked.

- Bread and rolls will be quite soft and moist when warmed in the microwave. If you want crispier bread for your sandwiches, toast the slices in a toaster first.

- To keep the bread or rolls on your sandwiches from getting soggy, place them on (or wrap them in) a paper towel or napkin. Or, heat the sandwiches on a meat rack, such as a bacon cooker.

Try these "leftover-wiches" when you need to use things up!

Put hot meatloaf slices on a hamburger roll, add a slice of cheese and warm until the cheese melts. Or top the meatloaf with leftover spaghetti sauce.

Top a sliced egg sandwich with mustard and a slice of cheese and warm it up. This makes a quick breakfast for someone on the run.

Fill pita pockets with shredded meat and cheese, or roll thinly sliced meat and cheese in a tortilla for variety. Both these can be prepared ahead of time and frozen. To heat a frozen sandwich, wrap it in a paper towel and microwave 30 seconds on high. Then microwave on medium (50,5) for about a minute until the cheese is hot.

Use split English muffins for open-faced hot sandwiches. Toast first if desired.

These hot sandwiches are hearty enough to make a quick supper, as well as a filling lunch. The first two are variations on that old standby, Sloppy Joes.

**Pizza Joes**

- 1 pound ground beef
- 1/4 cup chopped onion
- 1 10-ounce can pizza sauce
- 1 teaspoon parsley
- 1/2 teaspoon oregano
- mozzarella cheese
- 9 to 10 hamburger rolls

1. Put ground beef and onion in a 1-quart casserole. Stirring twice to break up meat, Microwave on high for 5 to 6 minutes, until no longer

pink. Drain fat if necessary.

2. Stir in pizza sauce, parsley and oregano. Microwave on high for 3 to 4 minutes until very hot. Stir in cheese.

3. Spoon about 1/2 cup filling onto roll, cover with top. Place four sandwiches on a rack (or on a paper towel covered plate) and microwave on high for 30 seconds. Repeat with remaining sandwiches. Makes 9 to 10 sandwiches.

TIPS: Add chopped green pepper, olives and mushrooms if desired. Add with onion to ground beef in Step 1. If desired, finely chopped pepperoni or sausage may be used in place of some of the ground beef.

TIPS: For open faced sandwiches, reserve 1/2 cup cheese to sprinkle on top in step 3. Microwave on high until cheese melts.

- Assemble and freeze left over sandwiches. To serve, wrap frozen sandwich in a paper towel and microwave each for 1 to 1 1/2 minute on high. Let stand a minute or so before serving.

**Taco Joes**

- 1 pound ground beef
- 1 package (1 1/4 ounce) taco seasoning mix
- 1/4 cup water
- 1/4 cup sliced ripe olives
- 1 cup (4 ounces) shredded cheddar cheese
- 8 hamburger rolls

1. Brown ground beef in a 1-quart casserole: Microwave on high for 5 to 6 minutes, stirring once or twice. Drain fat if necessary.

2. Stir in taco mix and water. Microwave on high for 3 to 4 minutes until hot and thick. Stir in olives and cheese.

3. Spoon filling onto rolls, cover with tops. Place four sandwiches on a rack (or on a paper towel covered plate) and microwave on high for 30 seconds. Repeat with remaining 4 sandwiches. Makes 8 sandwiches.

TIP: For open faced sandwiches, sprinkle cheese on top instead of mixing in with filling. Microwave on high until cheese melts. Add shredded lettuce and tomato if desired.

**Hot Tuna Sandwiches**

- 1 stalk celery, finely chopped
- 2 tablespoons finely chopped onion
- 1/4 cup mayonnaise
- 1 6-ounce can tuna, drained
- 1/2 cup shredded cheese (cheddar and Swiss are both good)
- 6 hamburger rolls

1. In a 2-cup measure or mixing bowl, microwave celery and onion for 2 minutes on high. Stir in the rest of the ingredients, except rolls(!).

2. Spread filling evenly on the bottom of the rolls. Place on a paper towel covered plate or a rack. Cover with waxed paper. Microwave for 1 1/2 to 2 minutes, until the filling is hot and the cheese melts

3. Cover with roll tops, and microwave for 20 to 30 seconds longer. Serve immediately, makes 6 sandwiches.

NOTE: The times above are for microwaves with 600-700 watts of power; for 500-600 W, and 10 seconds to each minute; for 400-500 W, and 20 seconds to each minute

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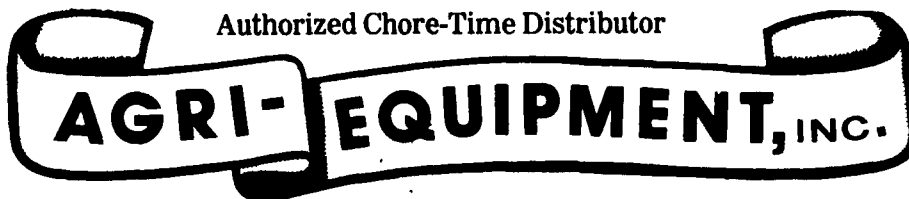
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