



Home On The Range



For Quick, Tasty Eating, Try One-Dish Meals

After a long, busy day, the first thing you want to do is escape from everything and relax. The last thing you want to do is prepare a huge dinner. Yet cutting nutrition by serving dishes from only one or two of the food groups is not the way to save time and effort. What you need are one-dish meals.

Many all-in-one dishes can be prepared earlier in the day or the night before, or the ingredients can be chopped, sliced, grated, or browned in advance to save time.

If you'd like to get out of the kitchen quickly, try some of the meals listed here.

SHIPWRECK

- 1 large onion
- 1 quart sliced potatoes
- 1 pound hamburger
- ½ cup uncooked rice
- 1 small stalk celery
- 1 can kidney beans
- 1½ cups cooked tomatoes
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup water

Mix everything together and bake in 350-degree oven for 1 hour.

Linda Zimmerman
Lititz

WIGGLERS

- 3 pounds hamburger
- 9 slices bacon
- 3 onions, chopped
- 3 cups raw potatoes, sliced
- 3 cups celery, sliced
- 3 cups carrots, sliced
- 3 cans peas
- 2 cans cream of celery or cream of mushroom soup
- 3 cups uncooked macaroni noodles

1 quart tomato juice
1 pound processed cheese
Brown hamburger with onion in a pan. Pour into roaster pan and added cooked carrots, celery, potatoes, peas and macaroni. Fry bacon and lay over top. Pour tomato juice over this. Add cheese to top. Bake for 1½ hours in 350-degree oven.

Linda Zimmerman
Lititz

TURKEY MACARONI CASSEROLE

- ½ package (1-pound size) elbow macaroni
- 4 ounces sliced mushrooms
- ½ cup flour
- 1½ cups homemade turkey stock, fat removed
- 1½ cups skim milk
- 3 cups cooked, diced turkey
- 1 can green beans, drained
- 1 cup shredded cheddar cheese
- Salt, pepper to taste

In a large pot, cook macaroni according to package directions. Drain, add mushrooms, turkey, and beans. Mix broth and milk. Add flour and shake or stir until there are no lumps. Add to macaroni mixture. Pour half of mixture into baking dish, sprinkle half of cheese, add remaining macaroni, sprinkle on remaining cheese. Bake in 350-degree oven for 30 minutes.

Loretta Young
Westmoreland Co.

GOLDEN SWEET-SOUR BEEF

- 1 can (16 ounces) peach slices
- 1½ pounds round steak
- 1 cup sliced onion
- ¼ cup vegetable oil
- ¼ cup cider or white wine vinegar

- 2 tablespoons cornstarch
- 2 tablespoons brown sugar, packed
- 1½ teaspoons lite soy sauce
- 1 cup water
- ½ cup green pepper strips
- Hot cooked rice

Drain peaches, reserving liquid. Slice steak into thin strips and saute with onion in oil until lightly browned. Remove from skillet with slotted spoon. Blend vinegar, cornstarch, brown sugar and soy sauce into remaining oil in skillet; mix in reserved peach liquid and water. Cook and stir over medium heat until mixture boils and thickens. Cover and cook for 10 minutes on low heat. Add peach slices, steak, onions and green pepper; heat throughly. Serve at once on hot rice. Serves 5.



One dish meals combining meat, vegetables and pasta are convenient and tasty.

HOLSTEIN MEATBALL STEW

- In a large bowl combine:
- 1½ pounds ground beef
- 1 potato pared and grated
- 1 egg
- 2 teaspoons salt
- 1 teaspoon Gravy Master
- ½ teaspoon poultry seasoning
- ¼ teaspoon seasoned pepper

Shape meat mixture to form 2 dozen meatballs. Place meatballs in singer layer in baking dish. Microwave 12 minutes. In 3-quart

casserole combine:
2 onions, sliced
1 apple, diced
2 tablespoons vegetable oil
Microwave 3 minutes.

Add:

- 1½ cups bouillon broth
- 1 cup thin carrot slices
- 1 cup diced yellow turnip
- 1 cup water

Microwave 5 minutes. Add meatballs; cover. Microwave 10 minutes. If thick stew desired, combine:

- ½ cup water
- 3 to 4 tablespoons flour

Add to stew; mix until well blended. Microwave 50 seconds; let stand 10 minutes, stirring several times before serving. Serves 6.

Elaine Stoltzfus
Leola

CHICKEN RICE CASSEROLE

- 1½ cup rice, uncooked
- ½ cup onion
- ½ cup celery
- 2 cups cooked chicken, diced
- 2 cans cream of chicken soup, undiluted
- 2 cups milk
- 2 cups chicken broth or water
- 1½ teaspoon salt

- ¼ teaspoon pepper
- ¼ cup margarine
- Brown onion lightly in margarine. Mix all ingredients together and bake at 350 degrees for 2 hours. Stir after 1 hour.

Anna Joyce Martin
East Earl

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Featured Recipe

Because recipes for toaster pastries are rare and since winter is the perfect time of the year to bake, I thought you'd enjoy this recipe from Ruby Jean Hicks of Landisburg.

So get out your rolling pin. Toaster pastries require advance preparation, but when breakfast comes, simply pop the pastries into your toaster and find out how simple and how delicious breakfast can be.

TOASTER PASTRIES E-Z Perfect Pie Crust

Mix together:

- 4 cups flour
- 2 teaspoon salt
- 1 tablespoon sugar

Add:

- 1¼ cup shortening, mix until crumbly

Beat:

- ½ cup ice water
- 1 tablespoon vinegar
- 1 egg

Add to flour mixture and stir until ingredients are moist. Divide dough into 5 balls. Wrap each and refrigerate at least ¼ hour before rolling out. This makes 5 single crusts. The dough freezes well.

When ready to make the pastry, roll dough into a 16x9-inch rectangle. Cut into 12 4x3-inch pieces.

Fruit Filling

- 2 cups finely chopped apples or peaches
- 2 tablespoons water
- ½ cup sugar
- 1½ teaspoon cornstarch
- ¼ teaspoon apple pie spice if using apple OR
- ¼ teaspoon almond extract if using peaches

If apples or peaches are not tart, add 1 teaspoon lemon juice. If you like filling a little sweeter, add a little more sugar.

Combine fruit and water. Cook covered about 15 minutes. Mix together sugar, cornstarch and spice. Stir into fruit mixture. Cook and stir until thick and bubbly. Cool.

Place a tablespoon of fruit filling on six pieces. Spread to within one-half inch of the edges. Dampen edges. Cover with the other six squares of dough. Press edges with a fork to seal. Put on ungreased cookie sheet and bake at 375 degrees about 12 minutes. The pastries should not be browned. Cool. Repeat with the other half of the dough and filling. Cool and freeze. When needed, thaw and put in toaster. Makes 12.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- Feb. 25- Favorite Meat Recipes
- March 4- Vegetarian Dishes
- 11- Peanut Butter Recipes
- 18- Cooking With Eggs

MOCK TURKEY CASSEROLE

- 2 pounds ground beef, browned
- 2 cans cream of chicken soup
- 1 can cream of celery soup
- 4 cups milk
- 1 pound bread, cubed
- Salt and pepper to taste

Mix all ingredients together and place in 4 quart casserole (lightly buttered). Bake at 350 degrees for 45 to 60 minutes.

Anna Joyce Martin
East Earl