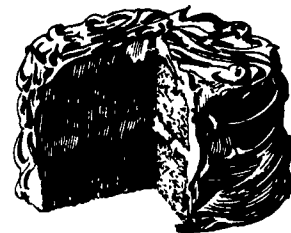


# Home On The Range



## Fill Up With One-Dish Meals

With busy schedules, there's little time for meals requiring lengthy preparation. Busy cooks look for shortcut strategies that don't compromise wholesome, enjoyable family dining. One dish meals often answer the busy cook's dilemma.

### REUBEN CASSEROLE

1 32-ounce jar sauerkraut, drained  
 2 medium tomatoes, thinly sliced  
 2 tablespoons Thousand Island salad dressing  
 2 tablespoons butter  
 10 slices corned beef, shredded  
 2 cups shredded Swiss cheese  
 1 (10-ounce) can refrigerated buttermilk flaky biscuits  
 2 rye crackers, crushed  
 1/4 teaspoon caraway seeds  
 Spread sauerkraut in a 13x9x2-inch baking dish. Arrange tomato slices on top; spread with dressing and dot with butter. Cover with corned beef and cheese. Separate each biscuit into three thin layers; arrange over casserole. Sprinkle with cracker crumbs and caraway seeds. Bake at 425 degrees for 10 minutes or until the biscuits are golden. Serves 6.

Lois Donley  
 Lebanon

### VEGETABLE TACOS

1 tablespoon butter  
 1/2 cup sliced green onion  
 1/2 cup chopped green pepper  
 1 1/2 cups cooked, drained corn  
 1 cup drained kidney beans  
 3 tablespoons chili sauce  
 1/2 teaspoon chili powder  
 1/4 teaspoon garlic powder  
 1 1/2 cups shredded Monterey Jack cheese  
 12 prepared taco shells, heated  
 2 cups chopped tomatoes  
 2 cups shredded lettuce  
 1 1/2 cups (6 ounces) shredded Cheddar cheese  
 Preheat oven to 350 degrees. Melt butter in medium-sized saucepan. Sauté onion and green pepper until tender, about 5 minutes. Stir in corn, beans, chili sauce and seasonings. Heat over medium heat, stirring occasionally, 5 minutes. Remove from heat. Stir in Monterey Jack cheese. Fill taco shells with cheese-vegetable mixture. Place on cookie sheet. Bake 5 to 7 minutes or until hot. Remove from oven and top with tomatoes, lettuce and Cheddar cheese. Serve immediately.

Am. Dairy Association

### VEGETABLE LASAGNA

6 lasagna noodles  
 2 tablespoons vegetable oil  
 1 1/2 cups onion, chopped  
 1 clove garlic, minced  
 1 green pepper, sliced  
 15-ounce can tomato sauce  
 15-ounce tomato paste  
 1 large tomato, chopped  
 1/2 teaspoon basil  
 1 teaspoon oregano  
 1 pound cottage cheese  
 1 cup Parmesan cheese, grated  
 1 egg, slightly beaten  
 2 10-ounce packages, chopped spinach, thawed  
 2 to 3 tablespoons margarine  
 2 1/2 cup zucchini, thinly sliced  
 2 1/2 cup fresh mushrooms, sliced  
 6 ounces mozzarella cheese, sliced

Cook lasagna until tender (about 5 minutes). Drain and rinse in cold water.

Cook oil, onion, garlic and green pepper in microwave, uncovered for 2 1/2 minutes. Add tomato sauce, tomato paste, tomatoes, basil and oregano. Mix well. Cook in microwave for 15 minutes (power 5).

Make a cottage cheese mixture by mixing cottage cheese, 1/4 cup Parmesan cheese and beaten egg.

Make a spinach mixture by pressing moisture out of spinach and folding in the remaining Parmesan cheese.

Saute zucchini in 2 to 5 tablespoons margarine until tender. To assemble:

Spread layer of tomato sauce in bottom of an oiled glass dish. Cover with three noodles.

Add 1/2 of zucchini, 1/2 of mushrooms, 1/2 of spinach, cheese and 1/2 of cottage cheese mixture.

Repeat all of above steps, beginning and ending with the sauce.

Microwave on high power for 10 minutes, covered. Reduce to medium power and cook for 17 more minutes. Uncover and cook on medium power for 18 minutes.

Top with mozzarella cheese, cover and let stand for 5 minutes. Variations:

On top of stove, saute onion, garlic and green pepper for 5 minutes or until tender. Add tomato sauce, tomato paste, tomato, basil and oregano. Mix well. Simmer for 20 minutes covered.

After lasagna is assembled, bake in conventional oven for 45 minutes at 350 degrees. Top with mozzarella cheese. Return to oven for 5 more minutes.

Faye Rohrer



What can be more satisfying than a one-dish meal with meat, vegetables and pasta?

### KRAUT & FRANKFURTERS WITH COTTAGE CHEESE PANCAKES

Cook one pound frankfurters in boiling water for 10 minutes. Add 1 teaspoon caraway seed to undrained kraut and heat. Combine one pound cream style cottage cheese, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon parsley flakes and 1 egg in bowl of electric mixer. Blend well. Mix in 1/4 cup melted shortening and cook until golden brown on both sides. Serve pancakes with kraut and frankfurters.

Betty Biehl  
 Mertztown

### GOULASH

1 pound ground beef  
 1 large chopped onion  
 1/2 cup celery  
 2 small cans tomato puree or tomato paste

1/2 pound macaroni, cooked  
 Salt and pepper to taste  
 Brown ground beef and onion together. Cook macaroni in salted water 10 minutes. Add macaroni to browned ground beef and onion. Add celery, tomato puree and seasoning. Simmer one half hour with lid on skillet.

Betty Biehl  
 Mertztown

### UNSTUFFED CABBAGE

1 pound ground beef  
 1 cup chopped onion  
 1 cup chopped green pepper  
 1 (16 ounce) can tomatoes  
 1 tablespoon chili powder  
 1/2 teaspoon salt  
 3 cups cooked rice  
 4 cups shredded cabbage  
 1/2 cup sour cream  
 1 cup shredded cheese

In skillet saute ground beef, onions and pepper until meat is lightly browned. Drain off fat. Add tomatoes, seasonings, rice and cabbage. Cover and cook 10 to 12 minutes until cabbage is tender-crisp. Stir in sour cream. Sprinkle on cheese.

Cover 2 to 3 minutes until cheese melts. Serves 6 to 8.

Black & White Cookbook

### MEAT SHELL POTATO PIE

1 can cream of mushroom soup  
 1 pound ground beef  
 1/2 cup chopped onion  
 1 egg, slightly beaten  
 1/2 cup bread crumbs  
 2 tablespoons chopped parsley  
 1/4 teaspoon salt  
 2 cups mashed potatoes  
 3 or 4 slices bacon, browned and crumbled

1/2 cup shredded mild cheese  
 Mix thoroughly 1/2 cup soup, ground beef, onion, egg, bread crumbs, parsley and salt. Press meat mixture firmly into 9-inch pie plate or 8x8-inch square baking dish. Bake at 350 degrees for 25 minutes. Spoon off excess fat. Frost with potatoes: top with remaining soup. Mix together bacon and cheese; sprinkle over the top. Bake 10 to 15 minutes longer.

Beatrice Bay  
 Muncy

### GROUND BEEF AND VEGETABLE STEW

1 pound ground beef  
 2 medium onions, quartered  
 2 medium cloves garlic, crushed (optional)  
 1/2 cup hot water  
 2 tablespoons minced fresh basil or 1 teaspoon dried  
 1 1/2 teaspoons salt  
 1/4 teaspoon pepper  
 6 medium new potatoes  
 2 medium green peppers, chopped

1 pound can tomatoes, drained and crushed

In Dutch oven brown beef. Add onions, garlic, water, basil, salt, pepper and potatoes. Cover and simmer 15 minutes or until potatoes are almost tender. Add peppers and tomatoes; simmer 10 minutes or until tender. Serve in bowls. Good with crusty bread. Makes 4 servings.

Martin L. Roy  
 Warrenton, VA

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## Featured Recipe

Although autumn is not the traditional time of year to be thinking of fishing, Limestone Springs, a Richland-based trout farm, offers year-round fishing for devoted anglers. For something a little different, try trout for your holiday main dish.

### Crab-Stuffed Trout

6 large trout  
 3 cups crab meat (fresh, frozen, or canned)  
 2 tablespoons chopped onions  
 2 tablespoons chopped celery  
 2 tablespoons chopped mushrooms, canned  
 1 tablespoon lemon juice  
 1 tablespoon Worcestershire sauce  
 1/2 tablespoon salt  
 3 drops Tabasco sauce  
 Dash black pepper  
 Dash Cayenne pepper  
 1 tablespoon chopped parsley  
 1/4 cup bread crumbs  
 3 whole eggs  
 1 cup milk

Remove any remaining shell or cartilage from the crab meat. Shred crab meat by hand and add all the ingredients, except unbeaten eggs. Stir well. Add eggs and work well into mixture. Let rest for approximately one half hour.

Divide the stuffing between the trout and place stuffing gently into the fish. Brush both sides of the trout with melted butter and place on baking tray. Bake in 400-degree oven for 20-25 minutes or until skin is brown and crisp. Sprinkle with paprika and parsley and drizzle with melted butter before serving. Serves 6.

## 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. Recipes should reach our office one week before publishing date.

- Nov. 25- Novel Ways With Leftovers  
 Dec. 2- Christmas Cookies  
 9- Festive Treats  
 16- Holiday Desserts