

Meals In Minutes

(Continued from Page B14)

RICE WITH BEANS

- 3 cups water
- 2 1/4 cups rice
- 2 cups beans (any kind)
- 1/4 cup vegetable oil
- 1/4 cup Sofrito Goya
- 1 packet Sazon Goya (coloring)
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper

Heat water in large saucepan until it boils. Add all the ingredients and mix. Stir occasionally. Keep flame high until water evaporates. Reduce heat to lowest setting. Cover with lid and cook for 30 minutes.

Serve with broiled chicken, garden salad, stir-fry vegetables, beef stew or baked fish.

VEGGIE CASHEW SOUP

- 2 cups loosely-packed frozen mixed, zucchini, carrots, cauliflower, lima beans, and Italian beans
 - 1 1/4 cups hot water
 - 1 teaspoon instant chicken bouillon granules
 - 1 bay leaf
 - 15-ounce can great northern beans or navy beans
 - 8-ounce can tomato sauce
 - 1/4 cup dry red wine
 - 1 teaspoon sugar
 - 1 teaspoon chili powder
 - 1 cup shredded cheddar or Monterey Jack cheese
 - 1/2 cup cashews
- In a large saucepan, combine the frozen vegetables, hot water, bouillon granules, and bay leaf. Bring to boiling, then reduce heat. Cover and simmer 5 minutes. Do not drain.

Stir in undrained beans, tomato sauce, wine, sugar, and chili powder. Bring to boiling. Reduce heat. Cover and simmer for 3 minutes. Remove from heat, then remove bay leaf.

To serve, ladle soup into individual bowls, top with cheese and cashews. Serves 4 to 6.

ONE-STEP MEATLESS CHILI

- 2 15-ounce cans spicy chili beans, undrained
 - 14.5-ounce can Mexican-style stewed tomatoes, undrained, and chopped
 - 15-ounce can tomato sauce
- In large saucepan, combine all ingredients; mix well. Cover; cook over medium heat 8 to 10 minutes or until thoroughly heated, stirring occasionally.



Lebanon Society 21

Lebanon Farm Women Group #21 met on February 24 at the home of Lorraine Shuey. The evening was a "Sweetheart" dinner with Lorraine Shuey and Janet Blatt as hostess. Each member brought a part of the meal. Secret pal Valentines were

exchanged. Some members and husbands enjoyed a game of pool while others relaxed and reminisced.

Some members enjoyed fellowship and breakfast at the Farmer's Wife Restaurant on March 2 for a morning break.

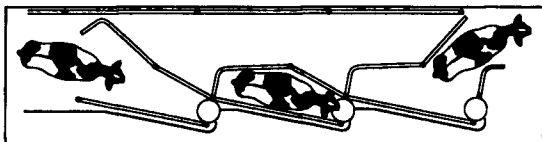
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10. Bill & Mike Lutz	Washington, Pa.	AutoFlow	Double-5	100
11. Blane Hutter	Mt. Pleasant, Pa.	AutoFlow	Double-3	100
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14. Don Eshalmen	Hagerstown, Md.	AutoFlow	Double-3	80*

*indicates parlors currently under construction

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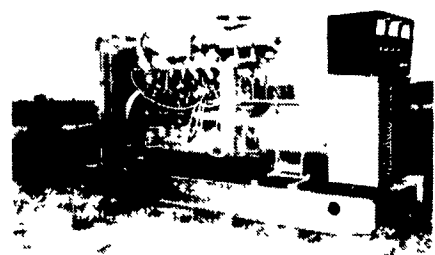
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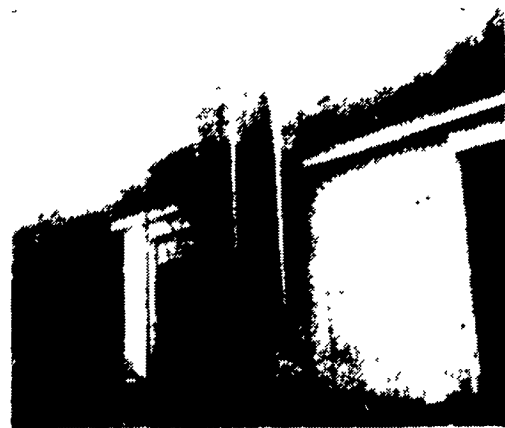
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