



## Cook's Question Corner

(Continued from Page B8)

1 pound ground beef  
 ¼ cup chopped onion  
 2 cups water  
 1 teaspoon salt  
 1 cup uncooked rice  
 2 or more large carrots, shredded  
 ½ cup chopped green pepper (optional)  
 ¼-½ pound cheese  
 Brown meat; drain. Add remaining ingredients except cheese. Cover and simmer 30 minutes. Add cheese; heat until cheese is melted.

### Delicious Chicken And Rice

1 cup uncooked rice  
 1 can cream of mushroom or cream of celery soup (undiluted)  
 1 cup water  
 1 package dry onion soup mix  
 6 chicken legs or 4 breasts  
 Mix together first four ingredients and place in casserole dish. Place chicken pieces on top. Bake at 325 degrees for two hours or more. No peeping!

### Quick Pepper Cabbage

1 head cabbage, shredded  
 1 large green pepper, chopped fine  
 Scant 1 cup sugar  
 ¼ cup vinegar  
 1 stalk finely chopped celery, optional  
 1 carrot shredded, optional  
 Mix together all ingredients.

### Easy Cranberry Salad

1 can whole berry cranberry sauce  
 1 can jellied cranberry sauce  
 3 cups water  
 3 small packages Raspberry Jell-O  
 Boil water. Dissolve Jell-O in water. Cool slightly, then add cranberry sauces and put into blender. Blend until medium or fine. Put in dishes.

### Easy Desserts

This anonymous reader wrote that easy desserts to serve are fresh fruit, ice cream, canned or instant vanilla pudding. For pudding, make a graham crumb mixture for top and bottom of dish by mixing together:

½ cup melted butter  
 1½ cups graham cracker crumbs  
 2 tablespoons sugar

### Pistachio Salad Or Dessert

1 box instant Pistachio pudding  
 1 can crushed pineapple  
 1 package whipped topping made according to package directions OR 2 cups whipped cream topping

1 can miniature marshmallows  
 Add dry pudding to crushed pineapple; allow to thicken. Add whipped topping, fold in marshmallows. Makes approximately 8 servings.

### Quick Stickle Buns

¾ cup firmly packed brown sugar  
 ½ cup chopped nuts  
 ½ cup butter  
 2 tablespoons water  
 2 cans refrigerated biscuits  
 Mix and heat until butter melts and brown sugar is dissolved. Place in bottom of 9x13-inch baking pan.

Place biscuits on top and bake according to biscuit directions or until browned. Remove from oven. Invert onto tray.

### Trio Sour Cream Instant Potatoes

1 quart water  
 1 quart milk  
 2 cups Trio Potato powder  
 6 tablespoons butter  
 3 ounces cream cheese  
 1 cup sour cream  
 ½ teaspoon salt  
 ½ teaspoon onion salt  
 ¼ teaspoon pepper  
 Heat water and milk. Remove from heat. Add butter, cream cheese, and sour cream, stir until melted. Add salt, onion salt, and pepper. Stir slowly add potato powder and mix until smooth. Stir constantly while adding. Or add potato powder first, then remaining ingredients and stir until smooth. Can be made ahead and also frozen.

If unfamiliar with Trio Instant Potato Powder, check the gallon can section of your supermarket for a one gallon can with a pink label.

Contributor writes that her guests never suspect this recipe is made with instant potatoes. They are very surprised to find out it is made with instant potatoes.

**ANSWER** — Here are some recipes from Grace Glock that she writes are suitable to take to covered dish events and to make ahead. When transporting food, make sure that food is properly insulated (hot or cold) to prevent spoiling.

### Barbecue Meatloaves

1 beaten egg  
 1 cup soft bread crumbs  
 ½ teaspoon oregano  
 ½ cup skim milk  
 ¼ cup chopped onion  
 1 teaspoon salt  
 1½ pounds ground beef  
 Advance preparation: In mixing bowl, combine all but ground beef. Add ground beef and mix well. Divide mixture into six portions; shape into small meatloaves. Wrap and freeze.

Before serving: Bake meatloaves, uncovered, at 375 degrees until done, 40-45 minutes. Combine in saucepan:

1 tablespoon brown sugar  
 1 tablespoon lemon juice  
 ⅔ cup ketchup  
 1 tablespoon prepared mustard  
 1 tablespoon Worcestershire sauce

Bring to a boil. Spoon mixture over meatloaves during last 10 minutes of baking.

### Spanish Rice

1 pound ground beef  
 ½ cup chopped onion  
 ⅓ cup chopped green pepper  
 1 large clove garlic, minced  
 1 can tomato soup  
 1 cup water  
 ½ cup minute rice, uncooked  
 ½ teaspoon salt  
 2 teaspoon Worcestershire sauce  
 Generous dash pepper

In skillet, cook meat, onion, green pepper, and garlic until vegetables are tender. Pour off fat. Add remaining ingredients. Bring to a boil. Cover and cook over low heat 15 minutes or until rice is tender.

Serve with a green salad and hot corn muffins for a complete meal.

### Icebox Vegetable Salad

16-ounce can cut green beans, drained  
 17-ounce can tiny peas, drained  
 16-ounce can whole kernel corn, drained  
 4-ounce jar chopped pimento, drained  
 1 cup finely chopped celery  
 1 medium onion, finely chopped  
 Combine vegetables in a large glass bowl and set aside.

In saucepan, combine:

1 cup sugar  
 ½ cup salad oil  
 ½ teaspoon pepper  
 ½ cup vinegar  
 1 teaspoon salt

Bring to a boil, cool slightly. Pour over vegetables. Cover and refrigerate overnight. May be stored in a plastic bag or covered container in refrigerator up to one week.

### Sour Cream Potatoes

2 pounds bag frozen hash brown potatoes, thawed and tossed with one stick melted butter. Put into 9x13-inch casserole dish.

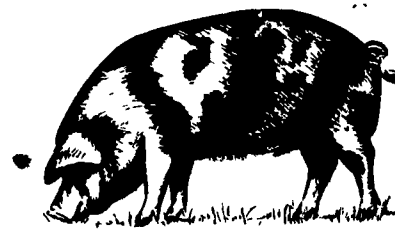
Combine the following:

1 pint sour cream  
 1 can cream of chicken soup  
 2 cups shredded cheddar cheese  
 1 teaspoon salt  
 Spread mixture over potatoes.

May prepare in morning and refrigerate until ready to bake for the evening meal. When ready to bake, mix together:

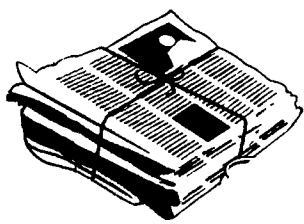
2 cups crushed cornflakes  
 1 teaspoon melted butter

Sprinkle cornflake mixture over top of casserole. Bake uncovered at 325 degrees for 45 minutes. Serve hot.



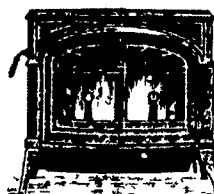
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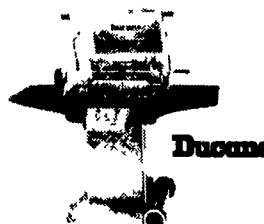
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