

# Home on the Range

## Quick And Easy One-Dish Meals

### CHEESE TOPPED FAMILY CASSEROLE

- 1 pound ground beef
- ½ cup onion, chopped
- 4 slices bacon, chopped
- ½ cup firmly packed brown sugar
- ½ cup ketchup
- 1 teaspoon salt
- 1 tablespoon prepared mustard
- 1 tablespoon vinegar
- 16-ounce can baked beans
- 16-ounce can yellow wax beans, drained
- 8-ounce can green beans, drained
- 1 cup crushed corn chips
- 1 cup American process cheese, shredded

Heat oven to 375 degrees. In 10-inch skillet; combine ground beef, onion, and bacon. Cook over medium heat, stirring occasionally, until ground beef is browned (5-8 minutes). Drain off fat. In 3-quart casserole, stir together ground beef mixture and all remaining ingredients except corn chips and cheese. Bake 50-60 minutes or until heated through and bubbly around edge. Sprinkle with corn chips and cheese. Continue baking 4-5 minutes or until cheese is melted. Yield: 6 servings.

### HARTY TURKEY DIVAN BAKE

- 6 ounces uncooked dried spaghetti, broken into thirds
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup chicken broth
- 2 cups shredded cheddar cheese
- ½ cup milk
- 2 cups cubed ½-inch cooked turkey
- 2 cups frozen cut broccoli
- 4-ounce can sliced mushrooms

Heat oven to 350 degrees. Cook spaghetti according to package directions. Rinse with hot water; drain. Set aside.

Meanwhile in 2-quart saucepan, melt 2 tablespoons butter over medium heat; stir in flour until smooth and bubbly (1 minute). With wire whisk, stir in chicken broth; continue cooking, stirring constantly, until mixture comes to a full boil (4-5 minutes). Boil 1 minute. Remove from heat. Stir in 1½ cups cheese, and milk until cheese is melted. In greased 2-quart casserole, combine cooked spaghetti, turkey, broccoli, and mushrooms. Add cheese mixture. Top with remaining ½ cup cheese. Bake 25-30 minutes or until bubbly around edge. Yield: 6 servings.

### OLD-FASHIONED POT ROAST

- 1 tablespoon shortening or vegetable oil
- 2½-3 pound boneless beef chuck roast
- 8 medium carrots, cut into 3-inch pieces
- 4 medium turnips, peeled, cut in quarters
- 4 small onions, cut in quarters
- 1 cup water
- 2 tablespoons chopped fresh basil leaves
- 1 teaspoon instant beef bouillon granules
- 3 bay leaves
- ¼ teaspoon salt
- ½ teaspoon pepper

#### Gravy:

- Beef broth
- ¼ cup all-purpose flour
- ½ cup cold water

Heat oven to 325 degrees. In large ovenproof Dutch oven, heat shortening, add chuck roast. Cook over medium high heat, turning once, until browned (7-9 minutes). Drain off fat. In small bowl, combine all seasoning ingredients; pour over roast. Add vegetables. Cover; bake 2 to 2½ hours or until roast is fork tender. Remove bay leaves. Remove roast and vegetables to serving platter; keep warm.

Skim fat from pan juices. Measure 1½ cups pan juices (if necessary, add beef broth); return to Dutch oven. In small bowl, with wire whisk, stir together flour and cold water until smooth; stir into pan juices. Cook over medium heat, stirring constantly, until mixture comes to a full boil (2 to 3 minutes). Boil 1 minute. Serve gravy with carved roast and vegetables. Yield: 8 servings.

### HARVEST CASSEROLE

- 15-ounce can pear halves, drained
- 2 (16-ounce cans) new potatoes
- 1 can low-fat cream of mushroom soup, undiluted
- 1 cup shredded Monterey Jack cheese
- 8-ounce can green peas, drained
- ½ cup French fried onion rings

Preheat oven to 350 degrees. Reserve one of the pear halves for garnish. Chop remaining pears. In a 2-quart casserole dish, combine drained potatoes, chopped pears, and soup. Sprinkle shredded cheese and drained peas over top. Bake, uncovered, for 30 minutes or until mixture is heated through. Remove casserole from oven. Slice the reserved pears into five or six slices. Ar-

range slices spoke-fashion over top of casserole. Sprinkle onions in between pear slices. Return casserole to oven; bake 5 minutes or just until onions are golden brown. Serves 6.

### OVERNIGHT EGG CASSEROLE FOR BREAKFAST

- 8 slices bread, cubed
- ¼ pound cheddar cheese, shredded
- 1½ pounds bulk pork sausage
- 4 eggs
- 2½ cups milk
- 1 tablespoon Dijon mustard
- 1 can (10¼ oz.) cream of mushroom soup, undiluted
- ¼ cup chicken broth

Place bread cubes in a greased 13x9x2 baking dish. Sprinkle with cheese; set aside. In a skillet, brown sausage over medium heat; drain fat. Crumble sausage over the cheese and bread. Beat eggs, milk, mustard, soup and broth and pour over sausage. Cover and refrigerate overnight. Bake at 350 degrees for 50-60 minutes or just until set. Serves 6-8. Serve with home fries.

Lee Laverty  
Mount Joy

### LOVE NEST CASSEROLE

Cook four large potatoes as you would for mashing. When cooked, mash adding the following:

- 1 cup cheddar cheese
- 2 tablespoons butter
- Salt and pepper
- Milk

Keep warm.

Brown the following ingredients together:

- 1 pound ground round beef
- 1 cup chopped onions

Add:

- 1 tablespoon Worcestershire sauce
- Salt and pepper to taste
- 1 can beef gravy mix
- Mix well. Place in 8x8x2 baking dish or larger.

While beef is browning, cook a small package of frozen peas and carrots for 5 minutes. Drain well. When beef mixture is in casserole, layer the peas and carrots on top. Next layer the mashed potatoes spreading to seal bottom ingredients.

Bake in 350 degree oven for 30 minutes. Serve immediately with a tossed salad.

Lee Laverty  
Mount Joy

### CREAMY LEMON CHICKEN WITH VEGETABLES

- 4 skinless, boneless chicken breast halves
- ¼ teaspoon pepper
- 1 tablespoon butter
- 1 can reduced-fat cream of chicken soup
- Grated peel and juice of 1 large lemon
- 1 can mixed peas and diced carrots, drained
- 2 tablespoons chopped fresh parsley or dill

Sprinkle chicken on both sides with pepper. In large nonstick skillet over medium-high heat, melt butter. Add chicken and cook 3 minutes per side, until well browned. Add soup, lemon peel, and juice, and stir to mix with pan drippings. Reduce heat to medium-low, cover and simmer 5 minutes, stirring 2-3 times. Stir in vegetables and parsley; cover and simmer 2-3 minutes longer until heated through. Serves 4.



Use a slow cooker to make Wild Mushroom Beef Stew.

## Featured Recipe

One-dish meals can be made in a skillet, pot, oven, slow cooker, or mix together in a bowl if it's a whole meal salad.

Probably the most popular and easiest is using a slow cooker.

For Wild Mushroom Stew, put the beef in the cooker in the morning, set the temperature. Dinner cooks all day while you're away or busy around the house. No peeking, no stirring, no attention needed.

The beef is done to perfection, moist, and fork-tender, ready to enjoy —complete with the irresistible aroma that greets you when you walk in the door. Plus, cleanup is easy since you only use one pot.

Try this recipe for a hassle-free homemade meal at the end of a busy day.

### WILD MUSHROOM BEEF STEW

- 2 pounds beef for stew, cut into 1-inch pieces
- ¼ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon dried thyme leaves, crushed
- ¾ cup ready-to-serve beef broth
- ¼ cup tomato paste
- ¼ cup dry red wine
- 2 cloves garlic, minced

1 pound red-skinned potatoes, quartered  
8-ounces assorted mushrooms, quartered  
1 cup baby carrots  
Fresh parsley (optional)  
Combine flour, salt, pepper, and thyme in small bowl. Place beef in 4½-5½ quart slow cooker. Sprinkle with flour mixture to coat.

Combine broth, tomato paste, wine, and garlic in small bowl; mix well. Add to beef. Add potatoes, mushrooms, and carrots; mix well.

Cover and cook on high 5 to 6 hours or on low 8-9 hours, or until beef and vegetables are tender. (No stirring necessary during cooking). Stir well before serving. Garnish with parsley, if desired.

Makes 6 servings about 1½ cups each.

## Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

#### November

- 23 — Thanksgiving Dinner
- 30 — Thanksgiving Leftovers

#### December

- 7 — Holiday Gifts From The Kitchen
- 14 — Holiday Cookies



Lasagna made without precooking the pasta not only is easier but also has a better flavor.

### NO BOILING LASAGNA

- 2 containers (15-ounces each) ricotta cheese
- 2 cups shredded mozzarella cheese, divided
- ½ cup grated Parmesan cheese, divided
- 2 eggs
- 2 jars (1 pound 10 ounces each) spaghetti sauce
- 12 uncooked lasagna noodles

Preheat oven to 375 degrees. Combine ricotta, 1 cup mozzarella, ¼ cup Parmesan, and eggs.

In 13x9-inch baking dish, spread 1 cup pasta sauce. Layer 4 uncooked noodles, 1 cup sauce, and ½ ricotta mixture; repeat. Top with remaining 4 uncooked noodles and 2 cups sauce.

Cover tightly with aluminum foil and bake one hour. Remove foil and sprinkle with remaining cheese. Bake uncovered 10 minutes. Let stand 10 minutes before serving. Serve with remaining sauce, heated.