





## Or a great dinner for six.

### Pepper Steak with Rice.

- 3 cups hot cooked rice
- 1 pound lean beef round steak,  
cut  $\frac{1}{2}$  inch thick
- 1 tablespoon paprika
- 2 tablespoons butter or margarine
- 2 cloves garlic, crushed
- $1\frac{1}{2}$  cups beef broth
- 1 cup sliced green onions,  
including tops
- 2 green peppers, cut in strips
- 2 tablespoons cornstarch
- $\frac{1}{4}$  cup each water and soy sauce
- 2 large fresh tomatoes, cut in  
eighths

While rice is cooking, pound steak to  $\frac{1}{4}$  inch thickness. Cut into  $\frac{1}{4}$  inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients. Using a large skillet, brown meat in butter. Add garlic and broth. Cover and simmer 30 minutes. Stir in onions

and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water, and soy sauce. Stir into meat mixture. Cook, stirring, until clear and thickened—about 2 minutes. Add tomatoes and stir gently. Serve over beds of fluffy rice. Makes 6 servings.

### Hamburger Corn Pone Pie

Mrs. G. L. Rowell

1 lb. ground beef	1 can tomato sauce, or
1/3 cup chopped onion	1 cup canned tomatoes
1 T shortening	2 cups or 1 small can
2 tsps. chili powder	kidney beans
3/4 tsp. salt	1/2 pkg. corn muffin mix,
1 tsp. Worcestershire Sauce	or 1/2 standard corn
	bread recipe

Brown meat and onion in shortening. Add seasonings and tomato sauce or tomatoes. Cover and simmer over low heat 15 minutes. Add beans. Pour meat mixture into a greased 1 or 1 1/2 quart casserole. Top with corn bread batter, spreading carefully with wet knife. Bake in 425 degree oven for 20 minutes.

### Cholo Beans A La Cornett

Mrs. David Strathearn

Soak beans over night. In morning add 1 tsp. soda. Boil 10 minutes, wash in cold water.

For each pound of Pinto Beans use:

2 tsp. salt	1/2 tsp. celery seed
1/4 tsp. pepper	1/2 tsp. Eagle Brand
1 tsp. dry mustard	Chili Powder
	1 pinch oregano

Combine these ingredients to later mix with water to pour over the beans.

Place in bottom of kettle:

1 medium onion, whole	8 cloves garlic
	1 Ortega green chili

Put in beans, then place on top of beans 1/2 lb. salt pork, diced small. Pour over the above mixture of seasonings. Bake in 300 degree oven not less than 6 hours. Put in enough water to cover the beans but never flood them when adding water. May add, if you like, 1/2 tsp. Accent, 1/4 cup molasses and 1 T brown sugar.

### Mom Heath's Baked Beans

Mrs. Roy M. Heath

2 lbs. small white beans  
1/2 cup brown sugar  
3 T prepared mustard  
Bacon

Salt to taste  
1 tsp. onion salt  
4 cans Hunt's tomato  
sauce

Boil beans until completely cooked. Add remaining ingredients. More brown sugar may be used. Boil 1/2 hour. Place in baking dish and put strips of uncooked bacon on top. Bake 1 to 1 1/2 hours in slow oven. I have used Mom's recipe for 21 years.

### Pink Beans

Mrs. H. R. McConnell

1 lb. beans  
1 large can tomatoes  
2 medium cloves garlic,  
sliced  
1 large onion, cut

4 slices bacon or salt  
pork, cubed  
Pinch of cumin or oregano  
5 dry chilis with seeds  
and veins removed

Wash and soak the beans. Cook with water until soft. Add tomatoes, garlic and other ingredients. Cook until beans are soft and juice is rather thick.

### Kidney Bean Chili

Mrs. J. J. Pickford

1 lb. ground round or  
hamburger  
1 medium onion,  
chopped

#2 can tomatoes  
#2 can kidney beans  
Salt and pepper  
1 tsp. chili powder  
1 clove garlic

Brown the onion in a very small amount of cooking oil. Add the hamburger and brown slightly. Add the tomatoes, garlic and chili powder. Cook over a low heat until all ingredients are well done, about 35 to 40 minutes. Add a small amount of water while cooking if more moisture is needed. The chili powder may be added to taste, or eliminated if desired. Serve with garlic bread and tossed salad.

### Dude Ranch Beans

Mrs. R. C. Sims

4 cups pink beans  
4 cloves garlic, minced  
1/2 lb. bacon, diced  
1/4 tsp. pepper  
1 1/2 T salt  
1 green pepper, minced

2 large onions,  
sliced thin  
2-8oz. cans tomato  
sauce  
2 to 3 T chili powder,  
optional

Pick over and wash beans. Cover with 2 quarts warm water and let soak several hours or overnight. Heat to boiling, drain. Add 2 1/2 quarts of boiling water, and all other ingredients except salt and chili powder. Cover and boil gently about 2 1/2 hours, adding hot water if necessary. Add salt during last hour of cooking. Stir as little as possible. About 15 minutes before beans are done, mix chili powder with 1/4 cup cold water and stir in. When done, beans should be tender and whole in a rich thick sauce. Serve hot from kettle. Makes 3 quarts. Serves 12.

### Quick Spanish Rice

Ruth Albright

1 lb. hamburger  
1 cup raw rice  
1 cup cooked tomatoes  
and juice, or more

Seasoning  
Onion and green  
pepper, chopped  
1 quart boiling water

Mix in baking dish and dot with butter. Bake in moderate oven 1 1/2 hours. Stir once after mixture starts bubbling.

### Green Rice Ring

Elvina Johnson

2 cups rice, cooked  
1 bunch of parsley,  
chopped  
1 medium onion

1 cup grated cheese  
1/2 cup melted butter  
3 eggs, beaten  
1/2 cup milk

Mix and put in ring mold. Set mold in water in moderate oven about 45 minutes. Serve on platter with center filled with creamed tuna or chicken.

### Chinese Fried Rice

Betty Bogart

1/2 cup diced pork or  
chicken  
1/4 to 1/2 cup diced  
onion

2 T cooking oil  
2 eggs  
1 1/2 cups long grain  
rice, steamed  
Soy sauce

Saute meat and onion in oil. Scramble in eggs. Mix continually until fairly dry and separated. Put in rice and mix well. Pour in soy sauce, a bit at a time, until with thorough mixing, all rice is uniformly brown. Meat may be precooked if desired. This is an excellent way to use left over roast, chops and rice.

### Rice and Sausage Casserole

Mrs. Ben B. Stark

1 lb. ground sausage  
browned  
2 cups rice, uncooked  
1 bunch green onion,  
chopped  
1 green pepper, chopped

1 small bunch celery,  
chopped  
2 pkgs. Lipton's noodle  
soup  
1 pkg. almonds, blanched,  
peeled and sliced  
Salt to taste

Cook the soup according to directions. Pour over the rest of the ingredients which have been mixed and put in a large pan. Bake 1 hour in a moderate oven.

### Patio Dish

Lora Guthrie

1 1/2 lbs. ground beef  
or hamburger  
1 onion  
Parmesan cheese

Garlic  
1/4 bell pepper  
2 cans tomato soup  
1 lb. macaroni

Brown meat, onion, garlic and bell pepper. Add seasoning, salt and pepper. Add cooked and drained macaroni. Pour into a baking dish, cover with soup. Sprinkle grated Parmesan cheese over the top and bake about 20 minutes.

### Macaroni Casserole

Mrs. Robert Barnes

1 lb. ground beef  
1 large onion, chopped  
1 small green pepper,  
chopped

2 cups tomatoes  
1/2 tsp. salt  
2 cups macaroni, cooked  
1 can cream of mushroom  
soup, undiluted

Cook together the beef, onion, green pepper, tomatoes and salt until onion seems well done. Add cooked macaroni to mushroom soup. Pour into casserole, layers of meat mixture and macaroni. Top with grated cheese. Bake in 375 degree oven for about 30 minutes. Serves 6 generously.

### Best Ever Macaroni and Cheese

Mrs. H. J. Rubelman

1 1/2 cups macaroni,  
uncooked  
3 T butter or margarine  
3/4 cup soft bread  
crumbs  
2 T flour  
1 tsp. salt

1/4 tsp. pepper  
2 cups milk  
1/2 lb. American sharp  
cheese, cut into small  
pieces  
1/2 pimento, optional  
1 tsp. mustard

Cook macaroni until tender. Drain and rinse in hot water. Place in greased casserole. Melt butter. Mix one tablespoon of the butter with bread crumbs in measuring cup. To remaining butter, add flour and seasonings. Blend well and add milk gradually. Drop in cheese and stir until melted and sauce thickens slightly. Pour over macaroni and top with buttered crumbs. Bake at 400 degrees for first 10 minutes. Reduce heat to 350 degrees for 20 to 25 minutes.

### Corn Beef Hot Dish

Irene Sefren

1 pkg. noodles  
1 can corn beef  
1 tsp. chopped onion

1 cup chopped American  
cheese  
2 cans cream of chicken soup

Cook noodles until tender. Drain. Fry onion, add corn

beef. Mix with noodles. Add the chicken soup. Pour into casserole. Sprinkle with cheese. Bake 1 hour at 350 degrees.

### Tagliarine Studio Supper

Mrs. Peter Hovley

8 oz. package broad  
noodles

2 lbs. hamburger

1 clove garlic

1 green pepper

3 T oil or other fat

#2 1/2 can tomatoes

Grated Parmesan cheese

#2 1/2 can cream style  
corn

1 small can pitted olives,  
plus a little liquid  
from olives

1 small can Spanish sauce

Salt, pepper

Chili powder

Cook noodles in plenty of boiling, salted, water about 25 minutes or until tender. Drain. While they are cooking, chop onion, garlic and green pepper and fry in oil until tender. Remove from skillet and fry meat until medium brown. Remove from fat and mix with browned onions and pepper. Add corn, tomatoes, olives with liquid and Spanish sauce. Season with salt, pepper and chili powder. Place in casserole and cover with grated Parmesan cheese. Bake 1 1/2 hours in 300 degree oven. Serves 10. May be prepared and placed in refrigerator. Remove from refrigerator in time for the dish to reach room temperature before putting in the oven.

### Tillamook Beach Supper

Lorine Willard

1 lb. beef, ground

1/2 lb. pork, ground

2 T bacon fat

1 onion, chopped

1 clove garlic, chopped

1 can whole kernel corn

1 can tomato soup

1 can tomato sauce

1 pkg. wide noodles

1/2 pound Tillamook cheese,  
grated

Salt, pepper, or Seasonall

Cook the noodles in salted water until tender. Drain. In the bacon fat, fry the beef, pork, chopped onion and garlic until all redness disappears from the meat and it starts



to brown. Add the corn, tomato soup, tomato sauce and seasonings and bring to a boil. In a greased casserole, put alternate layers of the meat sauce and the cooked noodles, topping each layer with grated cheese. Finish with sauce and cheese. Bake in 350 degree oven for 1/2 hour.

### Hamburger Betty

Betty Bogart

1 lb. ground meat	Diced onion to taste
Salt and pepper	1 cup noodles, cooked
1 cup peas, cooked	1 can cream of mushroom soup

Saute meat, onion, salt and pepper until meat is done. Mix all. Bake in casserole in moderate oven for 30 minutes.

### Glory Mix

Mrs. Alan Robertson

1 pkg. noodles	2 cups ground round steak
1 can mushroom sauce	1 clove garlic, minced
1 can tomato sauce	1 small can whole kernel corn
1 tsp. Worcestershire sauce	Salt and pepper to taste
2 T minced onions	

Cook ground steak, onion and garlic together. Then add tomato sauce, mushroom sauce, Worcestershire sauce and corn. Simmer 15 minutes, add to drained cooked noodles and bake with grated cheese on top for 30 minutes at 350 degrees.

### Scalloped Noodles with Sea Food

Charlotte McNamara

2 1/2 cups fine noodles cooked	1 to 1 1/2 cups lobster, crab or shrimp, fresh- cooked or canned
1 1/2 cups medium white sauce	2 tsp. grated onion
	1/2 cup buttered crumbs

If canned sea food is used, substitute liquor drained from