



Vegetables



Marinated Carrots

2 lbs carrots - peeled, cut into
finger sized pieces. Boil until
almost tender, but still firm. Drain.
Leave in large pot & add 1 large
bell pepper cut into strips + 1 large
onion sliced & broken into rings. Mix
together.

in separate pan put

1 can tomato soup

1 cup sugar - $\frac{1}{2}$ brown if desired $\frac{1}{2}$ white

$\frac{1}{2}$ cup salad oil

1 teaspoon salt

$\frac{1}{2}$ teaspoon pepper

$\frac{1}{2}$ package dry Italian salad seasoning

$\frac{3}{4}$ cup vinegar

over



Red Cabbage

Jane R. Porter

- | | |
|----------------------------|-----------------------|
| 1 medium size head cabbage | 2 medium size apples, |
| 2 T vinegar | diced |
| 1 T butter | 1 T sugar |
| 3 cloves | 1/8 tsp. mace |
| | 1 T minced onion |

Place shredded cabbage in just enough boiling water to cover. Add remaining ingredients and cook uncovered over heat 20 to 30 minutes. Cooking time will depend upon the freshness of the cabbage. Do not drain. Serve in individual serving dishes with pot liquor.

Hot Bacon and Cabbage Slaw

Mrs. Fred Merrill

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|------------------------|-----------------------|
| Shredded cabbage | 1/4 cup sour cream |
| 3/4 cup salad dressing | 6 slices crisp bacon, |
| | crumbled |

Shred cabbage as for slaw. Heat the salad dressing and thin with sour cream. Add to cabbage and place over heat, stirring thoroughly. Just before serving, add crisp bacon.

Sweet-Sour Green Beans

Helen Giller

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|-------------------------------------|-----------------------------------|
| 1 #2 can string beans | 2 T cornstarch |
| 1 1/2 cups bean liquid
and water | 1 T soy sauce |
| 4 slices bacon | 3 small sweet pickles,
chopped |
| 3 T sugar | 1 green pepper, thickly
sliced |
| 3 T vinegar | |

Drain beans. Fry bacon until crisp. Drain and break in small pieces and add to beans. Mix together sugar, vinegar, cornstarch and soy sauce. Stir into bean liquid along with pickle and green pepper. Bring to a boil. Cook 10 minutes until pepper is partially tender, stirring until sauce thickens. Add beans and bacon and simmer 4 minutes. Serve hot. Serves 6.

French Fried Onions

Jody McLean

Peel large onions. Slice cross-wise 1/4 inch thick. Separate into rings. Dip into flour, then into one egg beaten with 1/4 cup milk, then back to the flour, to the egg, and to the flour again. Fry in pre-heated shortening at 375 to 400 degrees about 3 minutes until slightly browned. Drain. Put on absorbent paper. Sprinkle with salt. Nice with steak, etc.

Potato Pancakes

Sue Keiser

2 eggs, beaten	1 minced onion
2 cups milk	1 tsp. sugar
2 T melted Crisco	2 cups grated raw potato
2 cups flour	1 T baking powder
1 tsp. salt	

Combine eggs, milk and Crisco. Add sugar, flour, salt and baking powder. Beat smooth. Add potatoes and onion. Bake in deep fat or on hot greased griddle. Makes 12 to 15 cakes.

Carrot Potato Pancakes

Mrs. R. C. Sims

1 cup raw carrots, pared and grated	2 eggs
1 cup raw Russet potatoes, pared and grated	Shortening or salad oil
1 tsp. or more onion juice or minced onion	2 T. flour
	1 tsp. salt
	1 1/2 T. parsley, finely minced

Set grated carrots to one side. Grate potatoes into cold water to prevent discoloration. Sprinkle flour and salt into beaten eggs. Add parsley and onion juice or minced onion. Heat at least 1/4 inch of fat in a skillet. Last of all, stir carrots and potatoes into egg mixture with a wooden spoon. Then drop pancakes by spoonfuls into hot fat. When brown on one side, turn and brown the other. Drain on paper towel before serving.

Onions in Cheese Sauce

Ruth Byers

18 medium size onions	6 T butter
3 T flour	1 1/2 cups rich milk
Salt and Pepper to taste	1 cup grated cheese, (any variety desired)

Peel and cook onions in large amount of water until tender. Drain. Blend melted butter and flour. Add milk and cook until thick, stirring constantly. Add cheese and blend. Add salt and pepper. Pour over onions and heat through. This is especially nice placed in a casserole, covered with bread crumbs and dotted with butter or with more cheese, then browned in oven. Nice with roast turkey or chicken.

Zesty Carrot Strips

Mrs. Fred Merrill

8 carrots	1 tsp. salt
2 T grated onion	1/4 tsp. pepper
2 T horseradish	1/4 cup bread crumbs, buttered
1/2 cup mayonnaise	

Cut carrots in strips and cook in slightly salted water until tender. Canned shoestring carrots may be used instead. Drain and put in greased baking dish. Mix together onion, horseradish, mayonnaise, salt and pepper. Pour over carrots. Top with bread crumbs and sprinkle with paprika. Bake 15 minutes.

Harvard Beets with Orange

Mrs. Peter Hovley

3 cups freshly cooked boiled beets diced	1/2 cup mild vinegar
1/2 cup sugar	2 T butter
1 T cornstarch	1 small orange, ground or 1 T orange marmalade

Cook sugar, salt, cornstarch and vinegar until smooth. Add the beets and place over hot water for thirty minutes. Just before serving heat the beets, but do not boil them. Add butter and ground orange or orange marmalade. Serves six.

Sweet Potato Pone

Lou C. Wright

2 cups grated sweet
potatoes
1 cup butter
1 cup sugar

1/2 cup milk
1 tsp. powdered ginger
Grated rind of one
orange

Blend the sugar and butter. Add grated sweet potato and milk. Beat well and then add the ginger and orange rind. Place in a shallow baking pan and bake in a slow oven.

Cabbage Cooked in Milk

Ruth Byers

Sliced cabbage
1 tsp. butter

Milk
Salt and pepper

Slice amount of crisp cabbage desired. Half cover with milk and add a teaspoon of butter to avoid boiling over and for flavor. Boil gently until cabbage is tender.

Green Beans, California Style

Charlotte McNamara

1 lb. green string beans
3 T butter
1/2 tsp. sweet basil
1/4 lb. bacon

4 tomatoes
Clove of garlic,
crushed
Salt

Remove ends and strings from small, green string beans, and cook them in 1/2 cup of water until they are tender but not limp. In the meantime, cut 4 tomatoes in halves and discard their pulp and seeds. Cut them in strips the size and shape of the beans. When the beans are tender, add them to the tomatoes but don't heat them more than another minute. The tomatoes should be just warmed through. Season as follows: Melt 2 T butter and allow a crushed clove of garlic to remain in it for a minute or two. Remove garlic, add 1/2 teaspoon of sweet basil, and mix with the beans. Cook 1/4 pound of bacon until crisp, crumble it and add it to the beans along with a tablespoon of the bacon fat. Remember, the tomatoes must remain uncooked. Therein lies their charm.