



Main Dishes



OZARK HAM CASSEROLE

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| 1 10-ounce package frozen green beans | 1 cup milk |
| 1 can (4 ounce) mushrooms | 1 teaspoon salt |
| 1/4 cup butter | 1/4 teaspoon pepper |
| 1/4 cup sifted flour | 3 cups diced, cooked ham |
| 1 cup thin cream | 1/3 cup diced pimienta |
| | 2/3 cup grated mild cheese |

Preheat oven to 350°. Cook beans until tender in small amount of water. Drain if necessary. Lightly brown mushrooms in butter. Reserve several mushrooms for garnishing. Blend flour into butter and mushrooms. Add cream, milk and seasonings. Cook until thickened and smooth, stirring constantly. Fold in beans, ham, and pimienta. Pour into a buttered 2 quart casserole. Top with reserved mushrooms and sprinkle with grated cheese. Bake for 20 minutes or until browned. Serves 6 - 8.

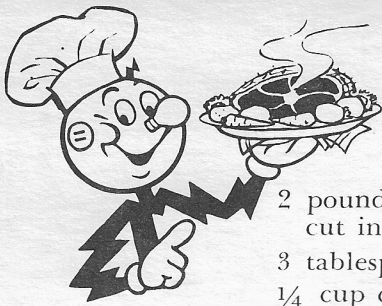
ROAST ROCK CORNISH GAME HENS

Season Cornish game hen - inside and out with salt and pepper. Insert hens on spit and fasten securely. Brush with melted butter. Roast on spit for 60 to 90 minutes. During last 15 minutes of roasting, baste several times with mixture of 1/4 cup canned condensed consomme and 1/4 cup light corn syrup. One Cornish hen serves one person.

THREE-CHEESEBURGER BAKE

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| 2 ounces sharp process cheese, cubed | 1/8 teaspoon garlic salt |
| 1 slice bread, torn in pieces | 1 cup packaged precooked rice |
| 2 pounds ground beef | 1/3 cup milk |
| 1 15-ounce can tomato sauce | 1 cup cream-style cottage cheese |
| 1/2 small onion, cut in pieces | 1 3-ounce package cream cheese, cubed |
| 1 teaspoon sugar | 1/2 small green pepper, cut in pieces |
| 1 teaspoon salt | |

Preheat oven to 350°. Put cheese and bread in blender. Blend till chopped; reserve. In skillet brown beef; pour off fat. Put next 5 ingredients in blender; blend till onion is chopped. Add to beef. Add rice. Put next 3 ingredients in blender; blend until smooth. Add pepper; blend till chopped. Put half of meat in an 8 x 8 x 2-inch baking dish. Pour cheese mixture over. Top with meat. Cover; bake at 350° for 35 to 40 minutes. Uncover; top with cheese and crumbs. Bake to melt cheese. Serves 6 - 8.



HAWAIIAN BEEF SUPPER

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| 2 pounds boneless beef chuck,
cut into 1½ inch cubes | 1 beef bouillon cube |
| 3 tablespoons shortening | ¼ cup brown sugar |
| ¼ cup chopped onion | ¼ cup vinegar |
| 1 clove garlic, minced | 2 tablespoons cornstarch |
| 1 teaspoon salt | 1 tablespoon molasses |
| ½ teaspoon ginger | 1 package frozen cut green beans,
cooked and drained |
| 1 can (1 pound, 4½ ounces)
pineapple chunks | 2 bananas, cut into ¾ inch slices |
| Water | 2 tablespoons honey |
| | ½ cup toasted coconut |

Brown beef cubes in shortening. Add onion, garlic, salt and ginger; cook slowly until onion is tender. Drain pineapple and save the syrup. Add water as needed to syrup to make 2 cups of liquid. Add ½ cup liquid to meat. Cover; cook meat slowly until fork-tender — about 2 hours. Combine remaining 1½ cups liquid, bouillon cube, sugar, vinegar, cornstarch and molasses in a small saucepan. Cook, stirring constantly, until thickened. Arrange meat in mounds on opposite sides of a large flame-proof serving dish. Arrange green beans and pineapple between meat mounds. Drizzle sauce over meat, pineapple and beans. Cover and heat at 350° for 10 to 15 minutes. Dip banana slices in honey and roll in coconut; add to serving dish and heat through about 5 minutes. Serves 6.

STUFFED PEPPER CASSEROLE

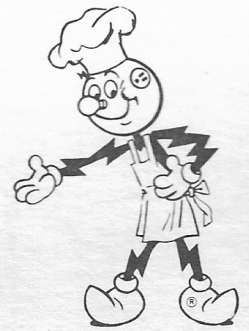
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| 6 medium green peppers | 1 teaspoon dried basil leaves |
| 2 tablespoons butter or margarine,
melted | 1 teaspoon dried oregano leaves |
| ½ cup chopped onion | 2½ teaspoons salt |
| ½ cup chopped celery | ½ teaspoon pepper |
| 1 1-pound 3-ounce can tomatoes | 1 egg |
| 1 8-ounce can tomato sauce | 1 teaspoon Worcestershire sauce |
| 1 clove garlic, crushed | 1½ pound ground chuck |
| | 1½ cups cooked white rice |

Preheat oven to 350°. Cut off tops of peppers; remove ribs and seeds. Chop edible portion of tops; set aside. Wash peppers. Place peppers in a large kettle with 2 quarts salted water. Bring to boiling; cover; reduce heat, and simmer 5 minutes. Drain peppers; set aside. In hot butter in medium skillet, saute chopped green pepper, onion, and celery until tender — 3 to 5 minutes. Add tomatoes, tomato sauce, garlic, basil, oregano, 1½ teaspoons salt, and ¼ teaspoon pepper. Simmer, uncovered, 10 minutes. Meanwhile, in large mixing bowl, combine egg, remaining salt and pepper, and Worcestershire sauce. Beat with spoon to blend. Add chuck, rice, and 1 cup of tomato mixture, mixing well. Stuff peppers with meat mixture. Place in a 3-quart casserole. Pour remaining tomato mixture over peppers. Bake, uncovered, 1 hour. Serves 6.

SEAFOOD IMPERIAL

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| 1 can cream of mushroom soup | 1/4 cup almonds |
| 1/2 cup light cream | 1 cup shredded Swiss cheese |
| 7 3/4 ounce can crab meat,
flaked and drained | 1 tablespoon cooking sherry |
| 4 1/2 ounce can shrimp, drained | 1 can refrigerated biscuits |
| | 2 tablespoons parsley flakes |

Preheat oven to 400°. Combine soup, cream, crab meat, shrimp and almonds; heat. Add Swiss cheese and sherry, stirring until cheese melts. Pour into ungreased 2 - quart casserole. Separate dough into 12 biscuits, coat rounded edge with parsley flakes. Place biscuits on top of seafood mixture. Bake for 12 - 16 minutes, until biscuits are golden brown. Serves 6.



HOT CHICKEN CASSEROLE

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| 2 cups chopped cooked chicken
or canned chicken | 3/4 teaspoon salt |
| 2 cups chopped celery | 5 tablespoons lemon juice |
| 1/2 cup chopped pecans or
blanched salted almonds | 1/2 teaspoon
monosodium glutamate |
| 1/3 cup chopped green pepper | 3/4 cup mayonnaise |
| 2 tablespoons minced onion or
1 tablespoon grated onion | 2 cups crushed potato chips |

Preheat oven to 350°. Blend all ingredients except potato chips; turn into a buttered 1 1/2 quart casserole. Top with potato chips. Bake for 25 minutes or until ingredients are hot throughout. Serves 4 - 6.

CHICKEN MARENGO

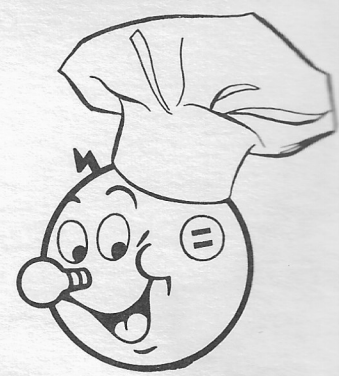
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| 1 can tomato soup | 3 tablespoons oil |
| 1 can golden mushroom soup | 4 onions, quartered |
| 3 pounds chicken, cut up | 1/8 teaspoon garlic powder |

In large skillet, brown chicken in oil; pour off excess fat. Stir in remaining ingredients. Cover; simmer 45 minutes or until tender. Stir occasionally. Uncover; cook until desired consistency. Serves 6.

STUFFED HAM SLICES

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| 2 cups soft bread crumbs | 1/4 cup butter or margarine |
| 1/2 cup raisins | 2 slices ham, cut 1/2-inch thick |
| 1/2 cup chopped peanuts | Cloves |
| 2 tablespoons dark corn syrup | 1 can raisin pie filling (opt.) |
| 1/2 teaspoon dry mustard | |

Preheat oven to 300°. Combine all ingredients except ham, cloves and pie filling. Place one slice ham in shallow baking pan; spread stuffing over ham. Top with second slice ham; stick whole cloves in fat. Bake for 1 hour. Before serving, spread one can raisin pie filling on top if desired. Garnish with fresh parsley and fresh orange slices. Serves 6.



PORK CHOPS DELICIOUS

6 pork chops
1 teaspoon salt
1/8 teaspoon pepper
1 cup water

1 6-ounce can tomato paste
1 onion, coarsely chopped
1/8 teaspoon garlic powder
1/2 cup of ripe olives, pitted

Brown pork chops in large skillet. Season chops with salt and pepper. Place remaining ingredients in blender container. Cover, blend a few seconds to mince coarsely. Pour sauce over meat in skillet. Cover and simmer 45 minutes. Serves 6.

SMOTHERED PORK CHOPS

6 lean pork chops
2 tablespoons flour
Salt and pepper to taste
1 can cream of mushroom soup
3/4 cup water
1/2 teaspoon thyme

1/2 teaspoon ginger
1/4 teaspoon crushed rosemary
1 teaspoon parsley flakes
1/2 cup sour cream
1 3 1/2-ounce can French-fried onions

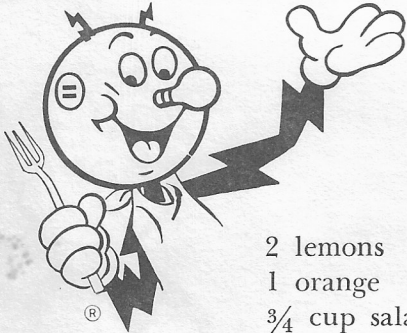
Préheat oven to 350°. Brown chops; arrange in baking dish. Sprinkle with flour, salt and pepper. Combine soup, water and seasoning. Heat; add parsley, sour cream and one-half of the onions. Mix thoroughly. Pour over chops. Cover and simmer or bake, as desired, for 1 hour or until tender. Remove cover; sprinkle remaining onions over chops. Bake for 5 minutes. Serves 4 - 6.

FAMILY FAVORITE CITRUS PORK CHOPS

6 loin pork chops
Salt
Pepper
2 eggs
3 tablespoons milk
Cracker meal or finely crushed corn flakes
1/2 cup shortening

2 tablespoons brown sugar
2 lemons, thinly sliced
1 orange, sliced into cartwheels
2 8-ounce cans tomato sauce
1 teaspoon Worcestershire sauce
Dash hot sauce, if desired
Steamed rice or noodles

Preheat oven to 350°. Season pork chops on both sides with salt and pepper. Beat eggs with milk; dip chops into egg batter, then in cracker meal to coat completely. Brown chops on both sides in shortening. Place chops in a single layer in a shallow baking dish. Top each with 1 teaspoon brown sugar and several overlapping lemon and orange slices. Combine tomato sauce with Worcestershire sauce and hot sauce and pour over chops. Bake for 45 minutes or until tender. Serve with hot rice or noodles. Serves 6.



SPANISH STEAK MARINADE

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| 2 lemons | 2 green onions, coarsely chopped |
| 1 orange | Salt |
| $\frac{3}{4}$ cup salad oil | Pepper |

Cut lemons and orange into thick slices. Heat in $\frac{3}{4}$ cup oil with green onions until fruit rinds are brown (about 5 to 8 minutes). While the fruit is heating, press the juice from it with a wooden spoon.

To marinate steak, pierce meat all over with fork, pour mixture over meat and sprinkle with salt and pepper. Let stand at least 4 to 5 hours.

Broil steak as desired.

CHICKEN DIVAN

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| 2 packages (10 ounce) frozen broccoli | $\frac{1}{2}$ teaspoon salt |
| 2 whole broiler-fryer breasts, cooked | 1 cup chicken stock |
| 3 tablespoons butter | 1 cup evaporated milk |
| 4 tablespoons flour | $\frac{1}{2}$ cup grated process American cheese or 4 cheese slices |

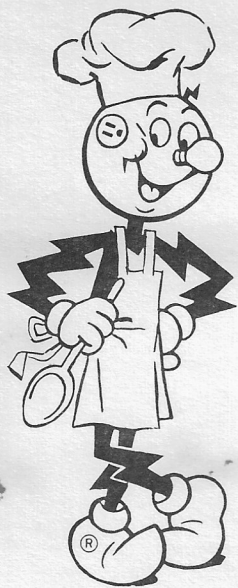
Preheat oven to 375°. Cook broccoli according to package directions, just until tender; drain. Place broccoli in a shallow baking dish. Cut each chicken breast in half. Place over broccoli. Melt butter; add flour and salt; stir to a smooth paste. Combine chicken stock and evaporated milk. Gradually add to flour mixture and cook, stirring constantly, until mixture thickens and comes to a boil. Remove from heat; add cheese and stir until melted. Pour over broccoli and chicken. Bake in oven 20 minutes, or until heated through. Serves 4.

BEEF AND BISCUIT PIE

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| $\frac{1}{2}$ cup chopped onion | 2 teaspoons Worcestershire sauce |
| 1 tablespoon margarine | $\frac{1}{4}$ cup crisp rice cereal, crushed |
| 2 13-ounce cans sliced beef in gravy | $\frac{1}{2}$ teaspoon sesame seed |
| 1 1-pound can sliced carrots, drained | $\frac{1}{8}$ teaspoon salt |
| 2 tablespoons snipped parsley | 1 package refrigerated biscuits |
| | Milk |

Preheat oven to 425°. Cook onion in margarine till tender but not brown. Add meat and gravy, carrots, parsley, and Worcestershire sauce. Heat till bubbly. Thicken with flour and water, if necessary. Pour into a 2 - quart casserole.

Mix cereal, sesame seed, and salt. Brush tops of biscuits with milk; then dip in cereal mixture. Arrange biscuits atop hot meat. Bake for 10 to 12 minutes or till biscuits are done. Serves 6.



NEW ORLEANS BAKED FISH

2 cups milk
2 tablespoons flour
2 tablespoons butter
Salt and pepper to taste
6 fish fillets

Dried parsley
1 pound cooked shrimp,
cut into small pieces
½ pound canned crab meat,
cut into small pieces

Preheat oven to 450°. Make a white sauce with milk, flour, butter and seasonings. Prepare six squares of heavy paper or aluminum foil, making a French fold in the centers. Place a fillet on each piece of paper or foil. Sprinkle with parsley. Add shrimp and crab meat to white sauce; spread over fillets. Wrap each fillet; seal ends tightly. Place on cookie sheet. Bake for 15 minutes. Unfold paper; tuck under fish. Serve in paper. Serves 6.

BAVARIAN WIENER BAKE

1 pound frankfurters
1 can cream of mushroom soup
½ cup mayonnaise
1 teaspoon caraway seed
2 cups or a pound can sauerkraut,
well drained

4 cups diced cooked potatoes
½ cup buttered bread crumbs
¼ teaspoon paprika

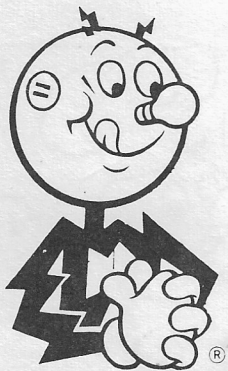
Preheat oven to 350°. Half four franks and set aside; slice the remaining franks into ¼ inch thick slices. Mix soup and mayonnaise. Combine the sliced franks with half of the soup mixture, the caraway seed, and sauerkraut. Spread this mixture in a baking dish 11½ x 7 x 11½ inches, or a 2½ quart casserole. Stir the remaining soup mixture into the potatoes. Arrange the potatoes around the edge of the dish. Combine the bread crumbs and paprika; sprinkle over the potatoes. Place the 4 halved franks in a pattern in the center. Bake 30 minutes or until hot. Serves 6.

STEAK SICILIANO

2½-pound boneless round steak
cut 1½ inches thick
Unseasoned meat tenderizer
1 cup dry red wine
¼ cup chopped onion
1 clove garlic, minced
2 tablespoons prepared
horseradish

2 tablespoons minced parsley
2 tablespoons prepared mustard
2 tablespoons butter or margarine
1 tablespoon Worcestershire sauce
1 tablespoon sugar
1 teaspoon salt
¼ teaspoon leaf oregano
¼ teaspoon pepper

Sprinkle the steak with tenderizer and follow directions on container for tenderizing beef. Let stand at room temperature for 1 hour. Combine remaining ingredients in saucepan and heat to boiling. Cool to room temperature. Pour sauce over steak and refrigerate for 4 to 5 hours. Turn several times while chilling. Strain sauce, keeping solids and liquid separate. Broil steak on one side, basting with liquid. Turn, spread with reserved solids from sauce, and broil until done to taste — 5 minutes each side for rare; 7 minutes for medium rare; 8 minutes for medium. Serves 6.



ORIENTAL SKILLET

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| 1 pound ground beef | 1½ cup water |
| ½ cup chopped onion | 2 tablespoons cornstarch |
| 1 16-ounce can chop suey vegetables, drained | 1 teaspoon sugar |
| 1 cup frozen peas | ½ teaspoon ground ginger |
| 1 cup sliced celery | ¼ cup of soy sauce |
| ½ cup chopped green pepper | Chow mein noodles |

In a large skillet, cook ground beef and onion till meat is lightly browned. Add chop suey vegetables, peas, celery, green pepper, and water. Simmer, covered, 5 to 7 minutes, stirring occasionally. Blend together cornstarch, sugar, and ginger; gradually stir in soy sauce. Add to beef mixture; cook and stir till thickened and bubbly. Serve with chow mein noodles. Serves 4 - 5.

SAVORY NOODLE BAKE

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| 1 cup medium noodles | ½ cup cream-style cottage cheese |
| ½ cup chopped onion | ½ teaspoon salt |
| 1 tablespoon margarine | ⅛ teaspoon pepper |
| ½ pound (4 or 5) frankfurters, thinly sliced | 1 tablespoon parsley flakes |
| 3 slightly beaten eggs | ½ cup cornflake crumbs |
| 1 cup dairy sour cream | 1 tablespoon melted margarine |

Preheat oven to 375°. Cook noodles according to package directions; drain. Cook onions in 1 tablespoon margarine until tender but not brown. Set aside a few frankfurter slices for garnishing. Combine remaining frankfurter slices, noodles, onions, eggs, sour cream, cottage cheese, salt, pepper and parsley flakes. Pour mixture into greased 9-inch pie plate.

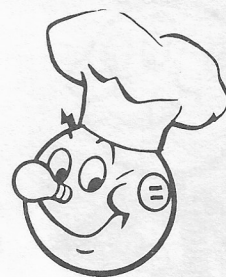
Mix cornflake crumbs and 1 tablespoon melted margarine, sprinkle over top of noodle mixture. Bake for 20 minutes; garnish with remaining frank slices and bake 5 minutes longer. Let stand 10 minutes. Cut in wedges. Serves 4 - 6.

ORANGE - GLAZED HAM 'N PINEAPPLE

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| ¼ cup frozen orange juice concentrate | 1 teaspoon dry mustard |
| ¼ cup cooking sherry | 1 1-inch slice fully cooked ham |
| | 4 to 6 canned pineapple slices |

Combine first 3 ingredients for sauce, brush on ham. Broil 6 to 8 minutes on each side or till browned, basting frequently. Last few minutes, broil pineapple slices 2 to 3 minutes on each side or till browned, basting frequently with sauce. Serves 4 - 6.

PARTY MEAT BALLS WITH DUNKY SAUCE



1 pound ground lean beef
1/2 cup corn flake crumbs
1/2 cup evaporated milk
1/4 cup finely cut onion
1/4 cup catsup or chili sauce
1 tablespoon Worcestershire sauce
1 tablespoon salt
1 teaspoon pepper

SAUCE:
1 8-ounce can tomato sauce
1/2 cup catsup
2 tablespoons brown sugar
2 tablespoons finely cut onion
2 tablespoons pickle relish, drained
2 tablespoons water
2 tablespoons Worcestershire sauce
1 tablespoon vinegar
Few grains pepper

Preheat oven to 400°. Mix first 8 ingredients well in a 2-quart bowl. With wet hands shape meat ball mixture into 36 small meat balls using about a teaspoon for each. Place in a 13 x 9 x 2-inch pan. Bake for 12 to 15 minutes or until brown. Serve with Dunky Sauce.

Sauce: Mix all of the sauce ingredients listed in a 2-quart saucepan. Heat until it is steaming.

ROTISSERIED RUMP ROAST WITH BARBECUE SAUCE

2 cans (8 ounce each) tomato sauce
1/2 cup brown sugar
1 cup water
1/2 cup vinegar
1 cup chopped onion

1 clove garlic, minced
2 teaspoons chili powder
1/2 teaspoon salt
1/2 teaspoon pepper
2 teaspoons Worcestershire sauce
5 to 8 pound rump roast

Combine first 10 ingredients in sauce pan. Tie roast securely. Thread meat onto spit exactly through the center. Make sure the roast is balanced on the spit to insure smooth turning. Attach spit to the rotisserie motor and start motor. Roast to desired degree of doneness over an electric element. Allow 15 to 20 minutes per pound of meat for rare beef, 20 to 25 minutes per pound for medium, and 25 to 30 minutes per pound for well done meat. Brush surface of roast with barbecue sauce 2 or 3 times during the last 20 minutes of roasting. Slice and serve with additional barbecue sauce. Serve 12 - 15.