

METROPOLITAN EDISON COMPANY

Surface

Beef Stew

Heavenly Hash

Oven

Roast chicken - Cranberry Glaze

Carrots Apricot

Green Beans with Mushrooms

Pecan Pie

Broiler

Ham Slice

Pineapple Sweet Potatoes

Date Cake with Broiled Icing

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Beef Stew

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|---------------------------------|----------------------|
| 1 lbs. stewing beef, cubed | 1 c. cooked tomatoes |
| 2 Tb. fat | 1 c. mushrooms |
| $1\frac{1}{2}$ tsp. salt | 4-5 potatoes |
| $\frac{1}{2}$ c. chopped onions | 1 bay leaf |
| 1 c. sliced carrots | Seasonings to taste |
| $\frac{1}{2}$ c. chopped celery | |

Brown beef cubes in hot fat, add other ingredients, cover with water. Put lid on pan and cook 1 hour.

Heavenly Hash

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|--|--|
| 2 c. cooked rice | $\frac{1}{4}$ c. chopped maraschino cherries |
| 1 c. drained, crushed pineapple | $1\frac{1}{2}$ c. miniature marshmallows |
| $\frac{1}{2}$ c. coarsely chopped nuts | 1 c. heavy cream whipped |
| $\frac{1}{3}$ c. sugar | |

Cook rice, add remaining ingredients except for cream. Let mixture cool. Whip cream and fold into rice, chill thoroughly before serving. Makes 6-8 servings.

Roast Chicken - Cranberry Glaze

Stuff and truss chicken, using your favorite stuffing. As chicken roasts, brush with the following glaze which has been heated:

- 1 c. strained cranberry sauce
- 1 Tb. lemon juice

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Glazed Carrots

- 12 medium carrots
- 2 Tb. butter
- $\frac{1}{2}$ tsp. salt
- 1 c. apricot nectar

Clean carrots and place in baking dish; dot with butter & salt. Pour juice over carrots and cover dish. Bake $1\frac{1}{2}$ hours with oven meal (350°F).

Oven Baked Frozen Vegetable

Put 2 Tb. butter and $\frac{1}{2}$ tsp. salt on top of block of frozen vegetable. Wrap in aluminum foil, sealing edges. Cook with oven meal.

Pecan Pie

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|------------------------|--------------------------------|
| 1 c. pecans | $\frac{1}{8}$ tsp. salt |
| 3 eggs | $\frac{1}{8}$ tsp. vanilla |
| $\frac{1}{2}$ c. sugar | $\frac{1}{4}$ c. melted butter |
| 1 c. dark corn syrup | |

Lay nuts on bottom of unbaked crust. Beat eggs, add sugar, salt, syrup, vanilla and melted butter. Pour mixture over pecans. Bake 1 hour, at 350°.

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Date Cake with Broiled Icing

Cake -

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|-----------------------|--------------------------------|
| 1 c. chopped dates | 1 egg |
| 1 c. boiling water | 1½ c. sifted all-purpose flour |
| 1 tsp. soda | 1 tsp. salt |
| 1 c. granulated sugar | 1 tsp. vanilla |
| ½ c. shortening | |

Place chopped dates in small mixing bowl, add soda and 1 c. boiling water. Let stand while mixing batter. Cream shortening and sugar together until light and fluffy, add egg and beat again. Add flour and salt alternately in thirds with the mixture of water, soda and dates. Add vanilla. Pour into greased 9 X 9 X 2 inch cake pan. Bake at 350° for 50 minutes.

Icing -

4 Tb. melted butter
½ c. brown sugar
2 Tb. milk
1 c. shredded coconut

Melt butter, add sugar, milk and coconut. Mix well. Cover baked cake with icing, making sure to cover edges of cake. Place pan under broiler and broil 3 minutes or until coconut is lightly browned.