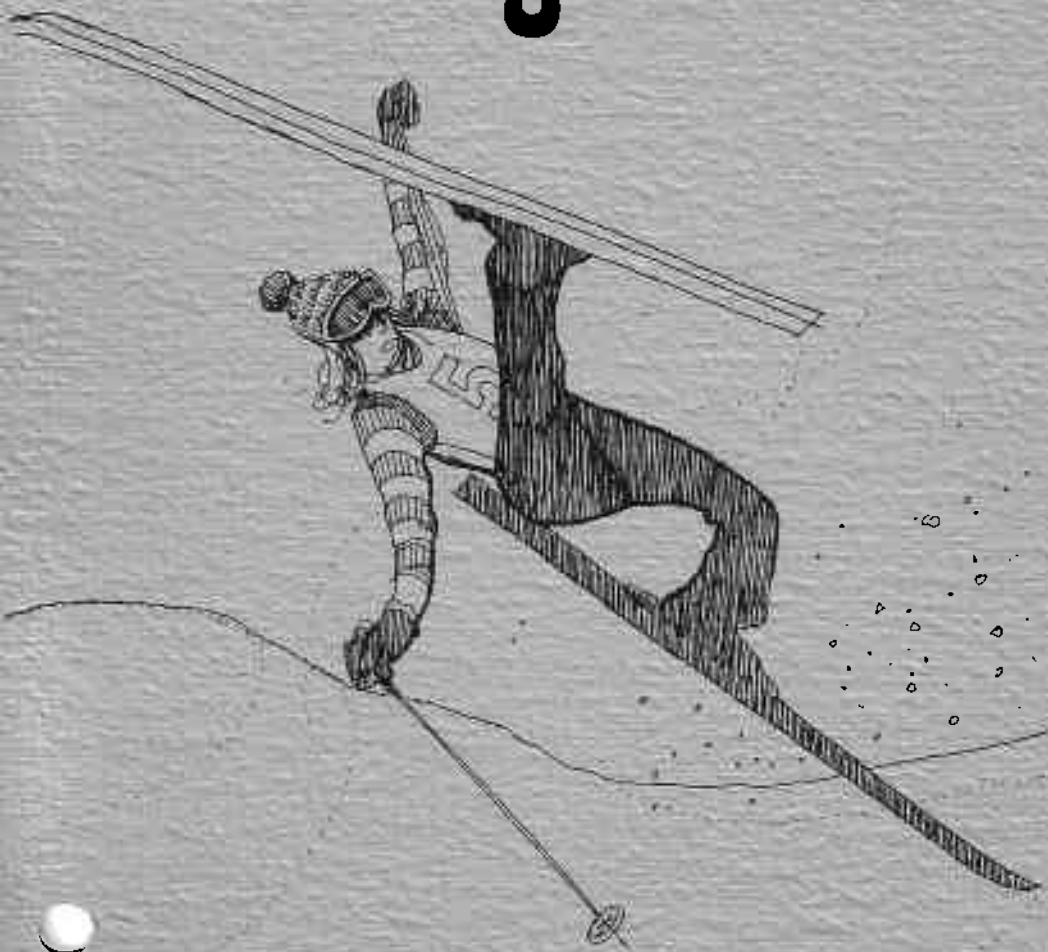




Vegetables



 CALICO BEANS 

8 slices bacon
4 medium onions, chopped
1 can green beans
1 can white lima beans or butter beans
1 can kidney beans
1 can (1 lb. 14 oz.) B&M pork and beans
3/4 cup dark brown sugar
1/2 cup vinegar
1/2 t garlic salt
1/2 t dry mustard
pepper to taste

Fry bacon until crisp. Drain and crumble. Saute onion in bacon drippings until it is transparent. Drain onions. Drain green beans and lima or butter beans. Combine these with kidney beans and pork and beans undrained. Add onion and bacon. Combine brown sugar, vinegar, garlic salt, mustard and pepper. Add to bean mixture. Mix well. Bake uncovered in 3-qt. casserole at 350 for one hour. Mixture freezes nicely either before or after it has been cooked. Feeds 12 to 16 regular people - only 12 when they are hungry skiers!

Dorothy Mason

 ❁ BARBEQUED GREEN BEANS ❁

1 medium onion, chopped
 4 slices bacon, chopped
 2 No. 303 cans French cut green beans
 3/4 cup catsup
 Salt and pepper to taste
 1/3 cup brown sugar
 1 1/2 t prepared mustard
 1/4 t liquid smoke

Fry onion and bacon together. Remove from heat. Add remaining ingredients, including half (or less) of bean liquid. Put into a greased casserole. Cover and bake for 1 hour at 350. Serves 6. May be mixed and frozen, then cooked or frozen after cooking. Also handy to prepare and refrigerate the night before needed. Just as good without bacon.

Lois Rose

 ❁ WILD, RICE AND BARLEY CASSEROLE ❁

1/3 to 1/2 cup butter
 1 medium onion, chopped (1/2 cup)
 1 can mushroom pieces (4 oz.)
 3 cups chicken stock or 24 oz. can,
 or bouillon cubes
 1/2 cup uncooked wild rice
 1/2 cup uncooked barley

Melt butter in small skillet. Add onion and drained mushrooms, reserving liquid. Cook and stir until onion is barely cooked. Combine onion-mushroom mixture, reserved liquid, and remaining ingredients in 2-qt. casserole, blending well. Cover and bake at 325 for 1 1/2 hours. Uncover and garnish with parsley and celery leaves (snipped). Serves 6.

Janet Marx

 ❁ BROCCOLI SOUFFLE ❁

- 2 pkgs. frozen, chopped broccoli, cooked,
drained and cooled
- 2 well-beaten eggs
- 1 can cream of mushroom soup
- 1 cup mayonnaise
- 1 T chopped onion
- Dash pepper
- 1 cup grated sharp cheese

Combine all ingredients except cheese. Put in greased casserole, sprinkle with cheese, and bake 45 minutes at 350. Serves 6.

Marilyn Clark

 ❁ CREOLE PEAS ❁

- 1 onion, chopped
- 1 green pepper, chopped
- 1 T Worcestershire sauce
- 1 can tomato sauce
- 1 can green peas or 1 pkg. frozen
- Salt and pepper to taste
- 1 cup white sauce or 1 can cream of mushroom
soup
- 2 hard-boiled eggs (if desired), chopped

Saute onion and green pepper in bacon grease or fat. Pour in tomato sauce, Worcestershire, salt, pepper, and green peas. Simmer on top of stove. Add white sauce and eggs. Pour into buttered baking dish and cook for 1 hour in moderate oven. Serves 4.

Bette Walker

 * GERMAN RED CABBAGE *

2-2 1/2 lbs. red cabbage, shredded
 2/3 cup red wine vinegar
 2 T sugar
 2 t salt
 2 T bacon fat
 2 medium apples, peeled and sliced
 1/2 cup onion, finely chopped
 1 whole onion stuck with 2 cloves
 2 small bay leaves

Sprinkle cabbage with vinegar, sugar and salt; set aside. In a Dutch oven, melt bacon fat and saute apples and onion for 5 min. Add cabbage, whole onion, bay leaves and one cup water. Cover tightly; simmer 1 1/2-2 hours. Stir occasionally. If too dry, add boiling water, 1 T at a time. When tender, there should be no water left.

Pat Cope

 * MUSTARD CABBAGE *

1 small head red cabbage, shredded
 3 T butter
 1/2 cup sugar
 1/2 cup vinegar
 1 T flour
 1 T dry mustard
 1 beaten egg
 Salt and pepper

Boil cabbage in salted water until barely tender. Drain; add butter, sugar and vinegar. Mix flour and mustard with a little water and add to egg. Add to cabbage and cook until thickened. Season with salt and pepper.

Pat Cope

 FAR EAST CELERY

- 4 cups celery, cut in 1-in. pieces
- 1 5-oz. can water chestnuts, drained
and thinly sliced
- 1 can condensed cream of chicken soup
- 1/2 cup diced pimiento
- 1/2 cup soft bread crumbs
- 1/4 cup toasted almonds
- 2 T butter

Cook celery in small amount of boiling water until crisp (about 8 min.). In 1-qt. casserole mix celery, water chestnuts, soup and pimiento. Toss bread crumbs with almonds and butter. Sprinkle over casserole. Bake at 350 for 35 minutes or until hot. May be prepared ahead of time and refrigerated until time to bake.



Janet Marx

 CHINESE ZUCCHINI

- 2 lbs. squash
- 1/2 lb. mushrooms
- 2 T soy sauce
- 1 t salt, pepper to taste
- 4 T cooking oil
- 1/2 cup water

Slice mushrooms; saute in 2 T oil. Cut squash very thin. Have 2 T oil hot and stir squash in oil 2 minutes. Add salt, pepper, soy sauce, and water and stir 5 minutes. Add mushrooms. Serve.



Bette Walker

 EGGPLANT WITH ENGLISH WALNUTS 

- 2 t garlic, minced
- 1 medium onion, chopped
- 4 T olive oil
- 1/2 lb. mushrooms, sliced
- 1 1/4 lb. eggplant, pared and coarsely
diced
- Salt to taste
- 2 t curry powder
- 1/2 t ground cardamon
- 3 large tomatoes (or 1 1/2 cups canned)
- 2 T lemon juice
- 3/4 cup chopped walnuts
- 4 T chopped parsley

Saute garlic and onion in 1 T olive oil. Add mushrooms. Cook covered 3-4 minutes. Add eggplant and seasonings and simmer 5-10 minutes. Stir in tomatoes. Heat and add lemon juice, 3 T olive oil, walnuts and parsley. May be served hot or cold as an hors d'oeuvre or a main dish.

Dorothy Mason

 EGGPLANT PATRICE 

- 1 small eggplant
- 4 medium tomatoes, sliced
- 2 medium green peppers, chopped
- 2 medium onions, chopped
- Seasoning (salt, pepper, garlic salt, sugar, monosodium glutamate)
- 3/4 lb. sharp cheddar cheese, sliced 1/8 in. thick

Slice unpeeled eggplant about 1/4-inch thick. Parboil until partially tender. Place layer of eggplant slices in large casserole. Add a layer of sliced tomatoes. Fill spaces with a mixture of chopped green peppers and onions. Sprinkle lightly with each of the seasonings. Add a layer of cheese. Repeat until casserole is filled, ending with cheese. Cover; bake at 400 until steaming (about 1/2 hour). Remove cover, reduce heat to 350, cook until eggplant is tender and sauce thick and golden (about 1/2 hour). Makes 6 servings.

Rosemary Soler

 RATATOUILLE 

1/2 lb. eggplant, peeled and cut into strips 3 x 1 in.
1/2 lb. zucchini, cut into similar strips
2 green peppers, cut in strips
1/2 cup chopped onion
2 cloves garlic, minced
2 tomatoes, peeled, seeded and sliced
2 T oil
1 t dried basil or 1 stalk fresh and leaves
Salt and pepper to taste

Cook onion and garlic in oil until tender.
Add eggplant and zucchini and mix well. Add green pepper and seasonings. Simmer until vegetables are almost tender.

Add tomatoes and cook 15 minutes more, basting frequently with cooking liquids. Serve hot or cold. Serves 6. 85 calories.

Not quite as good as the Julia Child rendition, but much easier. Quantity is not great.....
I used 2 small eggplant, red bell peppers, mushrooms sauteed in butter and parsley.

Virginia Larson

 RATATOUILLE

Olive oil
 1/2 lb. zucchini
 1 medium eggplant
 1/2 lb. yellow onions
 2 green peppers
 2 cloves garlic, mashed
 1 lb. red ripe tomatoes (due to season, I
 used a large can of Italian pear
 tomatoes)
 Parsley, basil, salt and pepper

Wash and slice zucchini in about 1/4 In. slices.
 Peel and cut eggplant lengthwise resembling
 fat french fries. Place in a bowl and toss
 with a teaspoon of salt. Let stand for 1/2
 hour. Slice onions, cut peppers into strips,
 peel, seed and chop the tomatoes, squeezing
 out the juice. Dry zucchini and eggplant on
 paper towels. Saute in hot olive oil one layer
 at a time until lightly browned, then set aside.
 Saute onions and peppers slowly until almost
 tender. Add garlic, salt and pepper, and place
 tomatoes on top. Simmer covered for about five
 minutes. Remove cover and turn up heat to boil
 off almost all of the juices. Place alternate
 layers of 1/3 of each mixture into a casserole.
 sprinkling with parsley and a little basil.
 Baste with the olive oil and juices from the
 skillet. Place uncovered in a 325 oven for
 15 min., then tip and baste again with juices.
 It may now be served hot, or cooled down to
 room temperature. It is excellent reheated
 later.

The most important thing is to NOT overcook,
 but to allow vegetables to retain their texture
 and character. The olive oil imparts its dis-
 tinctive flavor.

Billie Pease

 SQUASH CASSEROLE 

- 1 1/2 lbs. yellow squash, cooked, drained
and mashed (or zucchini)
- 1 can cream of chicken soup
- 1 cup sour cream
- 1 small onion, grated
- 1 jar sliced pimiento
- 1 stick butter
- 1 pkg. Pepperidge Farm corn bread stuffing

Combine first five ingredients. Melt butter; add corn bread stuffing. Place layer of stuffing in bottom of 2 qt. casserole. Add all squash mixture. Top with rest of stuffing. Bake 30 minutes at 350. Freezes well. Serves 8-10.

Dorothy Mason

 SPANISH CASSEROLE 

- 2 lbs. cottage cheese
- 2 pkgs. chopped frozen spinach, cooked
and drained
- 6 eggs, beaten lightly
- 1 T flour
- 1/2 lb. Velveeta cheese, cut in pieces
- 1 stick of margarine.

Mix together. Bake in ungreased casserole at 350 for one hour. Serves 12.

Dorothy Mason

 SPINACH AND ARTICHOKE CASSEROLE

- 1 10-oz. pkg. artichoke hearts, defrosted
- Salt and freshly ground pepper
- 4 T butter, melted
- 2 10-oz. pkgs. spinach, defrosted, chopped and drained
- 8 oz. cream cheese, softened
- 1/2 cup whipping cream
- 1/2 cup Parmesan cheese

Arrange artichokes side by side in a shallow casserole. Season with salt and pepper, then drizzle butter over them. Spread spinach over artichokes. Whip cream cheese and stir in cream and Parmesan. Spread over spinach. Bake, covered, in a 350 oven for 20 minutes. Remove cover and cook 10 minutes more. If browned topping is desired, run under broiler briefly. Serves 8.

Charlotte Reith

 SPINACH AND ARTICHOKE CASSEROLE

- 1 can artichoke hearts
- 2 10-oz. pkgs. chopped frozen spinach
- Minced onion, mixed with spinach (optional)
- 1 stick margarine
- 1 8-oz. pkg. cream cheese
- Wheat germ or buttered bread crumbs

Quarter drained artichokes and put in shallow casserole. Cook spinach; drain well. Melt margarine and cream cheese together. Add spinach. Pour over artichokes. Sprinkle wheat germ or crumbs on top. Place in 350 oven for 30 minutes. Freezes well

Gail Gell

 SWEET POTATO CASSEROLE 

2 1/2-3 lbs. sweet potatoes or yams,
cooked and peeled (about 6 cups)

2 eggs

3/4 cup brown sugar

1/2 cup melted butter

1 t salt

1 t cinnamon

1 cup pecan halves

Up to 1 cup orange juice

Assemble ingredients several hours before baking.

Mash potatoes. Beat in eggs, 1/4 cup brown sugar, 1/4 cup melted butter, and salt and cinnamon. If potatoes seem dry, beat in orange juice until moist and fluffy. Pour into 1 1/2-2 qt. casserole and refrigerate until ready to bake. Arrange pecans over top, covering top completely. Sprinkle with the remaining brown sugar and drizzle with remaining butter. Bake uncovered at 375 for 20 minutes.

Alice Swalm

 SWEET POTATO SOUFFLE 

2 1-lb. cans sweet potatoes (drained)
1 cup (1/2 to 1 cup) sugar
1/2 t salt
2 eggs
1/3 stick butter, melted
1/2 cup milk
1 t vanilla

Mix together above items thoroughly and pour into greased baking dish.

Topping: 1/2 cup brown sugar (packed)
1/3 cup flour
1 cup pecans
1/3 stick melted butter

Mix thoroughly and sprinkle over souffle.
Bake at 350 for 35 minutes uncovered - no more, no less.

Mary Engleman

 LEMON RICE

2 1/2 cups cooked rice
 1/2 t mustard seed
 1/4 cup clarified butter
 1/2 t ground coriander
 1/2 t red pepper
 3/4 cup chopped raw cashew nuts
 1/4 t crumbled saffron threads
 2 T lemon juice
 1 T minced parsley
 1 t salt

Saute mustard seed in butter in large, deep skillet for 30 seconds. Add cashews, coriander and pepper and saute until nuts are golden. Stir in cooked rice, saffron, lemon juice, parsley, and salt. Cover and cook over low heat for 5 minutes or until heated through. This is not a dish to be prepared ahead of time or reheated. The nuts become soggy.

Bette Walker

 SPAGHETTI SQUASH

1 medium size spaghetti squash
 Spaghetti sauce
 Parmesan cheese

Cut squash in half lengthwise; clean out seeds. Place cut side down in pot with 2 in. of water; cover and boil 20 minutes. Remove from pot and with fork scrape squash lengthwise into spaghetti lengths. Pour on your favorite spaghetti sauce; top with grated cheese and bake at 350 for 20 minutes. Serves 2.

Mary McCalla

 RICE WITH HERBS 

1 medium onion, chopped fine
1 cup rice
3/4 t basil
3/4 t marjoram
1/4 t thyme
1/4 t curry powder
1/2 t sage
1 t salt
2 cups chicken broth
1 T margarine

Saute onion in margarine for a few minutes.
Add uncooked rice, herbs and chicken broth.
Cover and cook until rice is done (about 40
minutes). Serves 6-8.

Helen Wiese

 BAKED RICE 

1 cup uncooked long grain rice
1 cup beef consomme, undiluted
1 cup cold water
1 medium onion, chopped
1/2 stick butter or margarine

Mix and put into greased casserole. Bake
1 1/2 hours at 350. Stir at 45 minutes.
Serves 4-6.

Marilyn Clark