

FOOD FORUM*

Dorothy Johnson

Budget-Wise Dinners

January, the month after Xmas when we have spent more cash and charged more than we intended.

The homemaker gives a lot of attention to prices, and when the food sections come out on Wednesday and Thursday, we look for the supermarket with the best values. You may dress up your cheaper cuts of meat that will give you nourishing meals with eye appeal and tantalize your family with meals they won't forget.

HAM CASSEROLE

2-1/2 c. mashed sweet potatoes (unseasoned), 2 c. diced cooked ham, 1 8 oz. can tomato sauce, 1 7-1/2 oz. can crushed pineapple, drained; 3 tbsp. butter or margarine, 1 tsp. brown sugar, 1 c. miniature marshmallows.

Combine all ingredients except marshmallows and place in a 2-quart casserole. Sprinkle surface with marshmallows. Bake at 350 deg. for 25 minutes.

CHEESE ENCHILADAS

3/4 lb. cheddar cheese shredded, divided; 3/4 c. minced green onion, 1/2 c. chopped ripe olives, 2 cans (10 oz. ea.) Ortega Enchilada sauce, 12 tortillas, dairy sour cream, optional.

Combine shredded cheese, green onion and chopped ripe olives, reserving a little of the green onion for garnish. Set mixture aside. Heat enchilada sauce and dip tortillas in it, one at a time. Remove from sauce.

Place a generous amount of filling mixture on each tortilla and roll. Arrange filled tortillas on a platter or in a baking dish, folded side down. Pour heated sauce over enchiladas and sprinkle with reserved cheese and green onion. Serve with dairy sour cream if desired.

DEED MEAT LOAF

1 lb. ground beef, 1 lb. ground veal or pork; 1/4 c. condensed tomato soup, 1 can condensed mushroom soup, 2 eggs slightly beaten, 1 onion, chopped fine; 1 c. bread crumbs, green pepper, if desired; 1/2 tsp. salt, 1/8 tsp. pepper.

Mix ingredients well, and place in a loaf pan which has been well greased. Bake for one hour, or until done at 350 deg. Serves 8.

HAMBURGER STROGANOFF

1/2 c. minced onion, 1 clove garlic, minced; 1/4 c. butter, 1 lb. ground beef, 2 tsp. flour, 1 tsp. salt, 1/4 tsp. pepper, 1 8 oz. can mushrooms, sliced; 1 (10-1/2 oz.) can cream soup, undiluted; 1 c. sour cream, 2 tsp. minced parsley.

Saute onion and garlic in butter over medium heat. Add meat and brown. Add flour, salt, pepper and mushrooms. Cook five minutes. Add soup to mixture. Simmer, uncovered, 10 minutes. Stir in sour cream. Heat through. Sprinkle with parsley. Serve with rice or noodles.

VEGETABLE OVEN MEDLEY

2 c. tiny cooked carrots, 1-lb. can green beans, drained; 10-oz. pkg. frozen peas, uncooked; 8-oz. can water chestnuts, drained and sliced; 1 green pepper, chopped, 3-oz. can cream of mushroom soup, 1 tsp. worcestershire sauce, dash hot pepper sauce, 2 c. cheddar cheese, grated, 1 heaping tbsp. brown sugar.

Drain canned carrots. Toss carrots, beans, peas, water chestnuts and green pepper in a 2-qt. casserole. Cover them with a sauce made by combining soup, worcestershire sauce, hot pepper sauce, and cheddar cheese. Sprinkle with topping of brown sugar. Bake uncovered in 350 deg. oven 30 minutes.

GREEN BEAN CASSEROLE

2 cans green beans, drained; 1 can mushrooms, 1/4 lb. melted butter, 1 c. sour cream, 1 tsp. sweet basil, salt and pepper, 1 can fried onion rings.

Combine ingredients except onion and bake in 350 deg. oven for 45 minutes. Remove from



REDDY KILOWATT'S Helpful Hints For The Homemaker

This delightful recipe came to us from the Dried Pea and Lentil Commission of Idaho and Washington. The recipe will feed ten hungry appetites; or if you don't need that much, uneaten soup may be frozen for future use. A portable electric saucepan would be an ideal appliance to cook the soup in, so that it could be kept warm indefinitely and served directly from the appliance.

SPLIT PEA SOUP

(use this basic recipe for Lentils and Whole Dry Peas too)

1 pound (2 1/3 cups) green or yellow split peas or lentils, washed.	3/4 cup diced raw carrots
8 cups cold water	1 large bay leaf
1 meaty ham bone	1 tsp. salt
3/4 cup chopped onion	1 fat garlic clove, if desired
3/4 cup diced celery	

Combine ingredients in electric saucepan with a tight fitting lid. Bring water to a boil. Cover. Reduce heat. Simmer for 2 hours, stirring occasionally. Split peas and lentils require no soaking. Dry whole peas should be soaked. Sometime try 2/3 green and 1/3 split peas. Remove ham bone. Take off meat; cut in pieces and add to soup, NOT sieved, but stirred well. Take out bay leaf before serving or freezing.

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oven and sprinkle fried onion rings over top. Return to oven for 10 minutes.

GRITS AND CHEESE

3/4 c. grits, 3 c. boiling water, 1/3 lb. sharp cheddar cheese, grated; 2 eggs well beaten, 3/4 stick butter, softened; 1 tsp. salt, 3 or 4 drops hot red pepper sauce, paprika.

Cook grits in boiling water. Do not salt as package directions say. Boil grits until dry. Mix together cheese, eggs, butter, salt and hot pepper sauce; blend mixture with grits. Pour into casserole; sprinkle with paprika. Bake in preheated 350 deg. oven 1 to 1-1/2 hours.

MEAL-IN-ONE

2-1/4 c. dried lima beans, about 1 qt. boiling salt water, 1 No. 2 can (2-1/2 c.) tomatoes, 1 tbsp. onion, chopped fine; 3/4 tsp. salt, pepper, 1/2 tsp. sugar, 1 bay leaf kept whole, 6 thin slices baked ham.

Soak lima beans overnight. Drain; cook in about 1 quart salt water for 45 minutes; drain. Combine tomatoes, onion, salt, pepper, sugar and bay leaf. Blend. Add beans to mixture. Pour into casserole. Top with ham slices. Bake in preheated oven, 350 deg., for 30 minutes.

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Family

The Annual meeting of the Family Counseling Service of Clark County, a United Fund Agency, will be held February 17th in the Convention Center with Madrid T. Hamilton, Western Regional Representative of the Family Service Association of America, as guest speaker. Mrs. Hamilton's topic will be of interest to both the professional and the general public.

Family Counseling Service was recently notified of their acceptance as a provisional member agency in the Family Service Association of America. This entitles them to participate in regional and national activities and staff training workshops, such as the recent biennial meeting held in Philadelphia which was attended by Craig Gilbert, Executive Director of the local agency.

Family Counseling Service provides counseling for family, marriage, and personal problems, on a confidential basis to all people regardless of race, creed, color, religion, or economic standing. Fees are charged according to the family's ability to pay. Their services also include the federally subsidized Narcotic Addict Rehabilitation Program (NARA).

In 1969 the Family Counseling Staff met with 450 families in approximately 2,000 interviews. A substantial increase over the 266 families served in 1968.

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