

FOOD FORUM

Dorothy Johnson

CASSEROLE'S

After the week end holiday filled with B.Q., and other goodies, a casserole can mean many things to many people, a quick dish, easy to prepare, often using convenience foods or a recipe prepared in advance, perhaps frozen.

CHILI BEEF CASSEROLE

1 tbsp. butter or margarine
1 lb. ground beef chuck
2 tsp. seasoned salt
1 tsp. chili powder
1/2-tsp. worcestershire sauce
1-16 oz. can stewed tomatoes
1-1/2 cups milk
1 egg
3/4 cup yellow corn meal
2 cups whole grain corn
3/4 cup shredded cheddar cheese

Heat oven to (350 degrees) F. Melt butter in skillet; add meat and cook over moderately low heat (about 225 degrees F.) until lightly browned. Add seasoned salt, chili powder, worcestershire and tomatoes. Beat milk and egg together. Stir in corn meal and corn. Add meat mixture and pour into buttered 2 qt. Casserole. Bake 1 hour and 10 minutes. Sprinkle top with cheese; bake 10 minutes more or until cheese is melted.

ITALIAN ZUCCHINI

1 lb. small zucchini
2 tbsp. butter or margarine
1 small onion
1/2 lb. ground beef chuck
1/2 lb. ground beef chuck
1-10-1/4 oz. can Italian meat sauce
1/2 cup water
2 tbsp. grated Parmesan cheese

Heat oven 350 degrees F. Wash and thinly slice zucchini. Arrange in bottom of greased 1-1/2 qt. casserole. Melt butter in a skillet over moderate heat (about 250 degrees F.) Add onion and ground beef. Cook and stir until lightly browned. Stir in meat in meat sauce and water. Pour over zucchini. Cover tightly. Bake 35 minutes. Remove cover; sprinkle with Parmesan Cheese. Bake uncovered 15 minutes more or until browned.

SOUR CREAM NOODLE BAKE

1-8 oz. pkg. medium egg noodles
2 tbsp. butter or margarine
1 lb. ground beef chuck
1-8 oz. can tomato sauce
1 tsp. salt
1/4 tsp. garlic salt
1/8 tsp. pepper
1 cup cottage cheese
1 cup commercial sour cream
1/2 cup chopped green onions
3/4 cup coarsely shredded cheddar cheese

Cook noodles, rinse and drain. Melt butter in skillet over moderate heat; add meat and cook until it loses its pink color. Add tomato sauce; salt, garlic salt and pepper; cover and simmer over low heat. Heat oven to (350 degrees F). Combine noodles, cottage cheese, sour cream and onions; spoon half the mixture into the bottom of a 2-1/2 qt. casserole. Cover with half the meat mixture. Repeat layers once again. Sprinkle shredded cheese over top. Bake 25 to 30 minutes, until mixture is thoroughly heated and cheese is melted.

MOUSSAKA

1 lb. lean ground lamb
Salt and pepper
1 medium sized egg plant, peeled and cut into thin slices
1-16 oz. can tomatoes
1/2 cup fine dry bread crumbs

Early June Tea Slated



The Women's Missionary Society of the First AME Church 2450 Revere Street, No. Las Vegas will hold their first annual "Early June Tea" at the home of their pastor, Rev. Charles Wyatt on June 4, 1973, 1421 Comstock Drive, Las Vegas, Nevada. Tea will be served from 1-6 P.M. Reverend Wyatt has extended a very special invitation to all community church members and friends.

1/2 cup grated Parmesan Cheese

Heat oven to (400 degrees F). Combine lamb, salt and pepper. Arrange a layer of lamb in the bottom of a shallow 2 qt. casserole. Add a layer of egg plant and some of the tomatoes. Repeat layers, ending with egg plant. Sprinkle

top with bread crumbs and then Parmesan cheese. Bake 35 to 40 minutes.

HAM & NOODLE BAKE

3 cups uncooked broad noodles
1 envelope sour cream sauce mix
1 cup milk
1-1/2 cups finely diced cooked ham
1/3 cup fine dry bread crumbs
2 tbsp. melted butter

Heat oven to (350 degrees). Cook noodles and drain; combine sour cream sauce mix and milk. Add noodles and ham; pour into 1-1/2 qt. casserole. Mix bread crumbs and butter and sprinkle over casserole. Bake 30 minutes.

SALMON CONFETTI-MACARONI

1-14oz. pkg. macaroni and cheese dinner
1-7-3/4 oz. can salmon, drained and coarsely flaked
1-12 oz. can yellow whole grain corn with sweet peppers, drained
1 can condensed cream celery soup, undiluted
1/2 cup reconstituted evaporated milk
3 tbsp chopped pimiento
2 tsp salt

Heat oven to (350 degrees). Prepare macaroni and cheese as directed on package. Add salmon, corn, soup, milk, pimiento and salt. Stir gently until well blended. Pour into greased two-quart casserole. Bake 35 minutes.

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Gospel Ambassadors



Pictured above are the Gospel Ambassadors, a dynamic new vocal group under the direction of Tony Wright.

On Sunday, June 10th, the Gospel Ambassadors will be appearing in concert at the Pan Afro Auditorium with their special guests: the Henriettes of Las Vegas and--all the way from Oakland, California, the Lyons Singers.

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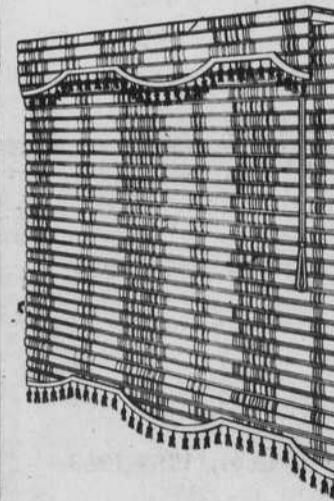
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