

# FOOD FORUM

Dorothy Johnson

## WAYS TO MEET RISING COST

While shopping in the last week I have noted the sharp increases in bacon and other pork products. To help stretch meat purchases, here are some recipes using ground meat and franks. So rely upon available fresh produce and stretch it with small amounts of meat and poultry.

### PORK VEGETABLE MELANGE

- 1-1/2 lb. bulk pork sausage
- 1 egg plant, slice cross wise
- 4 zucchini, sliced
- 4 patty pan squash, sliced
- 4 crookneck squash, sliced
- 2 onions thinly, sliced
- 4 tomatoes, sliced
- 1/2 cup oil
- 2 tsp. oregano
- Salt and Pepper
- 1/2 cup Parmesan cheese, grated
- 1/4 cup white wine

Saute sausage until crumbly and lightly browned. In a 2-1/2 to 3 qt. casserole alternate layers of sausage, egg plant, zucchini, pattypan and crookneck squash, tomatoes and onions, using a sprinkling of oil, oregano, salt and pepper to taste and cheese between each layer. Add white wine, cover and bake at 350 (degrees) 1 hour or until vegetables are tender.

### FRANK AND BEAN CASSEROLE

- 1/2 cup chopped onion
- 3/4 cup chopped green pepper
- 2 tbsp. butter or margarine
- 1 lb. frankfurters, sliced
- 1 (1 lb.) can pork and beans
- 1/3 cup chili sauce
- 1/3 cup catsup
- 1 to 2 tbsp. brown sugar
- 1 (8 oz.) can refrigerated buttermilk biscuits
- 3/4 cup shredded cheddar cheese
- 1/2 cup crushed corn chips
- 3 tbsp. grated Romano or Parmesan Cheese

In a large skillet, cook onion and green pepper in 1 tbsp. butter until tender. Stir in franks, beans, chili sauce, catsup and brown sugar. Simmer 2 minutes. Spoon hot mixture into an ungreased 8 x 12 in. or 9 inch square pan. Separate biscuit dough into 10 biscuits. Pull each biscuit into two layers. Arrange 10 biscuit pieces over hot meat mixture. Sprinkle with cheddar cheese. Arrange remaining biscuits on top. Combine corn chips and Romano cheese and sprinkle over biscuits. Dot with remaining butter. Bake at 375 (degrees) for 20 to 25 minutes. Until biscuits are golden brown.

### SIX MEAL BASIC MEAT SAUCE

- 1/2 cup butter or margarine
- 4 cups chopped onion
- 4 cloves garlic, crushed
- 5 lb. ground beef
- 2 tbsp. oregano
- 1 tbsp. basil
- 1 tbsp. thyme
- 1 bay leaf
- 3 (1 lb.-12 oz.) can tomato puree
- 4 cups water
- 3 beef bouillon cubes
- 2 tbsp. salt
- 1 tsp. hot pepper sauce
- 2 tsp. sugar
- 1/4 tsp. cinnamon

In a large skillet, melt butter and add onion and garlic. Cook until tender. Add ground beef until crumbly and browned. Add all the remaining ingredients. Simmer uncovered for 1 hour or until flavors are blended and sauce is thickened. Turn into 1 qt. freezer containers cool and then freeze. Use in following recipes or as a sauce with noodles, spaghetti or rice makes about 6 quarts.

### MACARONI CASSEROLE

Students enrolling for the fall semester next month at Clark County Community College will have access to a new Learning Resource Center with expanded services.

The center, which provides library and media services, has been moved to a larger, remodeled area in the community college. Seating has been doubled to provide work space for 50 students at a time.

Frank Gafford, the center's director, said expansion was necessary to accommodate the college's increased student enrollment and the additional library and audio-visual services which will be available for the fall semester.

"It is not easy to develop a library and media center in limited and temporary facilities," Gafford said, "but we are in the process of putting together a center which will be second to none in serving community college students."

Gafford said the new center will be staffed by a full-time librarian, a coordinator of audio-visual services, four clerical personnel, and student assistants participating in the college's work-study program.

For the fall semester, new library collections

- 1-1/2 cups uncooked elbow macaroni
- 2 tbsp. Butter or margarine
- 1 cup chopped green pepper
- 1 cup chopped onion
- 1 qt. Basic Meat Sauce
- 1 cup shredded Cheddar or American cheese

Cook macaroni in boiling salted water for 10 minutes. Drain. In medium saucepan, melt butter and add green pepper and onion. Cook until just tender. Add meat sauce and heat. Add cooked macaroni, mix well, pour into well greased 2 quart casserole. Top with cheese and bake at 375 (degrees) for 35 minutes. Makes 6 to 8 servings.

## Announcement

### ROBERT ARCHIE

#### ATTORNEY AT LAW

Announces the opening of his offices for the general practice of law to be located at

309 So. 3rd St. • Suite 320  
Las Vegas, Nevada 89101  
Phone 384-7002

# ELLIOTT MOTORS

J. ELLIOTT SR. . . . TRY US, YOU'LL LIKE US . . . . J. ELLIOTT JR.

NO DOWN PAYMENT, 100% FINANCING O.A.C.

## 1525 FREMONT • 384-9830

**NOTE...** we lease all makes of cars  
we carry our own contracts: immediate delivery

'73 CHRYSLER	Custom Coupe Loaded	SAVE \$1200	'68 GMC TRUCK	Air/Auto Camp, Shell	\$1599
'71 MARK III	Clean	\$5195	'66 OLDS SPT CPE	Full Loader	\$399
'71 FORD LTD	Air Automatic Radio	\$2195	'69 CHEV	Impala Coupe	\$1399
'71 CAMERO		\$2995	'65 BUICK WILDCAT	Coupe	\$299
'71 PLYMOUTH COUPE	Full Loaded	\$2195	'62 CHRYSLER	Impala Sedan	\$199
'69 CADILLAC	Super Touring Leather, Air, Radio, Manual, 100, 110, 120	\$3195	'64 FORD		\$295
'68 OLDS 88	Coupe, Ready to go	\$899	'63 CORVAIR	Coupe	\$299
'71 LA MANS	Sport Coupe	\$2195	'58 CHEVY WAGON		\$79
'67 CADILLAC	Ready to go Sedan de Ville	\$1099	'57 FORD WAGON		\$199

SPECIAL DISCOUNTS TO ALL CULINARY DEALERS & BARTENDERS  
OPEN DAILY 9AM to 10 PM including SUNDAY

## Yee's JADE PALACE RESTAURANT

(Twin Lakes Shopping Center)  
1054 Tonopah Hwy

Famous  
Cantonese & American Food

Orders To Go  
648-8930

Special Lunch ... 97¢

Open 11 a.m. to Midnite - Mon. to Sat.  
Sunday 1 p.m. to 10 p.m.

## Breakfast Anytime

- 2 Eggs (any style)
- Choice Of
- Ham
- Bacon
- Sausage
- and Toast

# 49¢

Lady Luck  
CASINO & SALOON

DOWNTOWN 3rd. and OGDEN