

# FOOD FORUM

Dorothy Johnson

## Casseroles

Casserole dishes are almost in everyone's budget today. Low cost main dishes are a must for the budget and a saver for the working wife and mother.

### SAUSAGE CASSEROLE

1/4 lb. pork sausage  
1 or 2 green peppers  
1 (5 1/2 oz.) pkg. potatoes au gratin  
3 hard cooked eggs, quartered

Cook sausage in skillet until brown and crumbly, 10 to 15 minutes. Add 1 chopped pepper and cook 5 minutes longer. Prepare potatoes as directed, using a 2 qt. casserole. Stir in sausage and eggs. Bake at 400 degrees for 30 to 35 min. If desired, slice 1 pepper and arrange on top of casserole after 15 minutes baking time.

### TOP - OF - STOVE CASSEROLE

1 lb. ground beef  
1 small onion  
2 cups cooked or canned tomatoes  
1/2 cup rice  
1/2 cup water  
1 tbsp. sugar  
2 1/2 cups cooked split peas  
salt and pepper

Cook beef and onions until meat is browned. Drain off drippings. Add tomatoes, rice, water and sugar. Cover and boil gently for about 25 minutes until rice is tender. Add split peas and salt and pepper to taste. Heat slowly to serving temperature. Makes 6 servings.

### EASY BAKED BEANS

1 (1 lb. 4 oz.) can pork and beans  
1 envelope onion gravy mix  
1/2 cup water  
2 tbsp brown sugar  
3 or 4 slices bacon

Turn beans into a 1 1/2 qt. casserole. Stir in gravy mix, water, brown sugar and chopped bacon. Bake at 400 degrees for 25 to 30 minutes, until hot and bubbling. Makes 3 to 4 servings.

### NOODLE CASSEROLE

1 1/2 cups canned pitted ripe olives  
2 qts. water  
2 1/2 tsp. salt  
1 small bay leaf  
1 tbsp. lemon juice  
10 oz. bowtie or other noodles  
3 tbsp. butter or margarine  
1/2 tsp. grated lemon peel  
1 pt. large curd cottage cheese  
1 cup dairy sour cream  
1 cup shredded Jack cheese

Drain and coarsely chop olives. Bring water, 2 tsp. salt, bay leaf and lemon juice to a boil. Drop noodles in boiling water and cook just until tender, about 15 minutes. Drain well and combine 2 tbsp. butter and lemon peel. Combine cottage cheese, sour cream and remaining 1/2 tsp. salt. Layer half the noodles in a buttered small baking dish. Cover with half the Jack cheese, olives and cottage cheese mixture. Top with remaining noodles, olives, cottage cheese mixture and Jack cheese. Bake at 350 degrees for 25 minutes. Makes 6 servings.

### BEEF PUFF

2 cups ground or chopped cooked beef  
1/2 cup mayonnaise  
2 tbsp. chopped parsley  
salt  
1/8 tsp. pepper  
8 slices bread  
butter or margarine, softened  
3 eggs, beaten  
2 cups milk  
1/4 tsp. sage

## HONDURAS

LAS VEGAS, Nev. - Money, medicine and food are urgently needed in hurricane stricken Honduras, according to Horacio Scheimberg, spokesman for the Honduras Emergency Relief Committee. Among the required items are flame throwers to burn over 10,000 dead bodies which cannot be buried in the flooded soil, antivenom to combat the bites of rampaging rattlesnakes and water purification tablets.

Other medicines of all kinds must be donated to help stem the epidemics threatening to run rampant among the more than half-million people left homeless by the disaster.

Scheimberg, translator and aide to the Consul General of Honduras in Los Angeles, Mrs. Auristela Contreras, said today from his temporary headquarters at Circus Circus Hotel, "All roads have been washed out and the only way to get help to the people is by air drops. Twenty volunteer paramedics and six doctors from the Foundation for Airborne Relief are ready to go, but our one aircraft isn't enough for both personnel and supplies. Four thousand plastic containers for water are sitting on the ground in Los Angeles awaiting transport." A C-130 and 60,000 gallons of fuel are desperately needed, Scheimberg added.

The total destruction of this year's banana crop has left Honduras financially as well as physically devastated. Donations of cash, medical supplies, and food may be made directly to the Honduras Emergency Relief, Consulate of Honduras, 427 W. 5th St., Los Angeles, Calif. 90013. Telephone (213) 622-1411 for information. Contributions may be made locally to the Franciscan Center, 215 N. Main Street in Las Vegas.

Combine beef, mayonnaise, parsley, 1 tsp. salt and pepper. Spread 4 slices bread with butter and cover with meat mixture. Top each with a slice of bread. Place sandwiches in a 9 inch square baking dish. Combine eggs, milk, 1/4 tsp. salt and sage. Pour over sandwiches and let stand in refrigerator at least 1 hour. Bake at 350 degrees for 45 to 50 minutes, or until brown and puffed. Makes 4 servings.

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