

FOOD FORUM

Dorothy Johnson

BEANLESS RECIPES FOR CHILI

Here are chili recipes for those who prefer their chili without beans. With the weather getting colder each day, nothing is better than a good bowl of chili. The first of these recipes is chili prepared by singer Johnny Mathis. It is a simple chili, made without tomatoes. The meat is browned in suet and the mixture thickened with cracker crumbs.

JOHNNY MATHIS CHILI TEXAS

1/3 lb. suet, chopped
2 cloves garlic, minced
3 lbs. ground beef
2-1/2 tbsp. chili powder
1/2 cup cracker crumbs
4 cups water

First place suet in large skillet, cook over low heat until skillet is coated with fat. Add garlic and beef and cook 15 minutes, breaking meat up with a fork. Stir in chili powder and salted cracker crumbs and blend well. Add water and cook over low heat for 15 minutes.

MYRL'S SPILLWAY CHILI

1/2 lb. suet, chopped
2 large onions, diced
2 cloves garlic, diced
2 lb. ground beef
1 lb. ground pork
2-6 oz. cans tomato paste
4-1/2 cups water
1/2 cup chili powder
1 tbsp powdered cumin
1 tbsp paprika
2 tsp salt
2 tsp pepper

Melt suet in heavy kettle. Add onions and garlic and saute until golden brown. Add meats and cook slowly until meats change color, stirring frequently. Add tomato paste, water, chili powder, cumin, paprika, salt and pepper. Cover and simmer for 1 hour.

CHILI CON CARNE

2 lbs. ground beef
2 onions, chopped
2 tbsp chili powder
1 tsp salt
2 tsp tumeric
1 tbsp coriander
2 tsp chopped canned chilis
1-1 lb. can tomatoes

Combine beef, onions, chili powder, salt, tumeric, coriander and chilis and cook over medium heat for 10 minutes, breaking up meat. Add tomatoes and bring to a boil. Cover and simmer for 1 hour. Chili may be frozen, if desired. Serve with chopped onions, shredded Jack Cheese and crackers.

CHILI WITH PEANUTS

1/2 cup oil
2 cups minced onion
2 cloves garlic, minced
2-1/2 lbs. ground beef chuck
1-1 lb. can tomatoes
2/3 cup coarsely chopped peanuts
2 tbsp tomato paste
2 to 3 tbsp chili powder
3 tsp salt
1 tsp cumin seeds
1/4 tsp hot pepper sauce
2/3 cup peanuts
1/4 cup chopped parsley

Heat oil in saucepan. Add onion and garlic and cook until onion is tender. Add ground beef and brown lightly. Stir in tomatoes, chopped nuts, tomato paste, chili powder, salt, cumin and hot pepper sauce. Simmer until sauce is thick, about 30 to 35 minutes. Stir in 2/3 cup peanuts and parsley. Serve with rice.

Free Clinics Directory

SENIOR CITIZENS: Every Monday, 9:00-12:00 noon, West Las Vegas, 1st and 3rd Friday of each month; 1:30 - 4:30 p.m., North Las Vegas; (Henderson seniors requiring transportation will be taken to this clinic) 2nd and 4th Friday of each month, 1:00 - 4:00 p.m., West Las Vegas.

FREE FAMILY PLANNING, MATERNAL AND INFANT CARE AND SICKLE CELL SCREENING SERVICES ARE ALSO AVAILABLE.

I. FAMILY PLANNING: Pap Smears, contraceptives, pregnancy testing, venereal disease testing, sickle cell screening and counseling.

TUESDAY AND THURSDAY: 5:30-8:00 P.M. 940-A West Owens. Phone: 648-3280 EXT 90. Wednesday: 2:00-4:00 P.M. 2445 Las Vegas Blvd., North.

WEDNESDAY: 5:00-7:00 P.M. 750 Major St. Phone: 565-8443, (Al Landsman Gardens)

II. INFANT CLINICS: For low income families who do not qualify for ADC, services include, physical examinations, laboratory tests, immunizations, medication and treatment for minor illnesses, i.e., rashes, upper respiratory infections. Vitamins and formula also provided free. **CLINIC HOURS AND LOCATION:** West Las Vegas, 940-A West Owens, Monday 1:30-4:30 P.M. North Las Vegas; 2445 Las Vegas Blvd. North, Tuesday, 1:00-4:00 P.M. Henderson, 750 Major Street, Wednesday 1:00-5:00 P.M.

Maternal Clinics- Enrollment is closed at the present time.

FREE FOOD

FREE FOOD for pregnant women, nursing mothers and children under four with Medicaid cards under WIC Program. Foods include eggs, milk, cheese, cereal, formula and fruit juices.

Come to Operation Life - 400 West Jackson Street - 648-0012 between 10:00 AM - 4:00 PM Monday through Friday. Please bring Medicaid cards, proof of children's age and proof of pregnancy.

HEALTH DEPT.

The District Health Department will offer free well child examinations by appointment only for children up to four years of age.

The public health nurse checks for normal growth and development and makes referrals if abnormalities are observed.

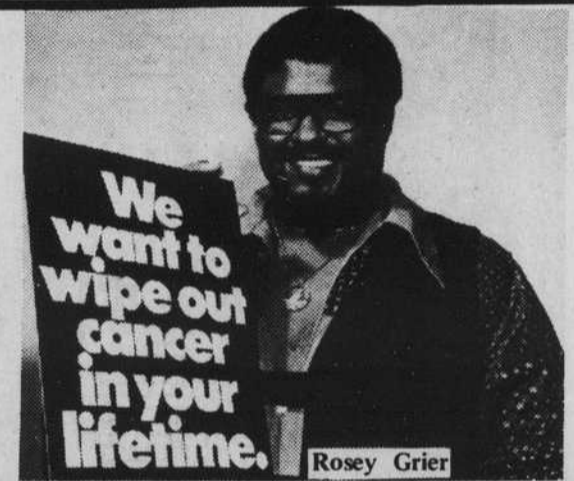
To make an appointment call the Health Department at 385-1291, extension 325.

Clinics are scheduled at the following locations:

Easter Seal Clinic at 2915 E. Sunrise from 9 AM to noon on Tuesday (October 22); Trailer Estates at 2240 Linn Lane from 3:30 to 5:30 PM on Wednesday (October 23); Panama Clinic at St Timothy's Episcopal Church at 42 Pacific Ave. in Henderson from 8AM to noon on Wednesday (October 23); and Gerson Park Boys Club at 2020 McGuire from noon to 3PM on Thursday (October 24).

A free immunization clinic is also scheduled for Thursday from 10 AM to noon and from 1 to 2 PM at the Searchlight School for children and young people from two months to 21 years old.

Call the Health Department for further information.



Rosey Grier

REMEMBER THE GOOD OLD DAYS ... just last year!

That was when this Las Vegas service station locked up its pumps and went out of business. Weeds now grow in its driveways, but the old price still on the sign reminds us just how it was last year. Most of us know how much fuel prices have changed in only a few months.

The point is, we're still very much in business at Nevada Power. We feel that we must provide Southern Nevada with all of the energy it needs for a healthy economy. To do this, we must buy fuel to run our generators, and we must pay today's prices for it. That means higher prices to us and higher rates to our customers, which is the reason for our applications to the Nevada Power Service Commission for rate relief.

We miss the good old days, too. But at this point all we can do is remember them.



nevada power company



serving Southern Nevada since 1906