

# the THINKING WOMAN

Dorothy Johnson's

Food Forum

tasty, nourishing,  
yet inexpensive

The soaring food prices need not be a deterrent to the preparation of nourishing and tasty meals. With careful menu planning, a wise eye for shopping, one can create attractive and filling dishes from simple and inexpensive ingredients.

The secret of a dish that is palatable to the eye as well as to the tongue lies not only in careful preparation of its ingredients but also the way it comes to the table.



## GREEN CHILES CASSEROLE

- 1 cup chopped onions
- 2 tbsps. butter
- 1 can (4 oz.) sliced mushrooms, drained
- 1 can (10-3/4 oz.) condensed cream mushroom soup
- 1/2 cup milk
- 1 can (4 oz) chopped green chiles, less if desired
- 1 tsp. salt
- 1/4 tsp. pepper
- 3 cups cooked rice
- 3 tbsps. diced pimiento
- 1-1/2 cups grated cheddar cheese, divided

Saute onions in butter. Add remaining ingredients, reserving 1 cup cheese. Turn into a greased 2 quart casserole. Top with remaining cheese.

## CREAMED VEGETABLES

- 1 (10 oz.) pkg. frozen peas
- 1 (1 lb.) can whole potatoes
- 1/4 cup butter
- 1/4 cup flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 cups milk
- 1/2 tsp. dill weed

Cook peas according to package directions and drain. Drain potatoes. Melt butter in sauce pan. Blend in flour, salt and pepper. Gradually add milk, stirring until thickened. Stir in peas, potatoes and dill. Spoon into center of salmon ring.

## RUMANIA BEEF WITH SOUR CREAM

- 6 slices bacon or 1/4 lb. salt pork, diced
- 3 lbs. lean chuck, cut in bite size pieces
- 2 cloves garlic, chopped
- 4 onions, chopped
- 2 tbsps. flour
- 3/4 tsp. marjoram
- 2 tsp. salt
- 1/4 tsp. pepper

1 cup water, in which 1 beef bouillon cube has been dissolved  
2 cups sour cream  
Chopped parsley

In a heavy kettle or flameproof casserole, cook the bacon, remove to absorbant paper and reserve. In the remaining fat, brown the beef; remove and reserve. Discard all but 4 tbsps. fat. Cook the onion and garlic in the fat until translucent. Stir in flour. Add seasonings. Replace the meat and bacon bits. At this point you may stop, refrigerate stew and continue later. Add the bouillon and sour cream to kettle and bring liquid to a boil; reduce heat and simmer the meat, tightly covered for 2-1/2 hours, or until it is tender. Garnish with chopped parsley.



BUDGET WISE -- A main dish salmon ring stretches a 1-pound can of salmon to feed six people.

## SALMON RING WITH CREAMED VEGETABLES

- 1 (1 pound) can salmon
- 1-1/2 cups soft bread crumbs
- 1/4 cup finely chopped celery
- 3 tbsps. chopped pimiento-stuffed olives
- 1 tbsp. lemon juice
- 1 tbsp. grated onion
- 2 eggs, slightly beaten
- 1/2 tsp. salt
- 1/8 tsp. pepper
- Creamed vegetables

Flake salmon and combine with bread crumbs, celery, olives, lemon juice, onion, eggs, salt and pepper. Turn into well greased 5 cup ring mold. Place in pan with 1 inch of boiling water. Bake at 350 degrees 30 to 35 minutes. Turn out onto platter and fill center with creamed vegetables.

WINE BEER

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## CLARK COUNTY EMPLOYEE OF MONTH

Mrs. Lee Tate, a special education bus driver and one of the original organizers of special education transportation service for the Clark County School District, has been named "Employee of the Month" by the Board of School Trustees.

The mother of three children, one of them killed in Vietnam, Mrs. Tate was cited for outstanding service since she first joined the transportation department in 1962. In addition to organizing transportation for special education students, she helped found the Bus Driver's Association, serves as a member of the transportation department's safety committee, and has served one term on the safety patrol, a special assignment to help drivers improve their performance and locate and notify authorities of hazards to children along their routes.

She is also a member of the board of directors of the Nevada Classified School Employees Association and the 34th Ward of the Church of Jesus Christ Latter Day Saints.

A licensed practical nurse, she works weekends at North Las Vegas Hospital.

## TIAKA Presents 'Brown Sugar'

The members of TIAKA (Those Interested In Alpha Kappa Alpha) cordially invite the public to attend the University of Nevada, Las Vegas Black History Program beginning February 9, through February 13, 1976.

In the Student Union Fireside Lounge, on Monday February 9, at 8:00 p.m., TIAKA has invited from California, a group known as "The Gallery." The highlight of this night will be performances based on the book "Brown Sugar" written by Regina Chaney who also performs with the group. Donations are: General Public \$1.00 students \$.50.

Sidney D. Butler, a literary critic, had the following to say regarding Regina's publication: "Brown Sugar is a beautiful serenade played on the heart strings of Black seas. It's a crystal tear on a Black cheek flowing through rippling river, stretching and straining, crying and dying, loving and screaming, laughing and cursing, hoping and coping. Regina Chaney has written a powerful and moving anthology.

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