



Recipe Corner

by Dorothy Johnson

What To Do After Your Food Budget Touches Bottom

Solution: Spend the time rather than money bargains are few—so few, in fact, they're almost nonexistent. Few vegetables can be classed as bargains. And the so called "cheaper cuts" of meat that usually provide aid for a lean budget are anything but cheap. The fact remains that food prices are high and with few exceptions likely to stay that way for a while.

You spend your time rather than your money and above all, you plan. Plan a week's menu at one time. Stretch recipes that stretch expensive ingredients with less expensive ones.

There are some basic costs that simply won't go away, however, when it comes to buying food. Good nutrition staples such as eggs, vegetables, milk, meats and poultry are needed if one is to maintain a healthy diet.

OLD MEXICO CHILLI

- 1 1/2 lbs. beef stew meat cubed
- 1 medium onion, chipped
- 1 (8 oz) can tomato sauce
- 1 (16 oz) can tomato paste
- 1 (1 lb.) can kidney beans
- 1 tbsp. chilli powder
- 1 1/2 tsp. salt
- 1/2 to 1 tsp. hot pepper sauce

Brown stew meat in 2 tbsp. oil. Add onion and cook until tender. Add tomato sauce paste, kidney beans, 1/2 cup water, 1 tbsp. chili powder, 1 1/2 tsp salt and hot pepper sauce and stir. Cover and simmer 1 hour and 30 minutes or until meat is tender, stirring occasionally. Makes 4 servings.

TUNA AND NOODLES ALFREDO

- 3 tbsp. butter or margarine
- 2 tbsp. grated onion
- 3 tbsp. flour
- 1/8 tsp. pepper
- 2 1/4 cups milk
- 1 cup shredded Swiss Cheese
- 1/2 cup grated Parmesan cheese
- 2 (6 1/2 or 7 oz.) can tuna
- 2 cups uncooked green egg noodles
- 2 cups uncooked egg noodles

In medium saucepan melt the butter and stir in onion, flour and pepper. Add milk and cook and stir until mixture thickens and comes to a boil. Stir in Swiss cheese, Parmesan cheese and tuna. Meanwhile, cook noodles according to package directions, drain and turn into serving bowl. Spoon tuna mixture over noodles and serve at once. Makes 4 servings.

SKILLET SUPPER

- 1 lb. ground beef
- 1/3 cup beer
- 4 cups cooked macaroni
- 2 cans (16 oz) stewed tomatoes
- 1 can (3 1/2 oz) sliced mushrooms drained
- 2 tsp. worcestershire sauce
- 1 cup processed cheese spread
- Cheese Whiz
- Salt and pepper to taste

Brown beef in 1 tsp butter. Stir in beer and cooked macaroni. Add tomatoes, mushrooms and worcestershire sauce. Simmer approximately 30 minutes. Add salt and pepper to taste. Stir in cheese whiz.

MEXICAN STRATA

- 1 pork chorizo (8 oz.) casings removed
- 12 slices white bread, cut in halves diagonally
- 1/2 lb. shredded cheddar cheese or Jack cheese
- 1/2 (4 oz.) can green chiles
- 4 eggs
- 3 cups milk
- 2 tsp. seasoned salt
- 1/8 tsp. pepper
- 1 tsp. worcestershire sauce
- 1/8 tsp. garlic salt

In small skillet, cook chorizo 8 to 10 minutes, crumbling well. Drain off fat. Arrange 1/3 of bread slices over bottom of greased 12 x 7 9 inch baking dish. Sprinkle with 1/3 of cheese

then half of chiles and half of cooked charizo. Top with another third of bread slices and cheese and remaining half of chiles and chorizo. Cover top with remaining bread slices, over lapping a little. Beat eggs in bowl stir in milk, seasoned salt, pepper and garlic salt. Pour into dish, coating all bread slices. Sprinkle with remaining third of cheese. Cover and chill in refrigerator 1 hour. Bake at 350 degrees 35 to 45 minutes or until golden brown. Serve at once.

SPANISH RICE WITH BEEF

- 1/2 pound lean ground beef
- 1 clove garlic, crushed
- 1 small onion, chopped
- 1/2 cup diced green pepper
- 1 cup rice
- 1/2 tsp. chili powder
- 1 (1 lb.) can tomatoes, undrained
- 1 1/2 cups water
- 1 small bay leaf
- 2 beef bouillon cubes
- Salt
- Pepper
- 1/2 tsp. sugar

Brown ground beef in skillet over medium heat. Push meat to one side and saute garlic and onions in drippings until tender. Add green pepper, rice and chili powder. Brown rice lightly. Add tomatoes, water, bay leaf, bouillon cubes, salt and pepper to taste and sugar. Cover and simmer 20 to 25 minutes. Uncover and cook another 5 minutes, stirring gently. Makes 4 to 6 servings.

CENT SAVING SHORT RIBS

- 1/2 cup flour
- Salt
- 1/4 tsp. pepper
- 4 lbs. short ribs, cut into serving pieces
- 3 tbsp. oil
- 1 large onion, sliced
- 2 beef bouillon cubes
- Water
- 1 tbsp. brown sugar
- 2 tbsp. dixon style mustard
- 2 tbsp vinegar
- 1/8 tsp. cinnamon
- 1/8 tsp. ginger
- 1 (3 oz.) can apricot halves, drained
- Hot cooked noodles or rice

Combine flour, 1 tsp. salt and pepper in paper bag. Shake short ribs in seasoned flour until coated. Reserve remaining flour. In Dutch oven, brown meat in hot oil. Remove meat and saute onion in drippings until lightly browned. Return meat to Dutch oven. Add bouillon cubes, 2 cups water, brown sugar, mustard, vinegar, cinnamon and ginger. Bring to a boil. Cover and reduce heat. Simmer 1 3/4 hours or until meat is tender.

OVEN FRIED LIVER WITH ONION RINGS

- 2 lbs. sliced lamb or calf liver
- 1 cup cornflake crumbs
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/2 cup butter or margarine, melted
- 2 (8 oz) pkg. frozen french fried onion rings
- 1/4 tsp. crushed marjoram
- 4 strips, bacon, diced

Cut liver into serving-sized pieces. Mix together cornflake crumbs, salt and pepper. Dip liver pieces in melted butter, then in seasoned crumbs arrange liver slices and frozen onion rings in a single layer on a baking sheet lined with foil. Sprinkle onion rings with marjoram and liver slices with diced bacon. Bake at 425 degrees 10 to 15 minutes or until onions are crisp and liver slices are brown. Makes 6 servings.

SAUERBRATEN WITH GINGER SNAP GRAVY

- 1 (4 lb.) chuck roast

- 1 cup red wine vinegar
- 1 cup cider vinegar
- 2 cups water
- 2 cups sliced onion
- 3/4 cup sliced, peeled carrot
- 3/4 cup sliced celery
- 3 1/2 tsp. salt
- 1 clove garlic, minced
- 6 whole peppercorns
- 4 whole cloves
- 2 whole allspice
- 2 tbsp. shortening
- 1/4 cup light brown sugar packed
- 1/4 cup flour
- 20 gingersnaps, finely crushed

Place meat in large bowl. In large saucepan, combine red wine and cider vinegars, 1 cup water, onion, carrot, celery, 3 tsp. salt, garlic, peppercorns, cloves, and allspice. Bring to boil. Pour over meat in bowl. Cover and refrigerate 24 to 48 hours, as time allows or as desired. Remove meat and drain well (reserve marinade), pat dry with paper towel. Heat shortening in heavy Dutch oven over moderate heat. Add meat and brown well on both sides. Sprinkle sugar over meat, strain marinade and pour 1 cup over meat. Add vegetables and spice meat. Cover and cook over low heat about 3 hours or until meat is tender. Remove meat from pan and keep warm. Strain pan drippings and liquid and skim off fat. Add remaining marinade as needed to make 3 cups liquid and return to Dutch oven. In small bowl, combine flour 1 cup water and 1/2 tsp. salt. Stir until smooth stir into liquids in pan. Cook and stir constantly until thickened and smooth. Stir in gingersnaps. Heat. To serve slice meat and spoon gravy over top. Makes 10 to 12 servings.

SEAFOOD GUMBO, LAVERNE HOLAS STYLE

- 1 pound fish fillets, fresh or frozen
- 3 cups water
- 2 teaspoons salt
- 1 clove garlic, minced
- 1 large onion, chopped
- 1 stalk celery, chopped
- 1 large green pepper, diced
- 2 tablespoons margarine
- 1 can (16 ounces) tomatoes
- 1 package (10 1/2 ounces) frozen cut okra
- 1/4 teaspoon liquid hot pepper sauce
- 1/4 teaspoon sugar
- 2 teaspoons chopped parsley
- 1 bottle (8 ounces) clam juice
- Cooked rice or crusty bread

Thaw fillets if frozen. Cut fish into 2-inch cubes. Place fish in a large pot; add water and salt. Bring to boil and simmer 10 minutes. Drain and remove fish, reserving stock. In pot add garlic, onion, celery, and green pepper to margarine and saute until tender. Add tomatoes, okra, and reserved fish stock to sauteed vegetables. Simmer covered 30 minutes. Add pepper, sugar, parsley, clam juice, and fish cubes; simmer covered 3 to 5 minutes. Serve over rice or with crusty bread. Makes 4 to 6 servings.

