

FOR THE LADIES...

The KITCHEN BEAT

Quick Meals For Busy Schedules

In today's Black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. The KITCHEN BEAT is designed to meet some needs of the various cooks in the modern Black family.

Have a busy schedule, but still want to serve a very delicious meal to your family and friends? The folks at *UNCLE BEN'S Rice* have created a series of simple-to-prepare dishes that will have you taking countless bows. Here are a couple:

Savory Chicken 'N Rice

- 3 pounds chicken pieces
- 3-4 tablespoons steak sauce
- 2 medium onions, cut into wedges
- 2 tablespoons butter or margarine
- 1 cup rice
- 2-1/2 cups chicken broth
- 2 teaspoons salt
- 2 green peppers and 1 green pepper, cut into strips

Brush chicken evenly with steak sauce. Let stand 30 minutes. Cook onion in butter in a heavy 12-inch skillet until tender but not brown. Remove from skillet. Add chicken and brown well on all sides, about 15 minutes. Remove chicken; drain off drippings. Combine rice, onion, chicken broth and salt in skillet. Arrange chicken on top of rice mixture. Bring to a boil. Cover, reduce heat and simmer 15 minutes. Uncover; stir in peppers. Continue simmering until all water is absorbed, about 10 minutes. Garnish with strips of green pepper. [Serves 5-6.]

In-A-Hurry Stroganoff

- 1 pound ground beef
- 1 can (16 oz.) tomatoes
- 1 package (10 oz.) frozen chopped spinach, thawed
- 1 cup rice
- 1 tablespoon garlic salt
- 1 package (8 oz.) cream cheese, cubed

Brown meat in 10-inch skillet; drain. Drain tomatoes, reserving juice. Add enough water to juice to make 2-1/2 cups liquid. Add liquid, tomatoes, spinach, rice and garlic salt to beef; stir. Bring to a boil. Reduce heat; cover and simmer until all liquid is absorbed, about 25 minutes. Stir in cream cheese; heat through. [Serves 5-6.]

We believe our readers will want to support those who support the press of Black America. We are sure, therefore, that when you select the ingredients for this week's recipes, you will want to use:

- Birds Eye frozen spinach
- Del Monte canned tomatoes
- Kraft Philadelphia Brand Cream Cheese
- Uncle Ben's Converted Brand Rice

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