

# For The Ladies

## The KITCHEN BEAT

A Preview of Fall: Two Easy-To-Prepare Main Dishes

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.

With fall just around the corner, we have to start thinking about heartier meals. When you work full time, it takes ingenuity to find hearty main dish recipes that are relatively kind to the food budget and easy to prepare.

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We think you'll treasure this week's *Kitchen Beat* choices: *Easy California Chicken Stroganoff* and *Bayou Ham with Red Beans and Rice*.

Both recipes use *UNCLE BEN'S® Converted® Brand Rice*, which yields more servings per cup of uncooked rice than other brands. It's preparation is failure-proof and it retains more nutrients than other rice brands. Try these recipes—you're sure to love them!

### Easy California Chicken Stroganoff

- 1 cup rice
- 2½ cups chicken broth
- 2 chicken breasts, boned, skinned and cut into strips about 2 x ½-inch thick
- ¼ cup chopped onion
- 2 tablespoons butter or margarine
- 1 tablespoon paprika
- 1 teaspoon salt
- ½ cup sherry
- 1 can (4 oz.) chopped green chilies, drained
- ¼ cup sliced green onions with tops
- 1 cup dairy sour cream
- 1 tablespoon chopped parsley (optional)

Combine rice and chicken broth in medium saucepan. Bring to a boil; reduce heat. Cover tightly and simmer 20 minutes. While rice is cooking, saute chicken and onion in

butter in medium skillet until tender, 8 to 10 minutes. Sprinkle with paprika and salt. Add sherry and heat to boiling, stirring constantly. Remove from heat and cool slightly. Remove rice from heat; stir in chiles and green onions. Let stand covered 5 minutes. Stir sour cream into chicken mixture; heat but do not boil. Spoon chicken mixture over rice; sprinkle with parsley, if desired. [Serves 6.]

### Bayou Ham With Red Beans & Rice

- 1 lb. smoked ham, cut into strips, 1½ x ½-inch
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 can (about 16 oz.) red or kidney beans
- 1 cup rice
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon pepper

Brown ham in oil in 10-inch skillet; remove and reserve. Saute onion and garlic in ham drippings (add additional oil, if necessary) until tender, but not brown, about 5 minutes; reserve. Drain beans, reserving juice. Add enough water to bean juice to make 2¾ cups. Add bean liquid, beans, rice, chili powder, salt and pepper to skillet. Bring to a boil; reduce heat. Cover tightly and simmer 20 minutes. Remove from heat; stir in reserved ham and onion mixture. Let stand covered 5 minutes. [Serves 6.]

## MISS GALAXY CROWNED



Cecilia (Cee Cee) Peniston, traded her Miss Black Arizona crown for the "Miss Galaxy" crown recently in the Blue Bonnett Room at the University of Texas at Arlington near Dallas/Ft. Worth.

Pictured on the left is KiKi Shepard, hostess of the popular New York City Apollo Amateur Show, displaying her well known voting hand above the winner's head.

Miss Peniston, a popular home town singer has just returned from New Jersey where she tried out with a nationally known recording group. Her goal is to someday get the opportunity as Miss Regina Belle, a 1983 second-runner up of the Miss Galaxy Pageant.

The Miss Galaxy Pageant is sponsored by Youth Together Inc., a Federal tax-exempt organization of Phoenix, Arizona. The 1991 show will be held in Las Vegas, Nevada.

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