

Beans—Quick Soak

(Dad)

Clean and sort beans, put in pan with 6 cups water for each pound of beans. Boil 2 minutes, then remove from heat. Cover and let sit for 1 hour. The beans are then ready to be cooked or used in recipes requiring cooking time.

Chinese Vegetables

(Promotion Card)

1 cup sliced fresh mushrooms (¼ pound)	1 teaspoon vinegar
2 tablespoons chopped green onions	2 packages (10 ounces each)
4 tablespoons butter or margarine	fresh spinach, cooked and drained
1 can Campbell's Chicken Broth	1 can (5 ounces) water chestnuts, drained and sliced
½ cup drained pineapple tidbits	Toasted slivered almonds
4 teaspoons cornstarch	

In saucepan, brown mushrooms and cook onion in butter until tender. Add broth, pineapple, cornstarch and vinegar. Cook, stirring until thickened. Cook over low heat 10 minutes to blend flavors. Stir now and then. Add spinach and water chestnuts; heat. Stir now and then. Garnish with almonds.

Makes about 4 cups

Cinnamon-Glazed Squash

(Paper)

1 medium acorn squash (about 1 pound)	2 tablespoons margarine or butter
2 tablespoons brown sugar	¼ teaspoon ground cinnamon
2 tablespoons dark corn syrup	Salt and pepper to taste

Quarter squash length-wise. Scoop out seeds and discard. Arrange squash pieces in an 8x8x2-inch microwave-safe baking dish. Cover with clear plastic wrap, turning back a corner to let steam escape. Cook on 100 percent power (High) 6 to 9 minutes or until done, giving the dish a half-turn once.

In a 1 cup measure combine sugar, corn syrup, margarine and cinnamon. Cook, uncovered, on high 1 to 2 minutes or until margarine is melted. Stir to blend. Sprinkle squash with salt and pepper. Spoon sugar mixture over the top. Cook, covered, for 30 seconds more.

Corn on the Cob with Chili Butter

(Paper)

8 ears fresh corn	1½ tablespoon chili powder
8 tablespoons (1 stick) butter cut into bits	1 teaspoon fresh lime or lemon juice
2 scallions, chopped	Salt
1 clove garlic, crushed	

Prepare a medium fire. Gently peel back the cornhusks, leaving them attached at the base. Remove and discard as much corn silk as possible.

In food processor or blender, combine the butter, scallions, garlic, chili powder and lime juice. Process until the chili butter is well blended.

Rub about 2 teaspoons of the chili butter over the kernels in each ear. Fold the husks back over the corn, and tie securely in place with kitchen string or a strip of cornhusk. Soak the corn in a large bowl of cold water for 10 minutes to prevent burning. Squeeze out excess water.

Place the damp corn on an oiled grill set 4 to 6 inches from the coals. Grill, turning and moving the ears frequently, until the outside leaves are lightly charred, about 15 minutes. Peel off the husks and eat with additional chili butter and salt.

Serves 4 to 8

Corn on the Cob

(Dad)

Husk corn completely. Rinse in cold water then wrap in wax paper and aluminum foil and freeze, individually.

Corn Fritters

(Mom)

1¾ cups sifted flour	¾ cup milk
2 teaspoons baking powder	1 cup corn, drained
¾ teaspoon salt	1 tablespoon butter
1 egg, beaten	Melted fat for frying

Sift flour, baking powder and salt into bowl. Combine egg, milk, corn and butter. Stir into flour mixture. Drop by spoonful into hot fat and fry until golden brown. Drain. Serve hot.

Fried Green Tomatoes

(Paper)

Wash green tomatoes and pat dry. Thickly slice. Dip into stone-ground cornmeal, flour or fine bread crumbs seasoned with salt and pepper. Shake off the excess coating. Sauté tomatoes until lightly browned in a butter-oil combination or in bacon fat. (You can also cook ripe tomatoes this way, as long as they are firm.)

Frozen Corn

(Aunt Verna and Mom and Dad)

10 cups corn	½ tablespoon sugar
½ cup boiling water	1 teaspoon salt
¼ pound margarine	

Cut corn off cob and simmer for 3 minutes then cool and pack in containers for freezing.

Green Bean Casserole

(Promotion Card)

1 can Campbell's Cream of Chicken or Cream of Mushroom Soup	3 cups cooked French style green beans or two 10 ounce packages frozen or 1 (1 pound) can, drained
½ cup milk	
1 teaspoon soy sauce	1 can (3½ ounces) French fried onions
Dash pepper	

In a 1½ -quart casserole, stir soup, milk, soy sauce and pepper until smooth; mix in beans and ½ can onions. Bake at 350°F for 25 minutes or until hot. Stir. Top with remaining onions. Bake 5 minutes more.

Makes about 4 cups

Glazed Squash Rings

In shallow baking pan, bake ½ inch slices of acorn squash, covered, in small amount of water 30 to 35 minutes or just until tender. Pour off water. Brush with mixture of 3 tablespoons melted butter and 2 tablespoons brown sugar. Season with salt and pepper. Bake, uncovered, 10 more minutes.

Scalloped Potatoes

(Promotion Card)

1 can Campbell's Cheddar Cheese, Cream of Celery, Cream of Chicken Or Cream of Mushroom Soup ½ cup milk	Dash pepper 4 cups thinly sliced potatoes 1 small onion, thinly sliced 1 tablespoon butter or margarine Dash paprika
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Blend soup, milk and pepper. In buttered 1½ -quart casserole, arrange alternate layers of potatoes, onions and sauce. Dot top with butter; sprinkle with paprika. Cover; bake at 375°F for 1 hour. Uncover; bake 15 minutes more.

Makes about 4 cups

Spiced Scalloped Fresh Tomatoes

(Paper)

¼ cup butter or margarine, divided	1 teaspoon salt
¼ cup chopped fresh onion	¼ plus ⅛ teaspoon ground cloves, divided
3 cups fresh bread cubes	¼ teaspoon cinnamon
3 tablespoons dark brown sugar	4 tomatoes, peeled and sliced

In large skillet melt 3 tablespoons butter, add onions and cook until tender, about 5 minutes. Add bread and toast to a light brown color. Stir in brown sugar, salt, ¼ teaspoon cloves and cinnamon. In a greased 1-quart casserole, place half of the bread cube mixture, then a layer of tomatoes, repeat with remaining bread cubes and tomatoes. Dot with remaining 1 tablespoon butter and sprinkle with remaining cloves. Bake in 350°F oven for 30 minutes.

4 servings