

Carol's Macaroni Salad

(Paper)

1 package (8 ounces) small salad macaroni
1½ cups chopped celery
1 cup diced green pepper
1½ cups diced carrots

4 tablespoons chopped pimiento
Sliced green salad olives
½ cup diced dill pickle

Dressing:

1 tablespoon vinegar
½ cup mayonnaise
1 tablespoon sugar
2 tablespoons instant minced onion

¾ teaspoon dill weed
2 teaspoons season all
¼ teaspoon dry mustard
⅛ teaspoon cayenne pepper

Cook macaroni according to package directions and chill. Combine with all the other salad ingredients. Combine and mix well all dressing ingredients. Let stand 15 minutes. Then combine with salad ingredients and mix well.

Carrot Salad

(?)

5 cups cooked sliced carrots
Marinate at least 12 hours in sauce below.

2 small sweet onions, sliced
2 small green peppers, sliced
1 can tomato soup
½ cup salad oil
¾ cup sugar

¾ cup vinegar
1 teaspoon mustard
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon pepper

Will keep at least 2 weeks in refrigerator.

Celebration Macaroni Salad

(Paper)

2 cups uncooked elbow or shell macaroni
1 package (10 ounces) frozen peas
1 envelope (1¼ ounces) sour cream sauce mix

½ cup milk
½ cup mayonnaise
1 cup chopped celery

Cook macaroni in 6 cups boiling salted water for 10 minutes. Add peas; cook 5 minutes longer. Drain and chill. Stir together contents of sauce mix envelope, milk and mayonnaise until smooth. Combine macaroni and peas, celery and sour cream dressing; toss lightly.

Serves 6

Cottage Cheese Salad

(Mom)

1 can crushed pineapple
½ cup sugar

Boil this 2 or 3 minutes and add 1 package banana strawberry Jell-O. Stir until dissolved and partly set. Then add 1 small box cottage cheese and 1 box Cool Whip. Fold slightly in Jell-O mixture.

Country Chicken Salad

(Mom—Kenny Rogers)

2 cups chopped cooked chicken ½ cup mayonnaise
 1 cup chopped apples ¼ cup sweet pickle relish, drained
 4 hard cooked eggs, chopped

Combine all ingredients, mix lightly. Chill.

Serves 4

Creamy Fruit Salad

(Promotion Card)

1 can (8¾ ounces) fruit cocktail 1 package (3 ounces) cream cheese
 1 package (3 ounces) apricot Jell-O ⅓ cup mayonnaise
 1 cup boiling water

Drain fruit, reserving syrup. Add water to syrup to make ½ cup. Combine gelatin and boiling water in electric blender. Cover and blend at low speed until dissolved, 1 minute. Add measured liquid, cream cheese and mayonnaise; cover and blend on high speed, 15 seconds. Chill until slightly thickened. Fold in fruit. Spoon into 6 individual molds and chill until firm, about 2 hours. Unmold. Garnish, if desired.

Serves 6

Frozen Fruit Salad

(Promotion Card)

1 package (3 ounces) strawberry Jell-O 3 cups thawed Cool Whip
 1 cup boiling water 1 can (16 ounces) sliced peaches
 1 can (6 ounces) frozen concentrated lemonade 1 can (8 ½ ounces) pear halves

Drain and chop fruits. Dissolve gelatin in boiling water. Add concentrate and stir until melted. Chill until slightly thickened. Blend in whipped topping and fold in fruit. Pour into 9x5-inch loaf pan. Freeze until firm, about 4 hours. Unmold and slice. Garnish, if desired.

Serves 12

Frozen Salad

(As told by Aunt Lucy)

1 cream cheese ⅓ pound marshmallows (about 40)
 ½ cup mayonnaise 1 cup cream, whipped
 1 can crushed pineapple Cherries for color

Lime-Yogurt Salad

(Promotion Card)

1 can (8½ ounces) pear halves 2 cups boiling water
 2 packages (3 ounces each) lime Jell-O 1 container (8 ounces) vanilla-flavored yogurt

Drain pears, reserving ½ cup syrup; slice pears. Dissolve gelatin in boiling water. Measure 1 cup gelatin; blend in yogurt and pour into 8-inch square pan. Chill until set but not firm. Add measured syrup to remaining gelatin and chill until slightly thickened. Arrange pear slices on gelatin-yogurt layer and top with clear gelatin. Chill until firm, about 3 hours. Cut into squares. Garnish, if desired.

Serves 9

Molded Borsch

(Promotion Card)

1 envelope unflavored gelatin	1 tablespoon lemon juice
$\frac{3}{4}$ cup cold water	2 tablespoons thinly sliced green onion
1 can Campbell's Consommé	1 cup sour cream
1 can (8 ounces) diced red beets	

In saucepan, sprinkle gelatin on cold water to soften. Place over low heat, stirring until gelatin is dissolved. Remove from heat; stir in consommé, liquid from beets and lemon juice. Chill until slightly thickened. Fold in beets and 1 tablespoon onion. Pour into 4-cup ring mold; chill until firm. Unmold on lettuce. Fill center of mold with sour cream; garnish with remaining onion.

About 4 cups

Molded Chef's Salad

(Promotion Card)

2 packages (3 ounces each) lemon or lime Jell-O	$\frac{3}{4}$ cup thin cooked ham strips
2 teaspoons salt	$\frac{3}{4}$ cup thin Swiss or American cheese strips
2 cups boiling water	$\frac{1}{4}$ cup sliced scallions or red onions
1 cup cold water	$\frac{1}{2}$ green pepper cut in thin strips
3 tablespoons vinegar	

Dissolve gelatin and salt in boiling water. Add cold water and vinegar. Chill until thickened. Fold in remaining ingredients. Pour into a 5-cup mold. Chill until firm, at least 6 hours. Unmold. Garnish, if desired.

Serves 5 or 6

Molded Vegetable Relish

(Promotion Card)

1 package (3 ounces) lemon or lime Jell-O	2 teaspoons grated onion
$\frac{3}{4}$ teaspoons salt	$\frac{1}{2}$ cup finely chopped cabbage
1 cup boiling water	$\frac{1}{2}$ cup grated carrots
$\frac{3}{4}$ cup cold water	$\frac{1}{4}$ cup finely chopped celery
2 tablespoons vinegar	3 tablespoons chopped green pepper

Dissolve gelatin and salt in boiling water. Add cold water, vinegar and grated onion. Chill until thickened. Fold in vegetables. Pour into 3 or 4 cup mold. Chill until firm, about 3 hours. Unmold. Garnish, if desired.

Serves 5

Sunset Salad

(Promotion Card)

1 package (3 ounces) orange Jell-O	1 can (8 ounces) crushed pineapple in juice
$\frac{1}{2}$ teaspoon salt	1 tablespoon lemon juice or vinegar
1 cup boiling water	1 cup coarsely grated carrot

Dissolve gelatin and salt in boiling water. Add pineapple with juice and lemon juice. Add carrots and pour into individual dishes. Chill until set, about 1 hour. Garnish, if desired.

Serves 6

For coleslaw with a deliciously different taste, combine two cups sugar, one cup vinegar, one-half cup water, one teaspoon mustard seed, and one teaspoon celery seed in a saucepan. Boil the mixture one minute and let it cool before pouring it over shredded cabbage.

Western Hazelnut Romaine Salad

(Promotion Card)

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| 6 slices bacon | 1 tablespoon sugar |
| 1 medium head romaine lettuce | 1 tablespoon water |
| ½ cup finely chopped hazelnuts | ½ teaspoon salt |
| ¼ cup bacon drippings | ¼ teaspoon dry mustard |
| ⅓ cup cider vinegar | ¼ teaspoon pepper |

Cook bacon until crisp; reserve ¼ cup drippings for dressing. Toss romaine (torn into bite-size pieces) in a large salad bowl. Refrigerate until ready to serve. Mix bacon drippings, vinegar, sugar, water, salt, mustard and pepper. Cook until mixture starts to boil on stovetop or in microwave oven, stir to dissolve sugar. Pour over salad greens and hazelnuts, tossing to coat. Crumble bacon and sprinkle over the top.

NOTE: Roast hazelnuts for FULL flavor!

Serves 6

Chili Soup

(Promotion Card)

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|----------------------------|-----------------------------------|
| 1 pound ground beef | 2 cans Campbell's Chili Beef Soup |
| ½ cup chopped green pepper | 1 soup can water |
| ½ cup chopped onion | 1 cup chopped canned tomatoes |
| 1 tablespoon chili powder | |

In large saucepan, brown beef and cook green pepper and onion with chili powder until tender. Stir in remaining ingredients. Heat; stir now and then.

Makes 6½ cups

Creamy Crab Chowder

(Paper)

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| 7½ ounces Alaskan King crab
or 8 ounces frozen crab, thawed | 1 can (13 ounces) evaporated milk |
| 4 slices bacon | 1 can (8½ ounces) cream-style corn |
| 1 cup chopped onions | 2 tablespoons chopped pimiento |
| 1 clove garlic, minced | 1 teaspoon salt, ¼ teaspoon pepper |
| ½ cup chopped celery | ¼ teaspoon thyme |
| ¼ cup chopped green pepper | 2 tablespoons flour |
| 4 cups water | ¼ cup milk |
| 2 chicken bouillon cubes | 2 tablespoons butter |
| 2 cups cubed potatoes | Chopped parsley |

Drain and slice crab, reserving liquid. Dice bacon and fry until crisp.

Add onions, garlic, celery and green pepper. Sauté until tender. Add reserved crab liquid, water, chicken bouillon cubes and potatoes. Simmer 10 minutes. Add evaporated milk, corn, pimiento and seasonings. Simmer 5 minutes.

Combine flour and milk, blending until smooth. Stir into chowder and simmer, stirring, until slightly thickened. Add butter. Sprinkle with chopped parsley. Serves 6

Creole Gumbo

(Mom)

2 tablespoons bacon drippings	1 1½-ounce can diced okra
1 green pepper, minced	1 to 1½ teaspoons salt
1 onion, minced	⅛ teaspoon pepper
2 stalks celery, diced	1 clove garlic, crushed
2 tablespoons flour	2 cups shrimp, crab or chicken
1 1-pound, 14 ounce can tomatoes	1 tablespoons Creole filé

Sauté onion, green pepper and celery 5 minutes. Blend in flour. Add tomatoes and okra. Season with salt, pepper and garlic. Now add meat or fish. Simmer 10 minutes. Blend in filé. Simmer 5 minutes. And serve with fluffy boiled rice.

7 cups gumbo

Easy Chicken Gumbo

(Paper)

1 broiler-fryer chicken, whole or in parts	1 package (10 ounces) frozen chopped okra or 8 ounces fresh okra, sliced
4 cups water	
1 stalk celery	½ cup celery, chopped
1 teaspoon salt	½ cup onion, chopped
½ teaspoon pepper	½ cup cabbage, chopped
1 can (16 ounces) tomatoes	

In a large kettle, place the chicken with water, celery stalk, salt and pepper and cook 45 to 50 minutes or until done. Remove cooked chicken and celery from kettle. Remove chicken from bones and chop; discard celery. To the broth in kettle add tomatoes, okra, chopped celery and onions and cook over medium low heat for 15 minutes. Add cabbage and cook 5 minutes more. Add chopped chicken and bring to boil. Serve immediately.

Makes 6 servings

Gazpacho

(Promotion Card)

2 medium cloves garlic, minced	2 cups chopped cucumber
2 tablespoons olive oil	1 cup chopped green pepper
3 cans (10¾ ounce each) tomato soup	½ cup chopped onion
3 cups cold water	Croutons
¼ cup wine vinegar	

In small saucepan, cook garlic in olive oil; combine in a large bowl with soup, water and vinegar. Chill for 4 hours. Serve in chilled bowls. Pass chilled vegetables and croutons for garnish.

Makes 6½ cups

Blender version:

Cook garlic as above. Combine in electric blender with 1 can soup, 1 cup water, ¼ cup cucumber, ¼ cup green pepper, 2 tablespoons onion, and 2 slices toast. Blend until smooth; combine in a large bowl with remaining soup, water and vinegar. Chill as above. Garnish with remaining vegetables.

Hamburger Soup

(Paper)

1 pound hamburger	2 teaspoons salt
1 quart water	½ teaspoon pepper
3 potatoes	½ cup rice
1 onion	1 cup shredded cabbage
1 package mixed vegetables	1 can tomatoes

Brown hamburger and onion. Dice potatoes. Add potatoes, tomatoes, salt, pepper, water, rice and vegetables to hamburger. Simmer 30 minutes.

Meatball Soup

(Promotion Card)

½ pound ground beef	1 can Campbell's Bean with Bacon, Minestrone, Tomato, or Vegetable soup
Dash salt	
Dash pepper	1 soup can water

Season beef with salt and pepper; shape into 18 small meatballs. In saucepan, brown meatballs (use shortening if necessary); cook over low heat 5 minutes. Pour off fat. Stir in soup and water. Heat; stir now and then.

Makes 3½ cups

Meatless Minestrone

(Paper)

1 1-pound 11 ounce can kidney beans	1 teaspoon salt
2 potatoes	½ teaspoon garlic granules
1 medium zucchini	1 clove garlic
2 celery stalks	¼ teaspoon pepper
1 carrot	1 tablespoon olive or vegetable oil
1 green onion	¼ cup fresh parsley or dash dried
1 small can tomato sauce	4 tablespoons butter or margarine
4 Swiss chard leaves (opt.)	1 tablespoon basil, fresh or dried
4 cups water	1 cup sherry wine

Combine all ingredients in a large pot. Cook for 45 minutes, then add ¼ cup pasta of your choice. We use Parmesan cheese on top of each serving.

You can also use ham hock but then of course it would not be meatless. This is excellent on a cold day with French bread or crackers or all by itself.

Horizons—From Marie Ellen Barone, Richmond, CA

Minestrone with Sausage

(Paper)

½ pound Italian Sausage	1 cup sliced carrots
¾ cup chopped onion	1 cup chopped zucchini
7 cups water	5 teaspoons chicken bouillon granules or 5 cubes
26 ounce jar tomato and basil pasta sauce	¾ cup small macaroni shells
¼ pound green beans, cut in 1 inch pieces (1 cup)	Fresh Parmesan, grated
1 cup shredded cabbage	

In Dutch oven or large kettle, brown sausage and onion; pour off fat. Add remaining ingredients except pasta and cheese; bring to a boil. Reduce heat; cover and simmer 20 minutes. Add pasta; bring to a boil. Reduce heat; cover and simmer 15 minutes or until pasta is tender. Serve with cheese. Refrigerate leftovers.

Microwave Beef and Barley Soup

(Paper)

1½ cup sliced mushrooms	1 (8 ounce) can tomato sauce
½ cup coarsely chopped onion	1 (7½ ounce) can tomatoes, cut up
½ cup sliced celery	2 teaspoons instant beef bouillon granules
¼ cup water	1 teaspoon dried basil, crushed
1 small clove garlic, minced	1 teaspoon Worcestershire sauce
¾ pound beef stew meat, cut into ½ -inch cubes	⅛ teaspoon pepper
2 cups water	⅓ cup quick-cooking barley

In a 3-quart microwave-safe casserole, combine mushrooms, onion, celery, ¼ cup water and garlic. Cook, covered, on 100% power (high) 3 to 5 minutes.

Add beef, 2 cups water, tomato sauce, undrained tomatoes, bouillon granules, basil, Worcestershire sauce and pepper. Cook, covered, on high 12 to 16 minutes or until boiling.

Stir in barley. Cook, covered, on 70% power (medium high) 20 to 25 minutes or until meat and barley are tender, stirring 3 times.

New England Tuna Chowder

(Old Magazine Card)

½ cup chopped onion	¼ teaspoon pepper
3 tablespoons butter or margarine	2 cans (7 ounces) tuna, drained and flaked
2 cups water or stock	1 cup milk
2 cups diced potatoes	¼ cup chopped parsley
1 teaspoon salt	

Sauté onions in butter until tender. Add water, potatoes, salt and pepper. Simmer 15 to 20 minutes or until potatoes are tender. Add tuna, milk and parsley. Heat and serve.

Serves 6 to 8

Peppery Chicken Posole

(Paper)

2 whole chicken breasts, skinned and boned	2 cans (14 ounce each) chicken broth
1 teaspoon ground cumin	1 (14½ ounce) can hominy, drained
1 teaspoon oregano leaves, crushed	¾ cup picante sauce
½ teaspoon salt	1 tablespoon flour
1 large onion, chopped	1 tablespoon water
2 garlic cloves, minced	1 green or red bell pepper, chopped
1 tablespoon vegetable oil	1 (2¼ ounce) can sliced ripe olives, drained

Cut chicken into ½ inch pieces; sprinkle with cumin, oregano and salt. Cook chicken, onion and garlic in oil in large saucepan or Dutch oven until chicken loses its pink color. Add broth, hominy and picante sauce. Bring to a boil; reduce heat. Cover and simmer 15 minutes. Mix together flour and water; stir into soup with green pepper. Cook uncovered about 5 minutes or until pepper is crisp tender, stirring occasionally. Stir in olives. Serve with additional picante sauce.

Potato Soup

(Paper)

8 potatoes (pref. Red)	1 tablespoon butter
2 onions cut fine	1 cup cream or rich milk
Pinch of grated nutmeg	1 egg, beaten
Salt and Pepper to taste	

After washing and peeling potatoes, put them into a saucy tender, mash and pass all through a sieve, and return to the fire. Add the seasonings and butter. Bring to a boil, and add the cream and a beaten egg, serving immediately with croutons.

From "The Picayune's Creole Cook Book"

Salmon Chowder

(Dad)

1 can (7.75 ounces) salmon	3 tablespoons butter
½ cup chopped onion	1 cup diced potatoes
½ cup chopped celery	1 cup diced carrots
¼ cup chopped green pepper	1½ teaspoons salt
2 cups chicken broth	½ teaspoon dill seed
¾ teaspoon pepper	1 can evaporated milk
½ cup diced zucchini	1 can (8.75 ounces) cream style corn
1 clove minced garlic	Parsley for garnish

Drain and flake salmon, reserving liquid. Sauté onion, celery, green pepper and garlic in butter until vegetables are translucent. Add potatoes, carrots, chicken broth and seasonings. Cover and simmer 20 minutes. Add zucchini. Cook 5 minutes; add salmon and reserved liquid, evaporated milk and corn. Heat through. Sprinkle with parsley.

Serves 6 to 8

Seafood Chowder

(Promotion Card)

3 cans Campbell's Chunky Clam Chowder Soup	¼ teaspoon hot pepper sauce
1 pound (15 to 20) large shrimp, shelled and de-veined	1 pound white fish, cut in 2-inch pieces
1 medium bay leaf	

In large saucepan, combine all ingredients except white fish. Cook over low heat 10 minutes; stir now and then. Add white fish; cook 5 minutes more. Remove bay leaf.

Makes 9½ cups

Tuna Vegetable Soup

(Old Magazine Card)

2 cups water	½ cup carrots, cooked or canned
4 chicken bouillon cubes	½ cup corn niblets
¼ teaspoon curry powder	1 can (7 ounces) tuna, drained and flaked
1 can (#2) peas	

Heat water, bouillon cubes and curry together until bouillon dissolves. Add vegetables and tuna, heat thoroughly. Serve at once.

Serves 4

Veal Stew Continental

(Mimeograph)

1 tablespoon vegetable oil	1 clove garlic, minced (optional)
2 teaspoons soy sauce	1 teaspoon rosemary
1 pound veal stew meat, cut in 1-inch cubes	2 small carrots, sliced thin
1 large onion, chopped	2 large green peppers, sliced thin
¾ cup water or tomato juice	½ pound fresh mushrooms, sliced
¼ teaspoon pepper	½ teaspoon grated lemon rind
½ teaspoon salt	

Heat oil and soy sauce in a large fry pan. Sauté veal and onion until brown. Add water or tomato juice, pepper, salt, garlic and rosemary. Cover and simmer for 45 minutes. Check occasionally and add more water if needed.

Add carrots, green peppers and mushrooms. Continue cooking for 30 to 40 minutes or until veal is tender and vegetables are done. Add extra water if necessary. Garnish with lemon rind.

Serves 4

Vegetable Bean Soup

(Dad)

1 (28 ounces) can tomatoes	1 cup sliced celery
1 (16 ounces) can pork and beans	½ cup chopped green pepper
1 (10 ounces) package frozen corn	1 teaspoon oregano
1 cup water	Salt and pepper to taste

In a large saucepan, combine all ingredients. Simmer 25 minutes or until vegetables are tender. Salt and pepper.

Vegetable Burger Soup

(Paper)

½ pound lean ground beef	1 (10 ounce) package frozen mixed vegetables
1 pound can stewed tomatoes (2 cups)	¼ package dry onion soup mix
1 (8 ounces) can tomato sauce (1 cup)	1 teaspoon sugar
2 cups water	

Lightly brown ground beef in a large skillet or Dutch oven. Drain off any excess fat. Add remaining ingredients, bring to a boil, reduce heat and cover. Let simmer for 20 minutes. Serves 6 to 8. This soup is excellent for freezing or for hunters to take along with them!

Beef Stew

(Low Sodium/Paper)

2 pounds lean beef (do not brown)	4 tablespoons tapioca
8 carrots cut in thick slices	1 tablespoon sugar
1 large can tomatoes and juice	½ teaspoon thyme
dietetic or 6 fresh whole	½ teaspoon marjoram
6 ounces cooking sherry (or wine)	1 package frozen peas (optional)
1 cup celery pieces	

Combine all ingredients except peas—put in 2 quart baking dish. Bake covered in a slow oven (250°F) for 6 hours. The last 20 minutes add peas and bake 20 minutes.

French Oven Beef Stew

(Paper)

3 pounds stew meat, in 1-inch cubes	2 tablespoons quick-cooking tapioca
6 carrots and 4 potatoes, peeled and quartered	1 can tomato soup (10¾ ounce)
4 stalks celery cut up	1¼ cup water
2 onions, quartered	1 can mushrooms (4 ounces)
1 tablespoon each sugar and salt	½ cup burgundy
½ teaspoon pepper	or ¼ cup lemon juice with 1 teaspoon sugar

Place all ingredients except mushrooms and wine in a 4-quart casserole.

Cover and bake at 300°F for 4 hours or until tender. Add mushrooms and wine just before serving.

CHILI

(Mom)

4 to 5 medium onions	2 teaspoons marjoram or oregano
2 garlic cloves	2 No. 2 cans tomatoes
2 tablespoons shortening	2 cups water
3 to 6 tablespoons chili powder	4 tablespoons sugar
1 tablespoon flour	1 tablespoon salt
2 teaspoons cumin	2 squares un-sweetened chocolate
2 teaspoons coriander	

Chop onions and garlic very fine and fry in melted shortening until golden brown and limp. Mix chili powder, flour and all the spices together and stir into onion mixture. Cook about 2 or 3 minutes then pour in tomatoes and water. Cook to the simmering hot stage and season with salt, ~~sugar~~ and chocolate. Stir until the ingredients are dissolved and turn heat low. Cook very slowly for an hour or longer. Sauce should be as thick as medium gravy, so add more water if necessary.

Can add beans and ground beef. Use over meat loaf, spaghetti, rice, etc.

Chili Mole Ole!!

(Paper)

2 pounds ground beef	2 teaspoons ground cumin
2 large onions cut into ½ inch pieces	1 teaspoon oregano leaves
2 cloves garlic, minced	1¼ teaspoons salt
2 cans pinto or kidney beans, rinsed and drained	⅛ teaspoon ground cloves
1 can (29 ounces) tomato sauce	⅛ teaspoon nutmeg
1¼ cups picante sauce	⅛ teaspoon allspice
½ cup water	1 large green pepper cut into ¾ inch pieces
3 tablespoons unsweetened cocoa	

Optional toppings:

- Chopped onion
- Sour cream
- Shredded cheese

In saucepan, brown meat with onion and garlic; drain. Add remaining ingredients except green pepper and toppings. Bring to a boil; reduce heat. Cover and simmer 40 minutes. Add green pepper; continue to simmer 20 minutes. Ladle into bowls; top as desired and serve with additional picante sauce.

Halloween Brew Stew

(Paper)

Stew:

4 cups shredded cabbage	1 can (17 ounces) whole kernel corn
2 cups carrots, diagonally cut in 1-inch pieces	1 package (10 ounces) frozen lima beans
2 cups cubed potatoes	2 tablespoons Worcestershire sauce
1 cup chopped onion	1 teaspoon salt
3 cups water	

Meatballs:

1½ pounds ground beef	1½ teaspoons salt
1¼ cups quick or old fashioned oats, uncooked	½ teaspoon pepper
⅓ cup catsup	1 clove garlic, minced

For stew, combine carrots, cabbage, potatoes, onion and water in 4-quart Dutch oven. Bring to a boil; reduce heat and simmer 15 to 20 minutes or until carrots are tender.

Add corn, lima beans, Worcestershire sauce and salt. Return to boil, reduce heat; add browned meatballs and simmer 15 minutes or until beans are cooked.

For meatballs, place ground beef, oats, catsup, salt and pepper in large bowl; mix well. Shape to form 24 meatballs. Heat small amount of shortening in skillet; add garlic and brown meatballs over medium heat.

Serves 8

Hamburger Stew

(Paper)

1 pound lean ground beef	4 carrots
2 cups canned green beans	3 stalks celery
2 large onions, quartered	½ cup uncooked macaroni

Cook the meat in a large pan. Leave in large chunks; do not break into fine pieces. Add all the vegetables as for any stew. Add salt and pepper to taste and garlic salt, if desired.

Add macaroni; bring to a boil and simmer for about 1½ hours. Skim off fat.

Add any favorite vegetable combination, whatever your family enjoys.

Hearty Washington Chicken Ragout (AKA Chicken Stew)

(Paper/Dad)

Ragout is a tasty meal in one. The tender chicken is surrounded by vegetables and a tasty, seasoned tomato sauce using marjoram, thyme, rosemary and bay leaf.

1 Washington fryer, cut in parts and skinned	1 cup carrots, sliced
2 tablespoons vegetable oil	1 (15 ounce) can tomato sauce
3 cloves garlic	1 teaspoon marjoram
1 medium onion, chopped	½ teaspoon thyme
2 cups zucchini, sliced	¼ teaspoon rosemary
1 cup sliced celery	1 bay leaf
2 large potatoes, diced	

In a large skillet over medium heat, brown chicken parts on all sides in oil, about 10 minutes. Remove browned parts to a plate. Sauté garlic, onion, zucchini, celery, carrots and potato in drippings in skillet for 3 – 5 minutes. Return chicken to skillet and add remaining ingredients. Cover and simmer about 40 to 50 minutes.

Mulligan Stew

(Mom/Navy Times)

1 4 to 5 pound chicken	2 cups whole corn
1 pound stew beef in chunks	2 cups tomatoes
1 pound veal shoulder cut in chunks	1 (10½ ounce) can tomato puree
3 quarts water	2 tablespoons salt
1 pound small potatoes, halved	1 teaspoon pepper
1 pound small onions, halved	1½ teaspoons dry mustard
2 cups carrots, chopped	1 teaspoon chili powder
2 green peppers, chopped	¼ teaspoon liquid hot pepper sauce
1 (10-ounce) package lima beans	⅛ teaspoon cayenne
2 cups okra	½ cup chopped parsley

Combine meats and water in heavy 8-quart kettle. Cover and cook over low heat for 2 or 3 hours. Remove meats. Skim fat from liquid. When meat is cool enough, remove skin and bones and put meat back. Add vegetables and salt. Simmer for 2½ or 3 hours. Add pepper, mustard, chili powder, liquid pepper, cayenne and parsley. Heat through. Flavor improves with age.

Our Rich Beef Stew

(Magazine)

2 pounds stew beef	1 clove garlic
½ pound bacon	¾ cup white wine
5 medium onions	2 cups sour cream
2 teaspoons salt	8 medium potatoes
¼ teaspoon pepper	4 small or 2 large turnips
Good pinch of marjoram	8 carrots

Ask your meat man to cut the beef up in right-size eating pieces. Cut up the bacon rather coarsely, and fry right in your stew pot until brown. Next, chop up the onions on the coarse side and fry until wilted along with the bacon. Now add meat, salt, pepper, marjoram, crushed garlic and wine. Bring to a boil, then turn down heat and simmer over very low heat for ¾ hour. At this point, add the sour cream and simmer (this means only barely bubbling) another 15 minutes.

In the meantime, peel, wash and halve the potatoes and turnips (if large, quarter); scrub the carrots. Then dump them into your stew pot, cover tightly and continue cooking very slowly (barely bubbling) another 50 to 60 minutes or until vegetables are tender when pierced with a fork.

This stew will serve 6 and it's absolutely wonderful.

Seafarer's Stew

(Paper)

2 tablespoons salad oil	1 beef bouillon cube
2 pounds beef stew meat cut in 1½ inch cubes	Water
2 medium onions, quartered	3 carrots, julienned
1 teaspoon salt	1 pound zucchini, thinly sliced
6 whole all spice	1 cup dried apricots
1 bay leaf	½ teaspoon sugar
⅛ teaspoon pepper	1 tablespoon flour

In Dutch oven or large saucepan, heat oil; add beef and brown well on all sides.

Add onions, seasonings, bouillon cube and 2½ cups water; bring to a boil. Reduce heat, cover and simmer 1 hour or until meat is tender.

Add carrots to beef and cook 5 minutes. Then add zucchini, apricots, and sugar; continue cooking 10 minutes more or until vegetables are tender.

Remove bay leaf; discard. Blend flour and ¼ cup water until smooth; gradually stir into stew liquid.

Cook, stirring constantly, until sauce thickens and boils 1 minute. Add additional salt and pepper to taste.

Serves 6

Student Ragout (Murder Mystery Stew)

(Mom)

Cover bottom of heavy pan or electric skillet with bacon cut in half. Cut a pound or so of round steak in strips 1½ by ½ inch. Cover the bacon with these and salt and pepper it. Slice three carrots paper-thin and cover steak. Slice three onions paper thin and put on carrots. Slice four potatoes ditto. Salt and pepper. Add water to cover. Cook over low heat.

Texas Style Chili (From Georgia)

(Paper)

3 pounds ground chuck	1½ tablespoon sugar
1 pound hot bulk sausage	1 tablespoon oregano (ground)
3 medium onions, chopped	1 tablespoon salt
4 cloves garlic, minced	2 (28 ounce) cans tomatoes, undrained and chopped
¼ cup chili powder	3 (16 ounce) cans kidney beans, drained
2 tablespoons flour	

Combine ground chuck, sausage, onion and garlic in Dutch oven. Cook until meat is browned; stir to crumble. Drain. Stir in chili powder, flour, sugar, oregano, salt and tomatoes. Cover and simmer 1 hour, stirring occasionally. Add drained beans; simmer for an additional 20 minutes.

Turkey Brunswick Stew

(Mom)

4 pounds turkey drumsticks or wings	1 package frozen Fordhook lima beans
Salt	1 small sweet red pepper, chopped
1 can whole tomatoes	1 can (8½ ounces) okra
1 large onion, sliced	1 can whole kernel corn
4 cups peeled potatoes in quartered thin slices	¼ cup butter or margarine
1 tablespoon sugar	

Put turkey in large kettle and add water to cover. Season with salt and bring to a boil. Simmer covered 3½ hours. Remove turkey from broth. Measure broth, need 7 cups. Put in kettle and add tomatoes, onion, potatoes, sugar and limas, 1 tablespoon salt, pepper to taste and okra. Cook ½ hour. Add turkey meat, butter and corn. Cook 5 minutes.

Serves 12

Dressing Salad (Sweet)

(Mom)

1 cup sugar	1 teaspoon salt
2 tablespoons flour	½ cup water
1 teaspoon mustard (dry)	1 cup vinegar
2 eggs	2 big lumps butter

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(Above is as is written on card.)

German Salad Dressing

(Paper)

1 cup cider vinegar	¼ tablespoon sweet basil
1 cup honey	¼ tablespoon capers, with juice
1½ tablespoons onion salt	¼ teaspoon dill, whole
1 tablespoon garlic salt	¼ cup lemon juice
½ tablespoon whole thyme	½ cup orange juice
¼ tablespoon rosemary	

Combine all ingredients in a quart jar and shake until salt and sugar are dissolved. Fill jar with oil. Makes 1 quart.

This dressing is good with a tossed green salad or a lettuce and fruit salad.

Tomato French Dressing

(Promotion Card)

1 can (10¾ ounce) Campbell's Tomato Soup	2 tablespoons sugar
¼ cup vinegar	2 teaspoons dry mustard
½ cup salad oil	1 teaspoon salt
1 tablespoon minced onion	¼ teaspoon pepper

Combine all ingredients in 1-quart jar. Shake well before using.

Makes about 2¼ cups.

Un-named Salad Dressing

(Paper)

If you prefer a lightly seasoned salad, try a dressing of peanut oil, vinegar or lemon juice, salt, pepper and a touch of dry mustard. For a spicier, more robust dressing for a salad main course or a salad which accompanies a hearty evening meal, try this dressing, which should be served at room temperature.

¾ cup peanut oil	1 teaspoon salt
¼ cup vinegar	½ teaspoon dry mustard
2 tablespoons finely chopped parsley	¼ teaspoon dried oregano or basil
½ teaspoon pepper	1 clove garlic

Place peanut oil, vinegar and remaining ingredients in a pint jar with a tight fitting lid. Mix well. Remove garlic clove before serving.

Makes 1 cup dressing