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EC9955 Meat Alternatives

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MEAT ALTERNATES

If meatless days or rationing of meat actually becomes a necessity home makers can help in this possible meat shortage by using more of the foods that are plentiful and less beef and pork.

There are several other foods that may be used to provide protein. Protein is needed by the body to build and repair tissue, supply the needed amino acids and to give vigor and energy. These proteins that contain all the essential amino acids are milk, meat (including poultry and fish), eggs, cheese, and soybeans. Other good sources are legumes (dried beans and peas) and nuts.

The recipes given below are suggestions for meat alternates, and ways of extending meat or making it go farther.

CHEESE RECIPES

CHEESE - CORN - TOMATOES

1 small onion, chopped  ½ tsp. paprika
1 Tb. fat  ½ c. tomato soup
1 can corn  ½ lb. American cheese, grated
1 minced pimiento  ½ tsp. salt
2 eggs.

Cook the onion a few minutes in the fat. Add the corn, pimiento, salt, paprika, tomato soup, cheese and beaten egg yolks. Fold in the egg white stiffly beaten and bake until firm in moderate oven.

CHEESE POTATOES O'BRIEN

2 Tbs. fat
2 Tbs. flour
1½ c. milk
1 c. American cheese grated
Salt

1 small onion
½ green pepper
1 pimiento
3 or 4 medium sized boiled potatoes

Melt fat, stir in flour and add the milk. Cook 2 minutes, add the cheese, stir until cheese is melted; season to taste. Add onion, green pepper and pimiento. Place layer of diced potatoes in buttered baking dish, then a layer of sauce. Alternate putting sauce on top. Bake 20 min. in a moderate oven.

BAKED CABBAGE AND CHEESE

1 c. thick strained tomatoes
Salt
Pepper
1½ c. soft bread crumbs
2 c. chopped grated American cheese

Mix tomatoes with 1 cup crumbs, 1 cup grated cheese, and seasonings. Place alternate layers of cabbage and tomatoes in a casserole, sprinkle top with remaining cheese and crumbs, and bake in a moderate oven, 350 degrees, 20 to 30 minutes.

VEGETABLE SCALLOP

1½ c. cooked string beans
1 c. cooked sliced carrots
1 Tb. chopped green pepper
1 c. bread
1 Tb. chopped onion crumbs

Add cheese to cream sauce. Cook slowly in double boiler until cheese melts. Add sauce to vegetables, with seasonings to taste. Place in casserole cover with crumbs. Bake at 350, 30 min.
SOYBEAN CASSEROLE

Pour the mixture into a greased baking dish. Cover with the buttered crumbs. Bake in a moderate oven at 350 degrees for 30 min. or until crumbs are brown.

CHEESE BEAN ROAST

1 lb cooked or 1 c. bread crumbs
1/2 lb. American cheese
Salt, Pepper and Paprika, to taste
1 onion, chopped fine
2 eggs
1 Tbsp. butter

Drain beans, run thru meat chopper. Cook onion in butter. Combine ingredients, add seasonings and beaten eggs. Mold into a loaf, moisten with melted butter and water and roll in bread crumbs; or pack in buttered baking dish and cover top with buttered crumbs. Bake in moderate oven. This may also be used as croquettes.

SPANISH LIMAS

1 onion chopped
1 Tbsp. Worcestershire sauce
1 green pepper chopped
2 c. lime beans
2 Tbsp. butter
1/2 c. grated American cheese
2 c. strained tomatoes
Sauté onion and pepper in butter, add tomatoes and cook slowly 10 min. Add seasonings, and drained beans. Simmer 20 min. Put beans and grated cheese in alternate layers in baking dish. Bake at 350 degrees for 20 to 30 minutes.

MEAT AND VEGETABLE STEW OR FRIED

Simmer soup bone in water. To each pint of this broth allow:
1 med. sized onion
1 small green pepper
2 small carrots
2 celery stalks and leaves
1 medium potato
1 c. tomato juice
Salt, Pepper

Cut vegetables same size and shape. Cook in salted stock until tender. Thicken with 1 Tbsp. of flour mixed with cold water. Makes a delicious stew. Or, put stew into a baking dish, cover with biscuit dough or mashed potatoes. Bake in hot oven.