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*
* LOW COST RECIPES *
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* * *

* Low cost menus need not be unattractive *
* menus if they contain well cooked, nicely *
* seasoned foods in pleasing variety. Many *
* inexpensive dishes taste as good, often *
* better, than costly ones and are frequent- *
* ly no more trouble to prepare. *
* This collection of low cost recipes, *
* brought together from many sources, will *
* give suggestions for putting variety in- *
* to low cost diets. Some less economical *
* recipes are included because they suggest *
* palatable ways of using foods which are *
* essential in the low cost diet. *

Nebraska

COOPERATIVE EXTENSION WORK

IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

The material in this circular has been prepared
by the Emergency Relief Committee of the State
Home Economics Association.

When a "tall can" of evaporated milk ($14\frac{1}{2}$ oz.) is
cheaper than a quart of market milk, evaporated
milk may be substituted in these recipes. Use
one-half as much undiluted evaporated milk as is
called for in the recipe and an equal amount of
water.

"Reconstituted" skim milk may be made by mixing
 $\frac{1}{4}$ cup of dried skim milk powder with enough water
to make one cup. This may also be substituted for
the milk in the recipes.

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LOW COST RECIPES

Roast Stuffed Pork Shoulder

Remove the bones from a fresh picnic shoulder of pork. (The butcher will do this if you are buying it at a market.) Lay the boned shoulder fat side down and carefully cut a few gashes in the parts where the meat is thickest, so that it will hold more stuffing. Sprinkle with salt and pepper. Pile in a well seasoned bread crumb stuffing. Sew or tie the edges of the pocket together. Rub outside of the stuffed shoulder with salt, pepper and flour. Roast in a very moderate or slow oven until meat is tender - probably $3\frac{1}{2}$ to 4 hours for a 4-pound shoulder.

Chili Con Carne

2 c. cooked beans	$\frac{1}{4}$ c. chopped onion
$\frac{1}{4}$ lb. salt pork	2 c. tomatoes
$\frac{1}{2}$ lb. ground lean meat	1 T. chili powder

Cut the salt pork into $1/8$ inch cubes and brown in a skillet. Add these cubes to the beans. Brown the chopped onion in the salt pork fat. Add the ground beef and cook slowly for 5 minutes. Combine with the beans and other ingredients. Cook until meat is tender and the flavor is well blended.

Stuffed Beef, Calf or Pig Hearts

Wash the heart or hearts and remove gristle and veins. Make a slit in the side and after sprinkling inside and out with salt and pepper, fill with a hot stuffing made of bread crumbs and seasonings and sew up the slit. Sear the heart in hot fat, place in heavy kettle if it is to be cooked on top of stove, or in baking pan, if you wish to bake it. Add small amount of hot water, cover, and cook or bake slowly until tender - about 2 hrs. for a beef heart, less for calf or pig hearts. Remove heart, add flour to drippings and enough water to make gravy.

Cooked heart, sliced and rolled in salted flour and browned lightly in fat is very good.

Beef and Kidney Stew

Cut kidney and beef in inch cubes. Roll in salted flour and brown in fat. Add small amount of water and diced or sliced vegetables such as onions, carrots, potatoes, turnips, etc. Cover and let simmer for 45 minutes or until vegetables are tender. Then remove and thicken broth for gravy, combining again if desired.

Pork Liver Loaf

2 lb. pork liver	2 T. chopped onion
$\frac{1}{2}$ lb. ground fresh pork	2 t. salt
$\frac{1}{2}$ c. bread crumbs	$\frac{1}{2}$ t. pepper
1 c. tomatoes	1 egg

Mix all ingredients thoroughly. Bake slowly from 1 $\frac{1}{2}$ to 2 hours.

Liver and Rice Loaf

$\frac{1}{2}$ c. rice	1 c. chopped cabbage
4 c. boiling water	(or celery tops)
1 lb. sliced liver	2 t. salt
2 T. fat	2 T. flour
1 onion, chopped	1 c. tomatoes

Cook rice until it is tender and has absorbed the water. Sprinkle liver with salt and flour and cook in the fat for about 3 min. Remove and chop fine or grind. Cook onion and cabbage or celery tops in the drippings for a few minutes, add flour and tomatoes and stir until thickened. Then mix all ingredients well, form into loaf and bake in moderate oven in open roasting pan for about 30 minutes.

Liver Sandwich Spread

To each cup of mashed or ground cooked liver add 2 T. each of bacon fat, catsup and chopped cabbage with salt and pepper to taste. Spread between slices of graham, whole wheat or rye bread.

Hot Liver Sandwiches

1 c. cooked chopped liver $\frac{1}{2}$ c. milk
3 eggs Salt and pepper

Melt 2 T. bacon fat in skillet, turn mixture into it and cook as scrambled eggs. Serve on toast with slice of crisp bacon on top.

Scrapple

Select 3 pounds of bony pieces of pork or 1 pound of boneless pork. Simmer in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bones, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2 quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly stir in 2 cups of corn meal or 3 cups of cracked wheat, cook for about 30 minutes and stir frequently. Add the chopped meat, salt, and any other seasoning such as a little sage or thyme. Pour the hot scrapple into bread pans which have been rinsed with cold water. Let stand until cold and firm, slice, and brown slowly in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying. Salt pork makes excellent scrapple. In this case add no additional salt.

Fish Chowder

$\frac{1}{2}$ lb. salt fish 2 T. bacon fat
3 potatoes, cubed 1 qt. milk or 1 c.
2 T. chopped onion skim milk powder +
Pepper 1 qt. water

Cut the fish in small pieces and soak in cold water over night. Drain. Cook onion in the fat for a few minutes stirring often. Add the potatoes, fish and 2 cups of water. Cook until potatoes are soft. Add milk, and a dash of pepper. Serve hot. One pound of fresh fish or left-over fish may be used instead of the salt fish.

Salmon Chowder

- | | |
|------------------------|-----------------------|
| 2 slices bacon or salt | 1 onion, diced |
| pork | 1 qt. milk, or 1 c. |
| 3 potatoes, diced | skim milk powder plus |
| 2 carrots, diced | 1 qt. water |
| 1 can salmon | |

Cut bacon or salt pork into small pieces and fry. Brown the minced onion in the fat. Add the other vegetables and $\frac{1}{2}$ c. water. Let simmer until tender, then add salmon and milk and season to taste. After serving, add small squares of toasted bread.

Salmon Loaf

- | | |
|---------------------------|-----------------|
| 2 c. or 1 tall can salmon | 2 T. melted fat |
| $\frac{1}{2}$ c. milk | 2 eggs |
| 1 c. stale bread crumbs | Salt and pepper |
| 1 T. vinegar | |

Break bread in pieces, soak in milk, add the fish which has been flaked, the eggs slightly beaten, and seasonings. Pack in a greased baking dish. Bake in a moderate oven about $\frac{1}{2}$ hour.

Salmon Rice Cutlets

- | | |
|----------------------------|--------------------|
| 1 c. rice | 1 c. corn meal wet |
| 4 c. boiling, salted water | with 1 c. cold |
| 1 can salmon, flaked | water |

Add rice to the boiling water and when it starts bubbling up again add the wet corn meal. Let cook until rice is tender. Remove from stove and add the flaked salmon. Pour and pack into a pan, wet with cold water, to mold, and let stand over night. Unmold, slice down, roll in corn meal and brown in bacon fat.

Codfish, Spaghetti, and Tomatoes

$\frac{1}{2}$ lb. salt codfish, diced	2 T. chopped parsley
2 c. spaghetti, broken in small pieces	1 onion, sliced
	2 T fat
1 qt. tomatoes, fresh or canned	Salt, if needed

Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed, and drain. Cook the spaghetti in boiling salted water until tender and drain. Simmer the tomatoes and codfish for about 20 minutes. Cook the onion and parsley in the fat for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.

Corn Omelet

3 eggs beaten separately	4 T. flour
$\frac{1}{2}$ c. milk	1 T. butter
1 t. salt	Dash of pepper
2 c. corn	

Mix flour, butter, milk, seasonings, and beaten yolks of eggs. Add corn and fold in egg whites, beaten stiff. Bake in a moderate oven until firm.

Eggs Poached in Tomatoes

Season and slightly thicken a quart jar or can of tomatoes in a flat pan or skillet. Carefully drop eggs into the tomatoes; with a spoon put a little of the tomato over the eggs. Cover closely and cook very slowly until the eggs are set. Cheese that has been grated or chopped fine may be sprinkled over the top just before serving.

Scrambled Egg in Fried Potato

Chop cold boiled potatoes, season, brown in bacon fat, then break an egg or two into them, stir and cook 1 or 2 min. till the egg is done, season again if needed, serve promptly. Three or four T. of milk may be added with the eggs if the potatoes seem dry.

Spaghetti Mackay

$\frac{1}{2}$ lb. spaghetti	1 c. strained canned toma-
1 c. canned corn	toes or 1 can tomato soup
$\frac{1}{2}$ c. fat	$\frac{1}{2}$ c. grated cheese
1 large onion	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ lb. hamburger	Pepper

Cook spaghetti in boiling salted water until tender. Fry chopped onion in the fat. Add tomatoes and seasonings. Stir in cheese. When melted, add spaghetti and corn. Then add meat which should be thinned with a little cold water to prevent lumping. Stir over fire five minutes. Turn into baking dish, sprinkle with cheese and crumbs and bake 30 minutes. Or it may be simmered on top of the stove for that length of time.

Baked Beans

3 c. navy beans	1 t. mustard
$\frac{1}{2}$ lb. diced bacon or	$\frac{1}{2}$ c. molasses
salt pork	$\frac{1}{2}$ c. brown sugar
1 small minced onion	or $\frac{3}{4}$ c. molasses and
$\frac{1}{2}$ c. tomatoes (may be	$\frac{1}{4}$ c. white sugar
omitted if desired)	Salt and pepper to taste

Soak the beans 8 to 10 hours or over night. Simmer until tender. Do not cook too long. Put into baking pan, add the bacon or salt pork and seasonings. Add enough water to keep moist. Bake for 2 to 4 hours in a moderate oven, stirring occasionally.

Spinach Loaf

Mix $1\frac{1}{4}$ c. drained, chopped, cooked spinach with 1 c. crumbs, 1 well beaten egg, $\frac{1}{2}$ c. grated cheese, 1 T. vinegar, 1 t. salt and $1\frac{1}{8}$ t. pepper. Put in greased baking dish and bake 25 minutes. Tomato sauce may be served with this. Melt 1 T. fat, add 2 T. flour, then gradually add 1 c. tomato juice. Let thicken and add seasonings. 18403s

Tomato Rice Cakes

2 c. cooked rice	1/8 t. pepper
3/4 c. tomatoes	1 T. chopped onion
2 c. soft bread crumbs	1 1/2 T. bacon fat
1 t. salt	2 eggs

Beat up the eggs, add rest of ingredients and drop by spoonfuls on hot griddle. Brown on both sides.

"Cream Sauce"

The following proportions are used to make a medium thick cream sauce or white sauce:

1 T. fat	1 c. milk
2 T. flour	1/2 t. salt

Melt the fat, add salt and flour. Blend well, add the milk gradually so as to avoid lumps. Cook slowly until it thickens.

This sauce is especially valuable in extending or making a small amount of left-over chopped meat, fish, hard cooked eggs, vegetables, etc. go farther. In some cases cheese melted in this sauce makes it more desirable.

Cream Vegetable Soup with Cheese

Cook together in small amount of boiling, salted water until tender 1 c. diced potatoes, 1/2 c. diced carrots, 1/2 c. minced onion. (Where possible add 1/2 c. chopped celery or celery tops also.) If desired, cooked vegetables may be mashed before they are added to the cream sauce made with 4 T. fat, 4 T. flour, 1 t. salt, 1/2 t. pepper and 1 qt. milk (or 1 c. powdered milk and 1 quart water). If there is any liquid left on vegetables after they are cooked, it should be used in place of some of the water or milk. Let the soup stand over hot water for 10 to 15 minutes. Just before serving sprinkle each dish with grated cheese.

Cocoa with Skim Milk Powder

5 T. cocoa	$1\frac{1}{4}$ c. skim milk powder
5 T. sugar	5 c. water
Salt	

Mix the cocoa, sugar, salt, and water and boil for 10 minutes. Cool the mixture slightly. Add the milk powder slowly, beating constantly until smooth. Reheat and serve.

Savory Fat

May be used on potatoes, vegetables, bread, etc. in place of more expensive fats or makes a palatable base for gravies. It is made from drippings or lard by simmering for a few minutes with a little minced onion, celery tops, celery seed, chopped parsley, a tiny piece of bay leaf. Do not allow the vegetables to brown. Remove seasonings at end.

Toasted Sandwiches

You may have hot toasted sandwiches of any kind by simply buttering the outside of the bread slices instead of the inside and frying in a hot skillet. The bread may be spread with the less expensive fats if desired. No additional fat is needed in the pan.

Bacon Fat Salad Dressing

$\frac{3}{4}$ c. milk	$\frac{1}{4}$ t. mustard
2 T. flour	$\frac{1}{4}$ c. vinegar
2 T. sugar	2 T. bacon fat
$\frac{1}{4}$ t. salt	

Mix dry ingredients, add milk, then the vinegar slowly. Cook over low fire, stirring until it thickens. Add bacon fat.

The addition of one egg slightly beaten will give this a better flavor and color. When added, use only 1 T. flour. A little butter coloring may be added if this is made without the egg.

Pumpkin Corn Bread

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|----------------------------------|------------------------|
| $1\frac{1}{2}$ c. mashed pumpkin | 2 eggs |
| $1\frac{1}{2}$ c. milk | 3 t. baking powder |
| $1\frac{1}{2}$ c. corn meal | $1\frac{1}{2}$ t. salt |
| $\frac{1}{2}$ c. flour | 3 T. melted fat |
- Combine ingredients and bake 40 minutes in a hot oven.

Wheat Grits and Prune Muffins

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|------------------------|---|
| 1 c. wheat grits | 1 egg |
| 1 c. white flour | 1 c. milk (or $\frac{1}{4}$ c. powdered skim milk and 1 c. water) |
| 3 t. baking powder | |
| $\frac{3}{4}$ t. salt | |
| $\frac{1}{4}$ c. sugar | $\frac{1}{4}$ c. shortening, melted |
| 1 c. chopped prunes | |

Mix in the order given and bake in a hot oven for 20-30 minutes, according to size of muffins.

Pumpkin Drop Cookies

- | | |
|-------------------------|---|
| $1\frac{1}{3}$ c. fat | 1 t. cinnamon |
| 1 c. sugar | $\frac{1}{4}$ t. ginger and $\frac{1}{4}$ t. nutmeg |
| 1 c. pumpkin | |
| $2\frac{1}{4}$ c. flour | $\frac{1}{4}$ t. salt |
| 4 t. baking powder | $\frac{1}{2}$ t. vanilla |
| | 1 t. lemon |

Cream sugar, fat and add pumpkin. Add dry ingredients sifted together and flavorings. Bake in a moderate oven for 15 minutes. One cup raisins may be added with the dry ingredients.

Crumb Torte

- | | |
|--|------------------------|
| $1\frac{1}{2}$ c. browned bread crumbs | $\frac{1}{4}$ c. sugar |
| 1 t. cinnamon | 4 T. margarine |

Mix well and pack into baking pan, saving out $\frac{1}{4}$ cup. Cover with the following custard:

- | | |
|--|------------------|
| 2 c. milk ($\frac{1}{2}$ c. powdered milk and 2 c. water) | |
| 3 T. flour | 2 eggs separated |
| $\frac{1}{2}$ c. sugar | Pinch of salt |

Cook together until thickened the milk, flour, sugar, salt and egg yolks. Pour on to the above crumb mixture. Beat the egg whites, add 2 T. sugar. Spread on top of custard, sprinkle with the $\frac{1}{4}$ c. crumbs saved out. Bake in a slow oven for 20 min.

Tomato Cake

- | | |
|------------------------------|----------------------------------|
| 1 c. sugar | $\frac{1}{2}$ t. each nutmeg and |
| 4 T. lard | cloves |
| 1 c. strained tomato | 2 c. flour |
| $\frac{1}{4}$ t. salt | 1 c. raisins or $\frac{1}{2}$ c. |
| 2 to $2\frac{1}{2}$ t. B. P. | each of raisins and |
| 1 t. cinnamon | chopped nuts |

Bake in a moderate oven. Before it is done, sprinkle top with sugar and cinnamon.

Carrot Pudding

- | | |
|---|------------------------------|
| 1 c. raw, ground, or | $1\frac{1}{2}$ c. shortening |
| chopped carrots | $1\frac{1}{4}$ c. flour |
| 1 c. raw, ground, or | $1\frac{1}{2}$ c. raisins |
| chopped potatoes | 1 t. cinnamon |
| 1 t. soda dissolved in | 1 t. cloves |
| 1 T. warm water | 1 t. nutmeg |
| 1 c. brown sugar or $\frac{1}{2}$ c. | 1 t. salt |
| white sugar and $\frac{1}{2}$ c. molasses | |

Steam in pound baking powder cans $2\frac{1}{2}$ to 3 hours. Serve with any favorite sauce.

Pudding Sauce

- | | |
|------------------------|----------------|
| $\frac{3}{4}$ c. sugar | Pinch of salt |
| 2 T. flour | 2 c. hot water |

Stir well until it thickens, then let simmer for a few minutes and add a teaspoon of butter and one of vanilla. Left-over canned or stewed fruit juices may be used in place of all or part of the water, in which case it will not be necessary to use as much sugar.

Rice Pudding

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|---|-----------------------------------|
| 1 c. cooked rice | Pinch of salt |
| 2 eggs, slightly beaten | $\frac{1}{2}$ c. seedless raisins |
| $\frac{1}{2}$ c. sugar | Nutmeg or cinnamon |
| 2 c. milk or $\frac{1}{2}$ c. skim milk powder and 2 c. water | |

Mix in the order given, sprinkle with nutmeg or cinnamon and bake in a slow oven until the custard is set.

Baked Indian Pudding

1 qt. milk or 1 c. skim milk	1 t. salt
powder and 1 qt. water	$\frac{1}{2}$ c. molasses
$\frac{1}{3}$ c. yellow corn meal	$\frac{1}{2}$ to 1 t. ginger

Cook the milk, corn meal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300° F.) for 2 hours. Serve hot.

Fruit Tapioca

4 T. minute tapioca	$\frac{1}{3}$ t. salt
2 c. milk or 2 c. water and	$\frac{1}{2}$ c. orange or other
$\frac{1}{2}$ c. milk powder	fruit juice
1 egg	6 T. sugar

Add tapioca, sugar, and salt to the milk and let cook in a pan over hot water until the tapioca is clear, stirring frequently. Add the slightly beaten egg yolk to which just a small amount of cold milk has been added, stirring vigorously. Add juice and cook until thickened. Remove from fire and fold in stiffly beaten egg white. Any stewed, dried fruit or cooked fruit juice may be used and some of the fruit may be cut up in pieces and added.

Tamale Pie

2 c. corn meal	1 onion, chopped
2 t. salt	1 lb. ground beef
2 c. cold water	1 c. canned tomatoes
4 c. boiling water	$\frac{1}{2}$ t. salt
1 oz. suet	$\frac{1}{8}$ t. pepper

Mix the corn meal, salt and cold water, until smooth, add the boiling water, stirring constantly, then cook over hot water for 1 hour. Render the suet and cook the onion in the fat for a few minutes, add the beef and the tomato and simmer until the red color disappears in the meat. Season with salt and pepper. Place a layer of the mush in a greased baking dish, add the meat mixture and cover with the rest of the mush. Bake in a moderately hot oven (375°) about 30 min. or until the mush is lightly browned. Serve from the dish.