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One-Dish Meals



The University of Nebraska Agricultural College Extension Service
and United States Department of Agriculture Cooperating
W. H. Brokaw, Director, Lincoln

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One-Dish Meals

MATILDA K. PETERS AND LOUISE L. LEATON

Wholesome food, deliciously cooked and attractively served, is one of the homemaker's many responsibilities. She will welcome short cuts which do not sacrifice any of these essential points. One of the most practical and interesting solutions to the problem of simplifying menus is the so-called one-dish meal. This term is frequently used when several of the substantial foods of a meal are combined in a single dish. The idea, of course, is not new, as our mothers and grandmothers used it in their New England boiled dinners, Irish stews, and the rich thick meat and vegetable soups which just "hit the spot" on a cold winter day.

Someone has said, "The mixing of foods to form a meal perfect in harmony of color, in nicety of flavor, and in palatability requires skill equal to that used by an artist at his easel." We really should add to this the proper balancing of food values.

The meat, or other protein, and potato, or other starchy food, and quite often other vegetables may be combined in a single dish. One advantage of this type of dish is that it can often be prepared in the early part of the day and cooked or reheated just before meal time. It is also an excellent way of utilizing left-overs. While there are many recipes for one-dish meals, the ingenious homemaker will enjoy working out appetizing combinations based on her knowledge of food values, cookery, and flavors. The homemaker who wishes to achieve success with any meal must exercise good judgment as to combinations and flavors.

Types of One-Dish Meals

Some of the types of dishes included in one-dish meals are:

1. Casserole dishes with starchy and protein foods combined with a well seasoned sauce; for example, macaroni and cheese, Spanish rice, scalloped salmon and spaghetti. Such a dish may or may not have a topping of buttered crumbs.
2. Meat and vegetable pies. These are really stews with a crust of biscuit dough or mashed potatoes, rice, or corn meal.
3. Meat and vegetable stews. These may be cooked and served in a casserole or may be arranged on a platter with the meat in the center surrounded by vegetables.
4. Scalloped dishes, such as scalloped potatoes and carrots (or turnips) with ham or bacon.
5. Hash. For variety this may be banked in a casserole or baking dish, or in individual casseroles.
6. Chowders (salt pork, bacon, or fish and vegetables).
7. Vegetable soups (meat base).
8. Cream of vegetable soups.
9. Salads (whole meal type), such as chicken, salmon, veal, egg, cheese, etc., combined with cooked and raw vegetables, served either as individual salads or from a lettuce lined bowl.

Occasions When Used

The one-dish meal is suitable for various occasions. It may be used for:

1. Home dinners, luncheons or suppers when the time for meal preparation is limited and special activities occupy first place in the home-maker's schedule.
2. Sunday dinners (to enable entire family to attend church).
3. School lunches.
4. Sunday night suppers.
5. Picnics.
6. Buffet luncheons or suppers.
7. Covered-dish luncheons or suppers.
8. Group or club luncheons.
9. Church and community dinners and suppers.

Foods Used in One-Dish Meals

Starchy foods

Potatoes
Rice
Noodles
Macaroni
Spaghetti
Cornmeal
Corn
Hominy
Cracked wheat
Bread crumbs
Toast
Crackers

Vegetables

*Celery
Peas
String beans
Turnips
*Tomatoes
*Onions
*Green peppers
Parsnips
Carrots
Spinach (greens)
Cabbage
Cauliflower
Asparagus
Salsify
Eggplant

Protein or building foods

*Meat, all kinds (fresh, canned, cured)
Fish, all kinds
Oysters
Poultry
Eggs
*Cheese
Beans
Navy
Lima
Kidney
Milk
*Bacon

To add flavor and character

Parsley
Salt
Pepper
Cayenne
Mace
Nutmeg
Bay leaf
Curry powder
Caraway seed
Garlic

*Also valuable for flavor.

Foods Which Supplement One-Dish Meals

The foods in addition to the main dish should be selected so that they will supplement it with regard to flavor, color, texture, and food value. For example, do not serve a starchy dessert when the main dish contains rice or macaroni, or custard if the main dish contains eggs and milk. A fruit dessert will be a better choice in either case. Supplementary foods are:

1. Buttered, cooked, succulent vegetables, such as carrots, peas, or asparagus, when these are not included in the main dish.

2. Salad of raw, crisp vegetables or combination of raw and cooked vegetables.

3. Raw, crisp vegetables such as carrot, green pepper, or turnip strips, celery, radishes, green onions, etc.

4. Pickles or relish, if meal is rather bland in flavor.

5. Salad of canned or raw fruits of attractive and harmonizing color. When this type of salad is used, it may serve for dessert.

6. Fruit desserts (canned, fresh, or dried fruits).

7. Desserts with milk, such as custard, when milk is not used as a beverage.

8. Bread, any kind. Dark or whole-grain bread if meal is deficient in bulk.

9. Jelly, jam, or marmalade with bread and butter may serve as dessert.

10. Milk or cocoa as beverage, if meal is otherwise low in milk.

11. Simple frozen desserts, if facilities permit.

Suggestions for Substitutions

1. Milk, thin white sauce, gravy, vegetable liquid, or tomato juice in place of meat stock.

2. Diced potatoes or rice for macaroni or spaghetti.

3. When substituting for a meat, another meat with similar quality of flavor should be used, as chicken for veal or fish, ham for bacon or corned beef, etc.

4. In substituting vegetables, choose vegetables of similar texture and quality of flavor, as peas for string beans.

5. Shredded cabbage or cress may be used in place of lettuce.

6. The proportions in many of the recipes may often be changed or adjusted in order to utilize the foods on hand.

Hints on Combining Foods

1. White sauce, gravy, or meat stock makes a good base for baked dishes.

2. Do not use too many strong-flavored foods in a single dish. Have one strong flavor such as carrot, tomato, or cheese predominate, with other flavors in smaller quantity or milder form.

3. The acidity of tomato adds to many dishes, either as part of the food or as a sauce. Tomatoes also add vitamin C.

4. Color may be obtained from such foods as carrots, peas, tomatoes, etc., or by the addition of small amounts of green pepper or pimiento.

5. Character may be given to the dish by such additions as crisp bacon, finely chopped ham, onion juice, finely chopped parsley, bay leaf, and various spices. Be careful not to use any of these to excess.

Management Problems

In order to save time, one-dish meals should be planned for in advance, for example, by cooking additional potatoes, rice, macaroni, or spaghetti, and preparing tomato or white sauce while preparing another meal.

Canned meats or vegetables may be used to advantage in one-dish meals.

The amounts of cheese, bacon, meat, etc., may be reduced for the sake of economy. In such cases be especially careful to have the dish as well seasoned as possible. The importance of good seasoning can hardly be overestimated.

Equipment

Since so many one-dish meals are oven-cooked, the homemaker will find one or two attractive baking dishes or casseroles, which are suitable for both cooking and serving, a good investment. These may be obtained



FIG. 1.—Types of equipment.

in either glass or earthenware and may be set either in a frame or on a plate. There are also aluminum and enamel pans which will serve the purpose. Individual ramekins or baking dishes of glass or earthenware are also available.

The Dutch oven is convenient and useful for certain types of one-dish meals, such as pot roast of beef, rolled flank steak with vegetables, meat and vegetable stews, goulash, and others. Many of these may be cooked either in the oven or on top of the stove. Some recipes are suitable for steaming.

A ring mold is a desirable piece of equipment for introducing variations. A ring mold may be improvised from a well oiled pan and an inverted jelly glass or tin can.

Points in Cookery

1. Green and white vegetables retain their color and have the best texture when cooked for only a short time.

2. Use a low temperature for cooking milk, cheese, and egg dishes. A high temperature causes milk and egg dishes to curdle and cheese dishes

to become tough and stringy. Placing the casserole or baking dish in a pan of hot water is one means of securing a low temperature. If cheese is used on top of a baked dish, add it about ten minutes before the end of the cooking period.

3. Meat and fish are more tender and have a better flavor when cooked at a low or moderate temperature.

4. A topping of buttered crumbs gives an attractive and finished appearance to a baked dish, as well as adding variety in texture. It also serves to protect a cheese dish from too high a temperature.

5. To prepare buttered crumbs melt the butter in a skillet or stewpan and add the stale soft or dry crumbs, using one or two tablespoonfuls of butter to one cup of crumbs. Mix until the crumbs are well coated. Crumbs prepared in this way will brown more uniformly and attractively than crumbs dotted with butter.

6. Potatoes cooked in their skins retain more flavor and food value than when pared. These can be used in a number of different recipes for one-dish meals.

7. Instead of grating cheese, press it through a coarse strainer and avoid the risk of cutting the fingers.

Serving One-Dish Meals

Since it is inconvenient to pass a casserole or large platter, it is desirable to have these meals served at the table. The host or hostess may serve each member of the family. The required number of plates will be placed directly in front of the person who serves and the casserole or platter will be placed above the plates. A serving spoon may be placed at the right where it will be convenient to use. Plates may be passed back for second servings.

When these dishes are used at a buffet or covered-dish luncheon or supper they may be served by an assisting hostess or guests may help themselves.

Some Suggestive Menus

(Bread and beverage not always given.)

1. Spaghetti Mackay, radishes, canned or fresh peaches, sponge cake, milk.
2. Hot tamale pie, fruit in gelatine, cookies.
3. Jamesetta, Waldorf salad, hot chocolate.
4. Round steak creole, fruit salad, milk.
5. Goulash, raw carrot strips, canned pears, milk.
6. Spanish stew, buttered string beans, raw turnip strips, prune whip with custard sauce.
7. Ham and noodles, lettuce, tomato and cucumber salad, bread, butter, jam.
8. Eggs à la King, graham muffins, sliced oranges, bananas and coconut.

9. Luncheon casserole, corn bread, brown Betty.
10. Tomatoes scalloped with eggs and cheese, raw turnip strips, graham bread, cocoanut tapioca cream.
11. Baked eggs with stewed tomatoes, corn on cob, apple pie, milk.
12. Luncheon potatoes, cabbage and apple salad, whole wheat muffins, honey.
13. Boston baked beans, steamed brown bread, apple sauce, milk.
14. Vegetable beef stew with dumplings, cole slaw, loganberry sauce, oatmeal cookies, milk.
15. Casserole meal, raw vegetable or fruit salad, rolls, ice or other light dessert.



FIG. 2.—A meat pie makes an attractive one-dish meal.

Meat and Fish Dishes

Spaghetti Mackay

$\frac{1}{2}$ lb. spaghetti	1 c. tomato juice
1 c. canned corn	$\frac{1}{2}$ c. grated cheese
$\frac{1}{2}$ c. butter or substitute	$\frac{1}{2}$ t. salt
1 large onion	1 T. Worcestershire sauce
Paprika	(may be omitted)
1 lb. ground beef	

Cook spaghetti in boiling salted water for 15 minutes. Drain. Chop onion and pepper, and fry this and the meat in the butter. Add tomatoes and seasoning. Stir in cheese. When melted, add spaghetti and corn. Stir over fire five minutes. Turn into greased baking dish; bake 20 minutes at 350°-375° F. Sprinkle with cheese and bake 10 minutes longer.

Hot Tamale Pie

$1\frac{1}{2}$ c. evaporated milk and $1\frac{1}{2}$ c. water	1 c. ground raw beef
mixed or 3 c. milk	1 c. tomatoes
$\frac{1}{2}$ t. salt	1 pimiento
$\frac{1}{2}$ c. yellow cornmeal	Cayenne
1 T. fat	$\frac{3}{4}$ t. salt
1 small onion	

Bring milk and water to a boil. Add salt and sift in cornmeal slowly. Stirring constantly, boil 10 minutes. Chop onion and cook slowly in fat until yellow. Add meat and cook until red color disappears. Then add tomatoes, pimiento, cayenne, and salt. Line a greased baking dish with the mush, put the meat in the center, cover with mush, and bake in a moderate oven (375° F.) 45 minutes. Yield: Six servings.

Jamesetta

- | | |
|------------------------------------------|-----------------|
| 1 lb. noodles | 1 small onion |
| 2 lbs. ground beef | Salt and pepper |
| 2 c. tomato soup or strained tomato pulp | 2 T. fat |

Cook noodles in salted water for 10 minutes. Drain. Fry onion and ground beef until brown and crumbly. Mix noodles, beef, and soup and put in greased casserole. Bake until thick (about 40 minutes) at 350°-375° F.

Round-Steak Creole

- | | |
|--------------------------------|-------------------------------------------|
| 1 c. soft bread crumbs | 1 lb. bottom round, $\frac{3}{4}$ " thick |
| $\frac{1}{2}$ c. minced celery | 2 c. strained tomatoes |
| $\frac{3}{4}$ c. minced onion | $\frac{1}{2}$ c. minced green pepper |
| 1 T. parsley, minced | 8 medium potatoes |
| $1\frac{1}{2}$ t. salt | 1 t. sage |
| $\frac{1}{8}$ t. pepper | 4 T. melted butter |

Combine crumbs, celery, $\frac{1}{4}$ c. onion, parsley, $\frac{1}{2}$ t. salt, pepper, sage, and butter. Spread over steak and roll up like jelly roll. Tie with string. Pour tomatoes with $\frac{1}{2}$ c. onion, green pepper, and 1 t. salt over all. Bake in oven (350° F.) for 3 hrs. About 45 minutes before steak is done, arrange parboiled pared potatoes around meat and finish cooking. Serves six.

Goulash

- | | |
|---------------------------------------------------------|---------------------------------|
| 1 lb. ground beef | 1 green pepper |
| 1 No. 2 $\frac{1}{2}$ can tomatoes (3 $\frac{1}{2}$ c.) | 1 onion |
| 1 No. 2 can red kidney beans (2 $\frac{1}{2}$ c.) | 2 stalks celery cut rather fine |
- Seasonings

Cut onion in small pieces and brown lightly in fat. Add ground beef and brown it; then add beans, celery, pepper, and tomatoes. Cook down slowly until thick—about 2 hours. Watch closely to keep from burning. After partially cooked on top of stove, goulash may be put in casserole in oven and baked.

Spanish Stew

- | | |
|----------------|-----------------------------------------|
| 2 lbs. chuck | $\frac{1}{4}$ c. sliced pimiento strips |
| Flour | Few peppercorns |
| 1 clove garlic | 2 bay leaves |
| 2 T. fat | 6 medium-sized potatoes |

Rub meat with cut clove of garlic. Cut into small serving pieces. Sprinkle with salt, pepper, and flour. Brown in hot fat and place in casserole or Dutch oven. Make gravy by browning 2 T. flour in fat and adding 1 c. hot water. Cook until thickened and add pimiento and spice. Pour over meat. Cover and cook slowly for 1 hr. Add potatoes and cook until tender. Serves six.

Casserole of Browned Rice

- | | |
|----------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| $\frac{1}{2}$ c. of rice browned in 2 T. butter, $\frac{1}{4}$ t. salt added; cook till soft in boiling water. | |
| $\frac{1}{4}$ lb. bacon | $\frac{1}{2}$ lb. ground lean round steak |
| 1 onion | 1 can mushroom pieces (if desired) |
| 1 No. 2 can tomatoes (2 $\frac{1}{2}$ c.) | |

Cut bacon into small pieces and fry until crisp. Remove bacon and brown the onion in the fat from the bacon, adding the well drained mushroom pieces to brown also. Add the ground beef when the onion is cooked, and sear. Add the can of tomatoes last. Pour sauce over cooked rice in buttered casserole, and bake until thoroughly heated.

Spanish Noodles

1 lb. ground beef	3 c. tomato soup
1 medium onion, chopped	1 t. salt
6 T. fat	Pepper
2 c. noodles	1½ c. bread crumbs
2 c. green peas	6 T. butter

Cook noodles in 2 qts. boiling salted water for 10 minutes. Drain and rinse with cold water. Brown meat and onions in melted fat, add noodles, peas, and seasoning. Pour into greased casserole. Pour tomato soup over top and sprinkle with buttered crumbs. Cook at 350° F. for 1 hr. Approximately eight servings.

Casserole of Turkish Pilau

½ c. rice	1 lb. breast of lamb (lean)
1 T. oil or fat	2 T. onion, finely chopped
1¼ c. tomato juice	Salt, pepper, and paprika to season
1½ c. stock	

Wash rice. Heat fat in frying pan; add rice; fry golden brown. Put rice in buttered casserole; add tomato juice and stock. Cut lean, raw lamb into small pieces. Brown lamb and onion in frying pan used for rice. When meat is browned, add to rice in casserole. Cover tightly and cook for 1½ hrs. in moderate oven (350°-375° F.). Amount of seasoning will vary according to richness of stock used.

Noodles with Dried Beef

1 12 oz. pkg. egg noodles	2 t. celery seed (celery can be cooked with it instead)
3 c. medium white sauce	2 eggs, slightly beaten
½ lb. dried beef (chipped)	½ t. pepper

Cook noodles and drain. Add all other ingredients and cook over low heat until sauce thickens. Serve with grated cheese and chopped green pepper.

Baked Liver with Vegetables

2 lbs. sliced beef liver	2 c. pearl onions
Salt and pepper	6 small carrots
Flour	No. 2 can tomatoes (2½ c.)
2 T. fat	½ green pepper, chopped
2 c. mashed potatoes	

Dredge liver with salt, pepper, and flour. Brown in hot fat. Place in a greased casserole. Add vegetables and cover dish. Bake in a moderate oven (350° F.) for 1 hr. or until liver is tender. Cover with hot mashed potatoes. Run under low broiler or place in hot oven until potatoes are brown. Serves six.

Scalloped Corned Beef

(Glorified Hash)

2 T. butter	2 T. diced pimientos or green pepper (may be omitted)
2 T. flour	1½ c. cooked chopped corned beef
1½ c. milk or ¾ c. evaporated and ¾ c. water	2 c. diced cooked potatoes
	Salt and pepper to taste

Make smooth sauce of butter, flour, and milk. Add pimientos, corned beef, and potatoes, and season to taste with salt and pepper. Pour into a buttered baking dish. Buttered crumbs may be sprinkled over the top. Bake in moderate oven (375° F.) for 30 minutes. Serves eight to ten.

Corned Beef Soufflé

- | | |
|-------------------------|--------------------------------------|
| 2 T. butter | 1/8 t. cayenne |
| 1 slice garlic | 1/8 t. nutmeg |
| 1 large onion, sliced | 1/2 c. milk |
| 1 sprig parsley, minced | 3 beaten egg yolks |
| 2 T. flour | 1 (12-oz.) can corned beef, shredded |
| 1 T. lemon juice | 3 stiffly beaten egg whites |

Melt the butter in a saucepan. Add the garlic, onion, parsley, flour, lemon juice, and seasonings and mix thoroughly. Stir in the milk and cook until smooth and thick, stirring constantly. Add the egg yolks and the shredded corned beef and cook gently for several minutes longer. Cool. Fold in the stiffly beaten egg whites. Place in a greased casserole. Bake in a moderate oven (350° F.) about 30 minutes. Serve at once with a white sauce. The recipe serves six.

Hunter's Stew

- | | |
|-----------------------------------------|-----------------------------------------|
| 1 lb. cured ham cut into 1/2-inch cubes | 1 No. 2 can lima beans (2 1/2 c.) |
| 1 lb. bacon cut into 1-inch pieces | 1 No. 2 can spaghetti (2 1/2 c. cooked) |
| 1 No. 2 1/2 can tomatoes (3 1/2 c.) | 1 No. 1 can mushrooms (if desired) |
| 1 No. 2 can corn (2 1/2 c.) | 1 onion chopped fine |

Place diced meat in heavy pot or frying pan and cook slowly until slightly browned and until almost all of the fat is fried out of the bacon. Add rest of ingredients as listed, including liquor from canned products, and stir until well mixed. Cook slowly for 30 minutes, stirring occasionally. Serve hot with crackers or toasted bread. Good to warm over.

Ham and Noodles

- | | |
|-------------------------------------|-----------------------------|
| 1 c. uncooked noodles | 1/2 t. salt |
| Boiling water | 1/2 t. pepper |
| 1 c. milk or 1/2 c. evaporated milk | 4 T. butter |
| diluted with 1/2 c. water | 1/2 c. chopped green pepper |
| 2 beaten eggs | 1 T. grated onion |
| 1 1/2 c. chopped cooked ham | 1 c. buttered bread crumbs |

Measure out 1 c. wide noodles cut into short lengths. Cook and drain. Add milk, beaten egg, ham, and seasonings, including green pepper and onion. Place in greased baking dish. Cover with buttered crumbs and bake in moderate oven (350°-375° F.) for 40 minutes.

Variations: 1 c. mushrooms may be added, and chopped beef, veal, or chicken used in place of ham.

Luncheon Casserole

- | | |
|-----------------------------|--------------------------|
| 2 c. cooked chopped spinach | 1 c. milk |
| 3 hard cooked eggs | 2 T. fat |
| 1 c. minced cooked ham | 2 T. flour |
| 4 T. grated cheese | Salt and pepper to taste |

Make a white sauce of fat, milk, flour, and seasonings. Add minced ham. Grease a baking dish and into this put alternate layers of spinach and sliced egg with a little sauce. Keep some of sauce for top of dish. Place dish in pan of hot water and bake about 20 minutes in moderate oven. Sprinkle with cheese and bake 10 minutes longer. (A good way of using canned or fresh spinach.)

Greens in Rice Ring

- | | |
|------------------------|--------------------------------|
| 1/2 lb. mustard greens | Salt and pepper |
| 1/2 lb. spinach | 1/4 c. chopped cooked bacon |
| 1/2 lb. beet tops | 2 c. cooked rice |
| Boiling salted water | 10 links or balls pork sausage |

Cook greens in boiling salted water until tender. Drain and chop coarsely. Season with salt, pepper, and chopped bacon. Line greased casserole with rice and fill center with greens. Arrange pork sausage over top and bake in moderate oven (375°-400° F.) for 20 minutes or until sausages are nicely cooked. Serve at once.

Casserole Meal

- | | |
|---------------------------------------|------------------------------------------|
| 2 medium-sized onions, sliced thin | 1 can (1 c.) canned tomato sauce or soup |
| 4 medium-sized potatoes, sliced thin | ½ t. salt |
| 1 No. 2 can (2½ c.) creamy-style corn | ¼ t. pepper |
| or equivalent of fresh corn | Dash of paprika |
| 1 lb. bulk sausage | |

Grease casserole and place ingredients in it in order given. Make sausage into balls or patties. Pour tomato sauce over all. Cover and bake at 350° F. for 30 minutes. Remove cover and bake until potatoes are tender and dish nicely browned.

Baked Pepper Surprises

- | | |
|--------------------------------------|------------------|
| 6 uniform medium-large green peppers | 2 T. chili sauce |
| ½ lb. bulk sausage | Grated cheese |
| 3 c. cooked macaroni or spaghetti | |

Cut away the tops of the peppers and remove the seeds and fibers. Drop into boiling water and boil 5 minutes. Drain and cover with cold water. In the meantime, fry sausage until partially done, crumbling it into small bits. Mix with the drained spaghetti or macaroni and the chili sauce. Fill peppers which have been drained and place side by side in baking dish or place each in individual baking dishes. Bake in moderate oven (350° F.) for 30 minutes. Sprinkle with grated cheese and bake 10 minutes longer. Serve hot.

Chop Suey

- | | |
|----------------------------------------|----------------------------|
| 2 T. butter or oil | 1 c. chopped onions |
| Soy sauce to suit taste (or ¼ t. salt) | ¾ c. chopped green peppers |
| ½ lb. lean pork cut into small cubes | 1 can bean sprouts |
| ¾ lb. veal cut into small cubes | 1 can chow mein noodles |
| 2 c. chopped celery | |

Place butter or oil and soy sauce in frying pan over moderate heat. Fry meat in this until nicely browned; then remove and keep warm.

Into meat stock put celery and onions, adding more butter or fat if necessary, stirring all the time until vegetables are cooked through. Add meat, turn flame a little lower, and let simmer for 5 to 10 minutes. Then add green peppers.

Pour liquid from bean sprouts, and let drain for short time. Also pour stock from meat and vegetables, letting them cool while adding sprouts to frying pan along with meat, celery, and peppers. Let simmer. In another pan make a thick gravy from the stock, using more soy sauce, if desired.

Place meat and vegetables on platter and pour gravy over top. Garnish with riced egg yolks and bits of green pepper or chopped parsley. Serve with chow mein noodles.

Noodle Suey

- | | |
|---------------------------|--------------------------|
| 1½ lbs. pork butts, diced | 1 can (1 c.) tomato soup |
| 1 bunch celery | Cheese |
| 1 (5-oz.) pkg. noodles | Seasoning |

Cook the noodles in boiling salted water. Drain. Brown the pork in a skillet; then let simmer with just enough water to keep it steaming. When about half cooked, add celery cut in narrow slivers about 1 inch in length. Cook about 15-20 minutes; then add noodles and tomato soup. Stir until thoroughly mixed and cook for 10-15 minutes. Turn mixture into buttered baking dish. Cover with grated cheese and bake in a moderate oven until cheese is melted.

Pork and Noodle Casserole

- | | |
|------------------------------------|--------------------------------------|
| 1 medium-sized onion, diced | 3 c. strained, cooked tomatoes |
| 1 medium-sized green pepper, diced | 4 c. (8 oz. pkg.) cooked noodles |
| 3 T. butter | ½ lb. finely chopped American cheese |
| 2 lbs. ground lean pork shoulder | Salt and pepper to taste |

Fry onion and green pepper in butter until onion is yellow. Add ground pork and cook, stirring from time to time until slightly browned. Add tomato purée, noodles, and cheese. Season with salt and pepper and mix thoroughly. Pour into baking dish and bake in moderate oven (350° F.) for 1 hr.

Brunswick Stew

4 lbs. meat (rabbit or chicken)	1 large onion
½ lb. salt pork	3 c. tomatoes
3 c. canned corn	1 c. fresh sweet peppers or 3 pimientos
3 c. butter beans or fresh lima beans	½ c. butter
2 c. diced potatoes	2 T. flour

Cut chicken or rabbit into pieces and cook with salt pork and enough water barely to cover for 30 minutes. Add all other ingredients except the butter, flour, and pimientos (if used) and continue cooking until beans and potatoes are tender. Add more water if necessary. Remove large bones. Cream butter and flour together and add. Add pimientos if desired. Stir until stew is thickened, adding more seasoning if necessary.

Scalloped Chicken and Vegetables

3 c. cooked or canned chicken, diced	1½ c. soft bread crumbs
1½ c. fresh cooked or drained canned peas	2 eggs beaten
1 c. diced, cooked carrots	1 c. milk
2 T. minced onion	1½ t. salt
1 t. prepared mustard	2 T. chili sauce

Combine all ingredients and mix thoroughly. Turn into greased casserole, place in a pan of hot water and bake in moderately hot oven (375°-400° F.) for 45 minutes.

Baked Creamed Chicken

3 c. cooked diced chicken	2 c. milk
1 c. cooked peas	4 T. butter or chicken fat
½ c. diced celery	4 T. flour
1 T. pimiento	¾ t. salt
1 T. green pepper	Buttered crumbs

Make a white sauce of milk, butter, flour, and salt. Add other ingredients. Pour into a buttered baking dish. Cover with buttered crumbs. Place dish in a pan of hot water and bake in a moderate oven (375°-400° F.) for about 30 minutes.

Variation: Salmon or other fish may be used in place of chicken.

Salmon, Spaghetti, and Tomato Casserole

1 (8-oz) pkg. spaghetti	2 T. flour
3½ c. canned tomatoes	4 T. butter or substitute
2 t. minced onion	Speck of pepper
2 t. salt	1 No. 1 can salmon, flaked (2 c.)
2 t. granulated sugar	1 c. soft bread crumbs

Cook spaghetti in boiling salted water until tender. Drain. Meanwhile combine tomatoes, onion, salt, sugar, flour, pepper, and one-half of butter and simmer 10 minutes. Arrange spaghetti, tomatoes, and salmon in alternate layers in greased 2-qt. casserole. Sprinkle with crumbs mixed with remaining butter. Bake in 400° F. oven for 30 minutes. Serves six to eight.

Variation: Hard-cooked eggs may be substituted for part of the salmon.

Celery Tops with Meat and Tomato

1 c. tightly packed shredded lamb or beef	½ t. salt (more if desired)
(½ lb.) with little fat	1 inch piece of onion cut fine
2 c. celery tops chopped or cut fine	1 T. flour
1 c. canned tomato juice (strained)	1 T. butter

Shred the meat with scissors, and brown in its own fat in a frying pan. Add celery tops, onions, and salt. Cook 2 minutes, stirring constantly. Then add the flour and

butter mixed together with a little cold liquid; stir well; then add the tomato juice and cook briskly. Stir until thickened and serve on toast.

Variations of recipe:

1. Celery stalks, finely cut, may, of course, be used with or in place of the tops; their crispness adds greatly to this stew. Finely shredded or chopped cabbage may be used in the same way. Minced sweet peppers may be added in any desired quantity or substituted for the onion or celery.

2. Vary the liquid by using only 2 or 3 tablespoons of tomato juice, adding hot water or some other vegetable stock to fill the cup and increasing the chopped onion to 1 c. Little green onions with their tops may be used for this purpose.

3. Use 1 c. (or other convenient quantity) of fresh mushrooms, or even of dried mushrooms (after soaking); in either case brown in fat before adding to the stew. This makes a mushroom-celery stew or chop suey.

4. Another attractive addition is fried noodles; still another is French-fried onions. Either should be kept in a separate dish until the moment of serving, to prevent their becoming soaked.

Cheese Dishes

Ring of Plenty

1½ c. cooked macaroni	3 T. melted fat
1 c. diced cheese	1 T. minced onion
1 c. soft bread crumbs	1 c. scalded milk
1 T. minced parsley	1 t. salt
1 egg, well beaten	½ t. pepper
3 T. minced pimientos	

Cut macaroni into short pieces. Combine ingredients in order given. Transfer to well-oiled ring mold. (To make a mold, rub the outside of a jelly glass with fat and place upside down in center of deep baking dish.) Place mold in pan of hot water. Bake in moderately hot oven (375° F.) until firm—about 35 minutes. Unmold. Serve hot. Ring may be filled with creamed left-over meat or fish.

Special Macaroni and Cheese

¾ c. scalded milk	¼ t. chopped onion
½ c. soft bread crumbs	½ t. salt
1½ T. butter	¼ c. grated cheese
¾ c. cooked macaroni	1 egg, well beaten

Pour milk over crumbs and butter. Add remaining ingredients in order given. Mix thoroughly and place in greased casserole in a pan of hot water and bake in a moderate oven (350°-375° F.) until set and delicately browned. Time—about 30 minutes.

Note: Egg may be beaten separately, and white folded in last. Macaroni doubles in bulk when cooked.

Spanish Rice

2 c. cooked rice	1 c. tomato juice or tomato sauce
½ c. grated cheese	1 canned pimiento (cut in strips)
½ green pepper shredded (if desired)	½ t. pepper

Arrange the rice, seasonings, and tomato juice in layers in a buttered baking dish. Bake in a moderate oven (375° F.) for 30 minutes. Add more liquid if rice becomes dry. Spanish rice may be made into a main dish for luncheon by covering the top with strips of bacon when partially cooked and baking until the bacon is cooked.

Variations: 1 T. chopped onion or ¼ c. chopped celery may be added to the above. Left-over ground or chopped meats may be added.

Noodle Ring

½ lb. noodles	2 T. catsup
3 eggs	1 c. grated cheese
1 c. milk	Salt and pepper

Cook noodles in boiling salted water and drain. Beat eggs well; add milk, catsup, salt, and pepper. Mix cheese with noodles. Add milk and egg mixture. Pour into buttered ring mold. Set in pan of hot water and bake in moderate oven (350°-375° F.) for 45 minutes. Unmold carefully on large round platter. Fill center with creamed chicken or fish or creamed vegetable.

Bacon Dishes

Vegetable Pie

½ c. chopped bacon	1 c. carrots, cooked
3 T. flour	1 c. potatoes, cooked
3 c. milk	1 c. turnips, cooked
1 t. salt	1 c. lima beans, cooked
¼ t. paprika	½ c. raisins, if liked
¼ t. pepper	Biscuit dough made with 2 c. flour

Fry bacon, add flour, and when mixed combine with milk. Stir constantly until it thickens and is smooth. Add salt, paprika, and pepper. Place in oiled casserole in layers with the cooked vegetables, diced, which may be mixed together or used in separate layers. Wash raisins (if used) in hot water and sprinkle in with vegetables. Cover with biscuit or pastry dough, rolled thin, cut with a knife, and pierce with a fork, to let out steam, and to make serving easy. Bake 30 minutes in moderate oven (350°-400° F.).

Rice and Vegetable Casserole

2 c. cooked rice	2 strips bacon
1 c. peas	1½ c. milk
1 c. corn	¼ t. pepper
2 T. minced onion	1 t. salt

Place in layers in oiled baking dish, adding milk with each layer. Place bacon strips on top and bake until brown. Temperature: 350° F. Time: 40 minutes. Yield: eight servings.

Egg Dishes

Eggs à la King

6 hard-cooked eggs	1 c. peas
1 c. milk	1 c. carrots (diced)
½ c. vegetable liquid	½ c. celery (diced)
3 T. butter	1 thick slice onion
3 T. flour	¾ t. salt

Cook vegetables in boiling salted water until tender and drain. Make a white sauce of butter, flour, milk and vegetable liquid. Quarter or slice hard-cooked eggs. Add eggs and vegetables to sauce and serve. Or place mixture into a buttered baking dish, cover with buttered crumbs, and bake in a moderate oven (375°-400° F.) until crumbs are golden brown.

Luncheon Potatoes

2 lbs. potatoes, cooked and diced	3 c. medium white sauce
3 or 4 hard-cooked eggs	2 slices bacon cut into fourths

Alternate layers of potato, sliced eggs, and white sauce in buttered baking dish. Place bacon on top, set in pan of hot water, and place in oven (350°-400° F.) until bacon is sufficiently cooked to serve.

Variation: Grated cheese may be substituted for the eggs and buttered crumbs for the bacon. The grated cheese may be melted in the white sauce, if desired.

Tomatoes Scalloped with Cheese and Eggs

2½ c. tomatoes (No. 2 can)	4 T. butter or fat
8 hard-cooked eggs	1 T. chopped onion
1 c. American cheese (grated)	2 t. salt
2 c. soft bread crumbs	½ t. pepper

Put half of the tomatoes into a greased baking dish, slice four eggs, and lay the slices on the tomatoes. Sprinkle with one-half of the salt and pepper, and with $\frac{1}{2}$ c. of the cheese. Put a layer of bread crumbs over the cheese, using $\frac{1}{2}$ c. and dot with 2 T. butter. Repeat the procedure with another layer, using the remaining ingredients, buttering the crumbs to be used on top. Bake about 20 minutes in a moderate oven, or until the top layer of crumbs is nicely browned. Serves eight.

Baked Eggs in Stewed Tomatoes

1 No. 2½ can tomatoes (3½ c.)	Dash cayenne
Sprig of parsley	Small amount onion
1 t. salt	6 eggs
½ bay leaf	Flour to thicken

Simmer together the tomatoes, parsley, salt, onion, bay leaf, and cayenne until well blended. Take out bay leaf and thicken as desired and place in casserole. Break eggs one at a time in a saucer or slip each egg into tomato mixture. Cover and bake in a moderate oven (350° F.) for 15 minutes.

Variation: Individual baking dishes may be used if desired.

Del Maiz Scrambled Eggs and Bacon

6 slices bacon	2 eggs
½ medium green pepper, chopped fine	½ t. salt
1 small onion, chopped fine	⅛ t. paprika
1½ c. yellow whole-kernel corn	

Crisp the bacon. When light golden brown, remove to hot platter. Cook the pepper and onion in 4 T. bacon fat, until tender but not brown. Stir in corn. Beat eggs lightly, season with salt and paprika, and add to corn mixture and cook gently until scrambled. Mound on hot platter and garnish with bacon. Serves six.

Corn Meal Spoonbread

1 c. corn meal	2 t. salt
4 c. milk	1 t. baking powder
4 eggs, well beaten	

Heat milk to boiling, salt, and add corn meal. Stir over flame till it thickens. Add baking powder and a little of the hot mush to the beaten eggs, beating well; then add remainder of mush (continuing the beating so as not to curdle egg). Pour into greased pan; bake about 35 minutes in moderate oven, or until browned. Serve hot with butter. A good supper dish.