

BEEF/PORK DISHES

ITALIAN STYLE MEATLOAF

1 lb. ground beef
6 oz. hot Italian sausage
1-14 1/2 oz. can Italian style stewed tomatoes
1 c. fresh bread crumbs
1/2 c. chopped bell pepper
1 egg, beaten

In large bowl, combine all ingredients; mix well. Place in 4 1/2 x 8 inch loaf pan. Bake at 350 degree oven for 1 hour; drain grease.

Sheila Hayes

PORK CHOPS PAPRIKASH

4 loin pork chops, 3/4-inch thickness
1 1/2 Tbsp. oil
1 large onion, thinly sliced
1/2 tsp. caraway seed
1/2 tsp. salt
1/2 tsp. paprika
1/4 tsp. dill weed
1/4 tsp. garlic powder
1/3 c. water
2/3 c. sour cream

Trim fat from chops. Brown chops in oil in large skillet; drain excess fat. Combine remaining ingredients except sour cream; add to skillet. Simmer, covered, 1 hour or until tender. Remove chops to warm platter. Stir sour cream into meat drippings in skillet. Heat, but do not boil. Spoon sauce over chops. Serves 4.

Micronote: Preheat browning skillet 4 1/2 minutes. Add oil then chops; brown. Cover; cook on MEDIUM for 5 minutes. Turn chops. Cook on MEDIUM 15 minutes more. Remove chops to warm platter; continue as directed above. (Browning dish may be sprayed with vegetable coating instead of using oil.)The gravy is plentiful and scrumptious over almost any type of rice.

Elizabeth Coffman

BAKED HAMBURGER

To 1 pound ground chuck, add a little milk to soften. Roll flat in pan. Spread over with mustard. Shake over Worcestershire sauce. Dot with butter. Bake for 30 minutes at 350 degrees. Add salt if desired. Toast buns. Have ready onions and pickle slices.

Nettie Jones' recipe, Kitty Miller

BARBECUED MEATBALLS

1 1/2 lb. ground beef
1 beaten egg
1/2 c. soft bread crumbs
1 tsp. salt
Pepper to taste
1 small onion, chopped
1 c. catsup
1 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
2 Tbsp. vinegar
1/4 tsp. salt
Dash of pepper

Combine ground beef, egg, bread crumbs, salt, pepper, and onion. Shape in 1 inch balls and place in casserole. Combine ingredients for sauce and pour over meat balls in casserole. Cover and bake at 400 degrees for 45 minutes to 1 hour, basting once or twice.

Elizabeth Coffman

BEEF AND BEANS

1 lb. ground beef
2 small cans pork and beans
1/4 c. chopped onion
1/4 c. chopped sweet green pepper
1 Tbsp. vinegar
1 Tbsp. mustard
1 c. catsup
1 tsp. salt
1 tsp. garlic salt

Brown beef, onions, and pepper in 9 inch skillet. Add beans and stir in other ingredients. Simmer about 30 minutes.

Good with garlic bread and green salad or as baked beans.

Inita McPeake

BEEF AND CHEESE BAKE

1 lb. ground beef
1/2 c. chopped onion
1-10 3/4 oz. can cream of mushroom soup
1/2 c. milk
1/4 tsp. pepper
1 c. elbow macaroni
1/4 c. butter
1/3 c. milk
4 oz. Cheddar cheese, shredded
1/4 c. diced green pepper

In a 10 inch skillet, cook ground Beef and onion until meat is browned and onion is tender; drain excess fat. Stir in soup, 1/2 cup milk, and pepper; bring to boil. Meanwhile, cook macaroni according to package directions and drain. Return to pan along with butter, 1/3 cup milk, cheese, and green pepper. Heat and stir until butter and cheese are melted. Transfer meat mixture to a 10x6x2 inch baking dish. Spoon macaroni mixture on top. Cover and bake in a 350 degree oven for 25 minutes. Uncover and bake for 5 to 10 minutes more.

Mae Olive

BEEF AND RICE CASSEROLE

1 lb. ground beef
1/2 c. uncooked rice
1-10 1/2 oz. can cream of mushroom soup
1 1/4 c. water
1 tsp. salt
1/2 c. chopped celery
1/4 c. chopped green pepper

Brown ground beef. Add rice, soup, water, salt, celery, and green peppers. Mix thoroughly. Place in greased 2 quart casserole dish. Cover. Bake for 1 hour and 15 minutes in 350 degrees oven.

This freezes well.

Sheila Hayes

BEEF MACARONI CASSEROLE

1 1/2 lb. ground beef
1 env. Lipton onion soup
1 Tbsp. flour
1-8 oz. can tomato sauce
2 c. water
1 c. raw macaroni, cooked
1/4 c. grated cheese

In large skillet, brown meat and drain off excess fat. Stir in Lipton soup mix, flour, tomato sauce, and water; simmer, covered, 5 minutes. Stir in macaroni. Turn into 1 1/2 quart casserole dish. Sprinkle with cheese. Bake for 15 minutes in preheated oven at 400 degrees. Makes 6 servings.

Bernice Grissom

CABBAGE ROLLS

1 large head cabbage
1 Tbsp. salt, divided
1 c. chopped onion
1 lb. lean ground beef
2 c. cooked rice
2 eggs, beaten
1/4 tsp. black pepper
1-8 oz. can tomato paste
1-14 oz. can or 1 qt. home canned tomatoes
Juice of 1 lemon (a must)
2 Tbsp. brown sugar

Use 12 large outer leaves from cabbage. Trim off thick part of each leaf. Add leaves and salt to boiling water. Let stand for 5 minutes so leaves will be floppy; drain. Add onion, ground meat, rice, eggs, pepper, and salt. Place a heaping tablespoon in middle of cabbage leaf. Roll up. Place in casserole dish (3 quart). Combine tomato sauce, lemon

juice, and pepper in saucepan; boil. Pour over Cabbage Rolls. Sprinkle with brown sugar. Cook in oven for 50 minutes (covered).

Marie Davis

CHEESEBURGER BAKE

1 1/2 lb. ground beef
1/4 c. chopped onion
8 oz. tomato sauce
1/2 c. ketchup
1 can refrigerated biscuits
2 Tbsp. flour
1/2 to 1 tsp. salt
1/4 lb. sliced American cheese
1/8 tsp. pepper

Combine beef and flour; brown with onion in skillet. Stir in tomato sauce, ketchup, salt, and pepper; heat well. Turn into 8 or 9 inch square baking dish. Top with biscuits. Cover with cheese. Bake at 425 degrees for 20 to 25 minutes until golden brown.

Deborah Scott

COMPLETE CASSEROLE MEAL

2 1/2 c. green beans
2 c. creamed potatoes or rice
1 lb. hamburger
1/4 c. chopped celery
1/4 c. chopped sweet pepper
1/2 c. chopped onion
1 Tbsp. margarine
1 can mushroom soup
1 c. French fried onion rings
1/2 c. water

Mix potatoes or rice, beans, hamburger, celery, pepper, onion, and margarine. Add mushroom soup and 1/2 cup water. Bake in a casserole at 350 degrees for 35 minutes. Put onion rings on top and brown.

English peas may be used for green beans if desired.

Juanita Wallace

CORNED BEEF AND CABBAGE

6 medium size potatoes, thinly sliced
1 small onion, chopped
1 tsp. salt
1/2 tsp. pepper
4 c. shredded cabbage
1 can corned beef
1 can cream of celery soup
1 1/2 c. milk

Place potatoes in shallow 3 quart baking dish. Cover with onion, salt, and pepper. Add shredded cabbage and crumbled corned beef; spread over cabbage. Cover with celery soup, diluted with milk. Cover and bake at 350 degrees for 1 1/2 hours. Makes 5 or 6 servings.

Evelyn F. Reeves

DELICIOUS MEAT LOAF

3 lb. ground beef
4 slices bread, broken up
1 pt. (or less) tomatoes
1 bell pepper
1 medium onion
1/2 c. tomato sauce
3 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
3 Tbsp. brown sugar

Mix the first 5 ingredients. Shape into a loaf and set aside. Mix last 4 ingredients. Put in a saucepan and simmer for 10 minutes. Pour the sauce over the meat loaf. Bake for 1 hour at 325 degrees.

Juanita Wallace

EASY LASAGNA

8 oz. lasagna noodles, cooked

20 oz. Mozzarella cheese
2-4 oz. triangles Parmesan
2-30 oz. Prego spaghetti sauce
3 lb. ground beef cooked, drained, and seasoned with salt and pepper

Grate cheeses and mix together. Spray Pam in an 11x15 inch casserole dish. Brown the ground beef and drain off the grease. Cook the lasagna noodles as directed on the box. Rinse the noodles in cold water and drain well. Spread a little sauce in the bottom of dish. Begin layering as follows (3 layers): Noodles, sauce, meat, and grated cheeses. Cover with foil. Bake at 350 degrees for approximately 1 hour or till cheese on top has melted well. Remove from oven and let it set for 10 to 15 minutes before serving.

Cathy Duke Rains

GREEN CHILI PIE

1 lb. ground beef
1/2 medium onion, chopped
1 can Ro-Tel tomatoes with green chilies
2 cans cream of chicken soup, undiluted
1-4 oz. can chopped green chilies
1/2 pkg. frozen uncooked corn tortillas, more or less to taste
1/2 lb. box Velveeta cheese
Salt and pepper to taste
Garlic powder to taste
Rice

Brown ground beef and onions with salt, pepper, and garlic powder. Drain grease. Add tomatoes, green chilies, soup, and tortillas, torn into small pieces. Cover and simmer at least 15 minutes. Add cheese and let melt before serving. Serve over rice.

Jonnie Neal

GROUND BEEF-CORN CASSEROLE

1 to 1 1/2 lb. ground beef
1 c. onions, chopped
1-12 oz. can whole kernel corn
1 can Cheddar cheese soup
1 c. dairy sour cream
1/4 c. pimiento, chopped
1/2 tsp. salt

1/2 tsp. pepper
3 c. noodles, cooked
1 c. cracker crumbs, crushed
1/2 c. grated Cheddar cheese
3 Tbsp. butter

Brown meat; add onions and cook until tender. Add corn, soup, sour cream, pimienta, salt, and pepper. Stir in noodles. Pour into greased casserole. Sprinkle with crumbs and cheese. Dot with butter. Bake at 350 degrees for 30 minutes. Makes 8 to 10 servings.

Willie Mae Hayes

GWAUMPKEE-TRADITIONAL POLISH DISH OF THE PADZIORA'S

6 c. peeled, quartered, and parboiled white potatoes
3-16 oz. cans sweet peas (English peas)
6-16 oz. cans tomato sauce
2 large heads cabbage
3 lb. ground chuck
1 large onion, chopped
3 c. cooked white rice
2 eggs
2 Tbsp. sage
Salt and black pepper

Wilt cabbage heads in boiling water; drain. Cool and separate leaves, choosing the largest leaves to use for cabbage rolls and reserving the remnants to add to sauce. Combine ground chuck, onion, rice, eggs, sage, salt, and pepper to taste. Form meat mixture into balls that fit into large cabbage leaves and can be rolled up in the leaves. Make the rolls using all meat mixture and large leaves, placing each roll, seam down, in a very large pot or pan that can be baked. Add drained parboiled potatoes, green peas, and remaining cabbage remnants. Add tomato sauce. Be sure it covers all rolls and vegetables, adding some water if necessary. Bake covered at 375 degrees until meat is done, approximately 2 to 3 hours, depending on the size of the cabbage rolls.

Julie (Padziora) Bowman

HAMBURGER CASSEROLE

1 lb. ground beef
1 small onion, chopped
2 Tbsp. butter
1 pkg. cooked, frozen, cut green beans

1 can tomato soup
1/4 c. water
1 tsp. salt
5 medium potatoes
1 egg, beaten
1/4 c. milk
Salt and pepper to taste
1/2 c. grated cheese

Brown onion and beef in butter. Add soup, beans, and water. Place in greased baking dish. Cook potatoes until done; drain, mash, and add egg, milk, salt, and cheese. Put butter on top; spread over meat mixture. Bake at 350 degrees for 30 minutes. Serves 6.

Ailene Taylor

HAMBURGER DISH

4 medium potatoes
1 small onion
1 medium can pork and beans
1 lb. ground beef
1 can tomato soup
Salt and pepper

Slice potatoes and put in bottom of a 1 quart dish. Slice onion and put over potatoes. Pour the pork and beans over onion. Brown ground beef and layer over beans. Pour the tomato soup over top of all. Salt and pepper each layer. Bake for 1 hour at 350 degrees.

Sheila Hayes

HAMBURGER PIE

1 lb. ground beef
1/2 tsp. salt
1/2 tsp. pepper
1-16 oz. can cut green beans
1-10 3/4 oz. can condensed tomato soup
5 hot cooked potatoes
1/2 c. warm milk
1 egg, beaten
1/2 c. shredded cheese
1 onion, chopped

In large skillet, cook meat and onions until onions are tender. Add salt and pepper. Add drained beans and soup. Put in casserole dish. Mash potatoes. Add milk, egg, salt, and pepper. Spoon potatoes on meat mixture in mounds with cheese on top. Put in oven and bake at 350 degrees for 25 to 30 minutes.

Mary Goff

ITALIAN SPAGHETTI

1 lb. ground beef
6 medium onions, chopped
1 bell pepper, chopped
1-No. 2 can tomatoes
1 can tomato paste
1 small can mushrooms
little celery
Salt and red pepper to taste

Brown ground beef in bacon grease in skillet. Fry in another skillet onion and pepper. Add to meat along with tomatoes, tomato paste, mushrooms, and celery. Season with salt and red pepper to taste. Bake in covered dish for 2 or 3 hours on low heat.

Kitty Miller

LOWFAT QUICK SPAGHETTI

1 lb. ground chuck
1/2 c. chopped onion
1/2 c. chopped green pepper
1 small can tomato soup
1/4 c. water
3/4 c. Ragu spaghetti sauce
1 tsp. light garlic salt
Salt and black pepper to taste
7 oz. pkg. spaghetti

Brown ground chuck, onions, and pepper in skillet. Pour in colander and drain fat. Return to skillet and add tomato soup, Ragu sauce, garlic salt, regular salt, and black pepper. Cover and simmer while you cook spaghetti, stirring occasionally. Drain spaghetti and add to sauce in skillet. Mix well and top with lowfat cheese. Bake in 350 degree oven until cheese melts.

Carolyn Blackstock

MEATBALLS IN SAUCE

2 lb. ground beef
1 c. bread crumbs
1/3 c. parsley, optional
2 eggs
1 Tbsp. soy sauce
Pepper to taste
1/2 c. catsup
2 Tbsp. dry onion
1 lb. can cranberry sauce
2 Tbsp. packed brown sugar
1-12 oz. chili sauce
1 Tbsp. lemon juice

Mix ground beef, crumbs, parsley, eggs, soy sauce, pepper, catsup, and dry onion. Shape into small balls. Mix cranberry sauce, brown sugar, chili sauce, and lemon juice. Cook in pan until thick and hot. Pour over meatballs and cook in oven at 350 degrees for about 1 hour. I cover with loose foil.

Emily Jane Ridenour

"MOM'S DISH" OR GROUND BEEF CASSEROLE

1 lb. lean ground beef
1 medium onion, chopped
1 small green pepper, chopped
1/2 c. uncooked rice
1 beef bouillon cube
1/2 c. water
1 can red kidney beans

Brown onions, green pepper, and ground beef. Dissolve 1 bouillon cube in 1/2 cup hot water. Cook 1/2 cup rice in 1 cup water as package directs. Mix 1 can kidney beans, cooked rice, and bouillon cube; add to beef mixture. Put in casserole dish and bake at 350 degrees for 30 to 40 minutes.

May be cooked in microwave. To do this, put bouillon cube in with rice and delete water (1/2 cup).

Brenda Ramsey

NAVAJO TACOS

2 lb. hamburger
2 onions, chopped
1 pkg. taco seasoning mix
2 cans chili with beans
1 can water
Lettuce, shredded
Tomatoes, chopped
Green onions, chopped
Grated cheese

In large pan, brown hamburger and onion; drain. Add taco mix; pour in chili and water. Heat thoroughly. Fry 10 inch flour tortillas. Place on individual serving plates and cover with taco mixture, cheese, onions, tomatoes, and lettuce. Serve with salsa if you like extra zing.

Sue Shuttleworth

ONION CHUCK STEAK

1 1/2 lb. boneless chuck steak
2 env. Lipton onion soup mix
1-2 1/2 oz. sliced mushrooms, drained

Preheat oven to 375 degrees. Place meat on foil in shallow baking pan. Sprinkle both sides with Lipton onion soup mix; top with mushrooms. Wrap loosely, sealing airtight with double foil. Bake for 1 hour. Makes 4 servings.

Sheila Hayes

POOR MAN'S STEAK

3 lb. ground beef
1 c. crushed saltine crackers
1 c. water
1 Tbsp. salt
1 Tbsp. pepper

Flour

2 or 3 cans cream of mushroom soup, undiluted

Combine meat, cracker crumbs, water, and seasonings. Press onto cookie sheet 1/4 inch thick. Refrigerate until cold, then cut into squares. Dredge each piece in flour and brown in skillet. Place browned squares in large roaster. Spoon soup over squares; cover and bake at 350 degrees for 1 hour.

Jonnie Neal

POTATO AND GROUND BEEF CASSEROLE

1 lb. ground beef

1 Tbsp. shortening

3/4 c. boiling water

1 small onion

1 can mushroom soup

1/2 tsp. salt

1/4 tsp. pepper

6 medium potatoes

Brown ground beef and onion in skillet. Add water, mushroom soup, salt, and pepper. Slice potatoes thin and place all in casserole dish. Bake in 350 degree oven, covered, for 30 minutes. Remove cover and bake for 15 minutes longer or until potatoes are tender. I added carrots.

Inita McPeake

QUICK SKILLET

1 lb. lean ground beef

1/2 c. chopped onion

1 Tbsp. oil

2 c. hot water

1 lb. can tomatoes, cut up

1/4 c. Heinz 57 sauce

2 tsp. salt

1 tsp. sugar

Dash of pepper

1 c. uncooked elbow macaroni

Brown beef and onion in oil; drain excess fat. Stir in water and next 5 ingredients. Add macaroni and mix well. Bring mix to boil, then reduce heat to low. Simmer, uncovered, 15 to 20 minutes or until macaroni is tender, stirring occasionally. Makes 5 servings.

Jamella Hayes

RAILROAD CASSEROLE

1 lb. ground beef
1 onion, chopped
1-8 oz. can tomato sauce
1-8 oz. can water
1 tsp. chili powder
1-12 oz. can whole kernel corn
1/2 c. green pepper, chopped
Salt and pepper to taste

Brown ground beef and onion. Simmer the other ingredients for 10 minutes. Now mix together and bring to a boil. Pour in a casserole dish and make enough cornbread batter for topping. Make this real thin and pour over casserole. Bake in 350 degree oven for 25 to 30 minutes.

Lisa Duke

ROUND STEAK

1-2 lb. round steak
1/3 c. onions, chopped
1/3 c. bell peppers, chopped
3 Tbsp. A.1. Sauce
1 jar mushrooms
1 can brown gravy
1 tsp. salt
2 Tbsp. black pepper
2 Tbsp. chili powder

Cook round steak in electric skillet on lowest setting for about 15 minutes. Add onions, peppers, and mushrooms; allow them to simmer, and then add salt, pepper, chili powder, and A1 Sauce. Let this cook for 30 minutes. Add the brown gravy and cook until gravy is bubbling.

Linda Vineyard

SALISBURY STEAK, ONION GRAVY

1-10 1/2 oz. condensed onion soup
1 1/2 lb. ground beef
1/2 c. fine dry bread crumbs (2 slices)
1 egg, slightly beaten
1/4 tsp. salt
Dash of pepper
1 Tbsp. flour
1/4 c. catsup
1/4 c. water
1 tsp. Worcestershire sauce
1/2 tsp. prepared mustard

In bowl, combine 1/3 cup soup with beef, crumbs, egg, salt, and pepper. Shape into 6 oval patties. In skillet, brown patties; pour off fat. Gradually blend remaining soup in flour until smooth. Add to skillet with remaining ingredients; stir to loosen brown bits. Cover; cook over low heat for 20 minutes or until done. Stir occasionally. Makes 6 servings.

Sheila Hayes

SHORTCUT LASAGNE

1 lb. ground beef
1-1 lb. 13 oz. can tomatoes
1-8 oz. can tomato sauce
1 env. Spaghetti sauce mix
1/4 tsp. garlic salt
8 oz. lasagna noodles
6 oz. pkg. sliced or shredded Mozzarella cheese
1 c. cottage cheese
1/2 c. Parmesan cheese

Brown ground beef; spoon off excess fat. Add can tomatoes, tomato sauce, spaghetti sauce mix, and garlic salt. Bring mixture to boiling; simmer, uncovered, 10 minutes. Cook noodles in large amount of boiling salted water, according to box. Rinse in cold water. Place half noodles in a 12x7 1/2x2 inch (or whatever) baking dish (I grease mine). Cover with 1/3 sauce. Add half of Mozzarella cheese, then 1/2 cup cottage cheese. Repeat layers with noodles, 1/3 sauce, Mozzarella, 1/2 cup cottage cheese, and end with

sauce. Top with 1/2 cup grated Parmesan cheese. Bake at 350 degrees for 45 minutes. Let stand for 10 minutes. Serves 6 to 8.

Lona Carol Pierce

SOUTHERN STYLE MEXICAN CASSEROLE

3/4 c. white grits
3 c. water
1-4 oz. can cream style corn
1 lb. ground beef
1 medium chopped onion
1 can Campbell's chili beef soup
1 Tbsp. (or more) chili powder
1 tsp. whole cumin
1 tsp. ground cumin
1/2 tsp. garlic salt
Grated cheese

Cook grits with water. As soon as thick, add the can of corn and set aside. Brown the ground beef with the onion and drain off grease. Add the can of soup (undiluted) and seasonings. Simmer for 15 minutes. Place 1 inch layer of grits in a 1 1/2 quart casserole dish. Cover with meat mixture and top with remaining grits mixture. Bake at 350 degrees for 30 minutes. Sprinkle grated Cheddar cheese over top and bake until cheese melts.

Jonnie Neal

SPAGHETTI CASSEROLE

1 lb. ground beef
1 can whole tomatoes
1 can mushroom soup
1 pkg. grated Cheddar cheese
1 pkg. spaghetti
1/3 c. milk
1 onion, chopped

Cook spaghetti per package instructions. Brown ground beef; drain. Stir in tomatoes and onion; simmer for 30 minutes. Mix mushroom soup and 1/3 cup milk. Layer beef mixture, spaghetti soup, and cheese. Finish layers with cheese on top. Bake for 30 minutes at 325 degrees. Makes 1 large casserole dish.

Sarah Ross

SPAGHETTI SAUCE

2 c. ground beef
1/2 medium chopped onion
1/2 medium chopped green pepper
1 tsp. garlic salt
1 tsp. pepper
1/2 tsp. salt
1 tsp. oregano
1/2 tsp. thyme
1 small can sliced mushrooms
1/3 c. tomato sauce
1 small can tomato sauce
1/4 c. sugar

Brown together in a skillet the ground beef, onion, green pepper, garlic salt, and pepper. Stir together until beef is brown. If ground beef mixture is too greasy; drain. Add remaining ingredients, stirring well. Let simmer about 5 minutes. Serve over hot spaghetti.

Dorothy B. Hall

STROMBOLI

1 frozen bread dough
Olive oil
3 types cheese
2 meats
Other pizza toppings, if desired

Wipe olive oil onto jelly roll pan (or cookie sheet). Spread dough out on wax paper. Place meat and cheese (and other ingredients) onto dough. (If using ground beef or sausage, cook in skillet first.) Roll dough gently, keeping meat and cheese inside like a jelly roll. Seal edges and put in pan, seam side down. Bake in 350 degree oven for 30 to 35 minutes or until golden brown.

Colleen Chatham

STUFFED GREEN PEPPERS

1 lb. ground beef
1 c. chopped onion
1 clove garlic, chopped
1 tsp. chili powder
1 tsp. salt
1/2 tsp. black pepper
2 cans condensed tomato soup
1/2 lb. sharp cheese, grated
1 1/2 c. rice, cooked
6 medium peppers

Cook ground beef, onions, and garlic until meat is browned. Add seasoning and tomato soup; simmer, covered, for 10 minutes. Add cheese and cook slowly, stirring occasionally, until cheese melts. Stir in rice and cool. Cut peppers in halves or leave whole. Cook until tender in boiling water. Drain and cool peppers. Stuff with ground beef mixture. Place stuffed peppers on cookie sheet, covered with foil. Cook at 375 degrees for 30 to 40 minutes.

These can be frozen. Freeze on cookie sheet and then put in bag. Thaw a while before cooking. Cover with foil while baking.

Elizabeth Coffman

STUFFED PEPPERS

6 green peppers
2 c. flaky cooked rice
2 c. ground cooked meat
1 small onion, chopped fine
1 tsp. salt or to taste
1/2 c. chili sauce or catsup
1 c. buttered bread crumbs

Cut off the stem ends of pepper. Remove seeds. Boil peppers for 5 minutes in lightly salted water; drain. Stuff the peppers with a mixture of above ingredients. Place in buttered casserole dish. Bake at 325 degrees for about 30 minutes. Serves 6

Sammye Veteto

TATER TOTS OVEN DISH

1 lb. ground beef
1 small onion
1-16 oz can french style green beans
1-16 oz. pkg. tater tots
1 large can pet milk
1 can cream of chicken soup

Brown beef and onions slightly. Put in bottom of large baking dish, then put layer of beans, then tater tots. Beat milk and soup with electric beater. Pour over the ingredients. Bake at 350 degrees for 1 hour.

Katherine Dean

TORTILLA CASSEROLE

2 lb. ground beef
3 cans cream of chicken soup
2 small cans green chilies
1 large can pet milk
1 lb. Colby cheese or Longhorn cheese
2 pkg. tostado shells

Mix beef, soup, chilies, and milk in large skillet and simmer for about 1/2 hour. Grate cheese. Layer in pan the beef mixture, cheese, and tostado shells, ending with cheese. Bake at 350 degrees till cheese is melted and brown.

Pat Nolen

BAKED COUNTRY HAM

Use 1 (any size) country-cured ham. Wash ham thoroughly and remove all pepper and mold if present. Soak ham for 12 hours or longer in water. Wrap in heavy duty aluminum foil. Add 4 cups water within the foil and seal tightly. This is most important. Place in oven in a shallow pan.

Cook by the following method (start timing when oven reaches 400 degrees): 400 degrees for 20 minutes. Turn off oven for 3 hours. (Don't open door.) Bake at 400 degrees 20 minutes. Turn off oven and let ham remain in oven for 6 to 8 hours or longer. Overnight is satisfactory.

The secret to cooking the ham is not to open the oven door until cook cycle is complete.

Nina Walker

BREAKFAST FOR FOUR

6 slices light bread
1 lb. sausage
1 c. grated cheese
6 eggs
1/2 tsp. salt
1 tsp. dry mustard
2 c. sweet milk

Cube bread. Place in bottom of baking dish (9x13 inches). Cook sausage; crumble over bread. Cover sausage with cheese. Beat eggs. Add salt, mustard, and milk. Pour over bread, sausage, and cheese. Cover and refrigerate overnight. Cook for 30 to 45 minutes. Don't overcook.

Mary Williams, Deborah Scott

BREAKFAST PIZZA CASSEROLE

1 lb. mild sausage
8 oz. can crescent rolls
1 c. frozen hash browns, thawed
6 eggs
1 c. grated Cheddar cheese

Brown sausage; crumble and drain. Line bottom of 13x9 inch pan with crescent rolls. Pinch edges up around dish; cook dough in 350 degree oven for 6 minutes. Crumble sausage on dough and sprinkle hash browns over sausage. Beat 6 eggs and pour over sausage and hash browns. Place in 350 degree oven and cook for 20 minutes until eggs are cooked and crust is brown around edges. Sprinkle cheese on top of pizza and put in oven long enough to melt cheese.

Elizabeth Walker

BREAKFAST PIZZA

1 lb. sausage
1 large can crescent dinner rolls

8 eggs
1 1/2 c. Cheddar cheese
Salt
Pepper
A little milk

Preheat oven to 350 degrees. Brown sausage and drain well on a paper towel. Spray 9x13 inch dish with Pam. Line dish with crescent rolls to cover bottom. Spread cooked sausage on rolls. Beat eggs with milk and salt and pepper to taste. Pour over sausage. Sprinkle cheese on top. Bake for 30 to 35 minutes until eggs are cooked and lightly browned on top.

Brenda Scott

CAJUN RED BEANS AND RICE

1 lb. dry red kidney beans
2 1/2 qt. water
1 lb. smoked sausage or Polish smoked mild or hot link sausage
1 to 2 cloves garlic
1 bay leaf
Dash of paprika
Salt and pepper to taste
1 c. uncooked rice
1 large onion
1/8 or 1/4 tsp. red pepper, optional

Wash and soak beans overnight in 1 quart water. Sauté onion and garlic in small amount of oil in Dutch oven or any large cooking pot. Do not brown. Cut sausage in bite-size pieces and add to mixture. Add beans, remaining water, and other seasonings; cook slowly for 3 or 4 hours or until beans are soft and water has cooked down to a thick red sauce. Cook rice by whatever method you prefer. Serve bean mixture over rice.

Serve with French style garlic bread and salad or slaw. Typical Louisiana po' folks' food!

Launice J. Choate, Barbara Willis

HAM AND NOODLE CASSEROLE

1-8 oz. pkg. noodles, cooked
1 1/2 c. chopped cooked ham
1 c. grated sharp cheese
1-10 1/2 oz. can cream of chicken soup

1/2 c. milk
2 Tbsp. butter
1 Tbsp. chopped pimento

Combine ham and 3/4 cup cheese; alternate layers of noodles and ham in greased 1 quart baking dish. Mix soup and milk; pour over noodles. Sprinkle top with remaining cheese; dot with butter. Bake in moderate oven at 375 degrees for 20 to 30 minutes.

Inita McPeake

HAM OR TURKEY DELIGHT

2 sticks melted oleo
3 Tbsp. mustard
3 Tbsp. poppy seed
1 small minced onion
1 lb. ham or turkey, chopped
1/4 lb. chopped Swiss cheese
2 trays (24 count) Pepperidge Farm rolls

Mix butter, mustard, onion, and poppy seed. Put ham and cheese in between rolls. Pour butter mixture on top of ham and cheese, reserving 1/4 for top of rolls. Spread remaining mixture on top of rolls. Cook for 30 minutes or brown on top at 350 degrees.

Helen Pope

HOW TO COOK A COUNTRY CURED HAM

1/2 c. brown sugar
1 Tbsp. dry mustard
2 Tbsp. vinegar

Wash ham thoroughly. Rub with vinegar. Place in large roaster, skin side up. Cover with water. When water comes to a boil, reduce heat and simmer (allow 20 minutes to the pound). Turn heat off and let ham stand in liquid for an hour or 2. Remove from roaster and peel off skin. Score fat by barely cutting through it diagonally. Press a whole clove into each diamond. Cover ham with a paste made of the above ingredients. Bake, uncovered, in a moderate slow oven at 350 degrees for 1/2 to 1 hour.

Inita McPeake

ITALIAN LOAF

1-10 oz. can refrigerated pizza crust dough
4 c. grated Mozzarella cheese
1 lb. spicy pork sausage, browned and drained
1/2 c. tomato sauce
1 tsp. oregano flakes
1/2 tsp. basil flakes
1-10 oz. pkg. frozen spinach, thawed and drained
1 egg, lightly beaten
1-7 oz. jar diced pimientos, drained
1-3 oz. pkg. sliced pepperoni
12 to 15 pimiento-stuffed green olives cut in halves lengthwise

Preheat oven to 400 degrees. Unroll dough and cut off 1/4 of dough crosswise; set aside. Line a greased 9 1/4 x 5 1/4 x 2 1/2 inch loaf pan with the large piece of dough. Moisten the dough with water at corners and press to seal. Place 1/2 of the cheese on the bottom of the dough and top with sausage. Spoon tomato sauce over sausage and sprinkle with oregano and basil. Combine spinach with egg and spread over tomato sauce. Layer pimientos, remaining cheese, pepperoni, and olive halves on top of spinach. Cover with reserve dough and seal. Cut slits in top of dough to allow steam to escape. Bake for 50 minutes or until brown. Cool for 10 minutes before cutting.

Bonnie Rogers

LOUISE'S COUNTRY RIBS

3 lb. country style pork ribs
1 Tbsp. oil
1 medium onion
2 apples (I use tart, cut in wedges)
1/3 c. soy sauce
1/2 c. ketchup
1 Tbsp. dry mustard
3 Tbsp. brown sugar
1 clove garlic, minced
Dash of Tabasco
3 Tbsp. cider vinegar
2 Tbsp. chopped celery

Brown ribs in oil and place in roasting pan. Place apples and sliced onion over ribs. Combine other ingredients and baste ribs. Bake for 50 minutes, covered with foil, at 350

degrees. Uncover and pour remaining sauce over ribs. Bake another 50 minutes, uncovered, at 350 degrees.

This will also make a good pork loin. You may substitute sugar with molasses.

Louise Walker

PORK CHOP AND RICE CASSEROLE

1/2 c. butter

3 lb. pork chops

Salt and pepper

Paprika

2 cans cream of celery soup

2 1/4 c. Minute rice

1 soup can water

Melt butter in baking dish in oven. Sprinkle chops with salt, pepper, and paprika; place in baking dish. Broil on both sides until golden brown; remove chops from pan. Add soup, rice, and water; mix well. Push chops under rice well; cover with foil. Bake at 350 for 1 hour and 30 minutes.

Deborah Scott

PORK CHOP DELIGHT

Vegetable oil

4 to 6 pork chops

Salt and pepper to taste

2/3 c. chopped green pepper

2/3 c. chopped onion

2-10 1/2 oz. cans chicken and rice soup

2/3 c. uncooked rice

1/2 c. hot water

Heat oven to 350 degrees. Heat vegetable oil in skillet; brown pork chops. Sprinkle lightly with salt and pepper. Remove chops to shallow baking dish, placing 1 layer deep. In same skillet, lightly sauté pepper and onions. Sprinkle lightly with salt and pepper; place over pork chops. Mix together soup, rice, and water. Pour over and around pork chops. Cover tightly and bake for 1 1/2 hours. Serves 4 to 6.

Janice Carnal

PORK CHOPS WITH AMBER RICE

6 pork chops (3/4 inch thick)
Salt and pepper
1 1/3 c. precooked rice
1 c. orange juice
1 can condensed chicken-rice soup

Brown pork chops in heavy skillet. Season with salt and pepper. Place rice in 12x10x2 inch baking dish. Pour orange juice over rice. Arrange browned pork chops on rice. Pour chicken soup over all. Cover with foil and bake in oven (350 degrees) for 45 minutes. Uncover and bake for 10 minutes longer. Makes 6 servings.

Zubie Martin

RED BEANS AND RICE

1 lb. Bryan smoked sausage
1 lb. Williams hot sausage
1 lb. kidney beans, dry
1 small onion
Bay leaf
2 cloves garlic, minced
8 oz. tomato sauce
Salt
Pepper

Cook dry beans in crock pot or as directed. When done, cut smoked sausage into chunks and add to beans. In skillet, brown Williams sausage; add chopped onion and remaining ingredients, then simmer for 10 minutes. Add to beans and serve over rice.

Renee Wilson

SAUSAGE AND WILD RICE CASSEROLE

2 lb. bulk sausage (1 hot, 1 mild)
1 1/2 c. green pepper, chopped
2 medium onions, chopped
1-4 oz. jar pimento, chopped
1 c. celery, chopped

2-10 3/4 oz. cans cream of mushroom soup
2-10 3/4 oz. cans cream of chicken soup
2-6 oz. boxes Uncle Ben's long grain and wild rice (plus seasoning)
1 c. milk
2 c. shredded Cheddar cheese

Brown and drain sausage. Combine all other ingredients, reserving 1 cup cheese. Place in buttered 3 quart casserole and sprinkle reserved cheese over top. Bake at 325 degrees for 1 1/2 hours.

Dianne S. Taylor

SAUSAGE-APPLE CORN BREAD DRESSING

1 lb. sausage
1 c. onion
1 c. chopped celery
3 chopped boiled eggs
1 1/2 Tbsp. sage
Salt and pepper
1 large Rome apple, chopped
4 stewed chicken breast and broth
1/2 c. chopped walnuts
1 c. cream of chicken soup
Stale corn bread
Stale white bread

Brown sausage. Add onion, celery, and apple. Cook till tender. Add to breads. Add eggs, salt, sage, and pepper. Stir in walnuts. Toss all together. Lightly stir in cream of chicken soup and broth, adding chopped chicken breast last. Bake at 350 degrees till heated through. I rinse the sausage after browning to remove grease.

Lucille Mitchell

SAUSAGE BREAKFAST CASSEROLE

6 slices bread
Butter or margarine
1 lb. bulk sausage
1 1/2 c. shredded Longhorn cheese
6 eggs, beaten
2 c. half & half

1 tsp. salt
1 tsp. pepper

Remove crusts from bread; spread bread with butter. Place in a greased 13x9x2 inch baking dish and set aside. Cook sausage until browned, stirring to crumble; drain well. Spoon over bread slices; sprinkle with cheese. Combine eggs, half & half, salt, and pepper; mix well and pour over cheese. Cover casserole and refrigerate overnight. Remove from refrigerator 15 minutes before baking. Bake, uncovered, at 350 degrees for 45 minutes or until set. Yield: 8 servings.

Jonnie Neal, Judy Rogers

SAUSAGE CASSEROLE

1-8 oz. pkg. noodles or macaroni
1 lb. sausage
1 onion
1 can Cheddar cheese soup
1 can mushroom soup
1 can cream chicken soup

Brown sausage and onion; drain. Cook noodles; drain. Mix together with 3 cans of soup. Melt 1 stick of margarine and add crushed cracker crumbs for topping. Return to oven at 350 degrees until bubbly. If too thick, add milk.
Mable buck uses egg noodles. Juanita P. Helms uses elbow macaroni.

Mable Buck, Juanita P. Helms

LASAGNA

1 lb. ground beef or Italian sausage
1 clove garlic, minced
1-1 1/2 oz. pkg. dry onion soup mix
1 1/2 c. water
1-6 oz. can tomato paste
1-8 oz. can tomato sauce
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. sugar
1 tsp. oregano
1/2 tsp. basil
1/2 lb. cooked lasagna noodles

1/2 lb. shredded Mozzarella cheese
1 lb. cottage cheese or Ricotta cheese

Combine meat and garlic in 2 quart casserole. Cook in Radarange oven on FULL power for 3 to 4 minutes. Stir 1 or 2 times during cooking time. Drain. Blend in onion soup, water, tomato paste, tomato sauce, salt, pepper, sugar, oregano, and basil. Cook in Radarange oven, covered, on FULL power for 10 minutes. Stir halfway through cooking time. Layer meat mixture, noodles, Mozzarella cheese, and cottage cheese in 2 quart utility dish. Repeat layers, ending with meat sauce. Sprinkle top with Mozzarella cheese. Cover loosely with plastic wrap. Cook in Radarange oven, covered, on FULL power for 12 to 14 minutes or until heated through. Yield: 10 to 12 servings.

Ronda Taylor

PORK CHOP BAKE

1-16 oz. can sauerkraut, drained
1 small onion, chopped
2 Tbsp. brown sugar
4 pork chops (no more than 1/2 inch thick)
Salt and pepper
1-10 3/4 oz. can condensed cream of chicken soup, undiluted

Combine sauerkraut, onion, and brown sugar in 10x6 inch utility dish. Toss lightly with fork. Sprinkle chops with salt and pepper; arrange over sauerkraut with meaty portions toward outside of dish. Top with soup. Cover; microwave for 18 to 20 minutes on ""8"" or until pork chops are fork tender.

Ailene Taylor

BEEF STROGANOFF

2 lbs. beef round steak (cut in long narrow strips)
6 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
Oil
2 c. water
2 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. pepper
1 small can (4 oz.) mushrooms

1 medium onion, sliced
1 c. sour cream

Dredge the meat strips in a mixture of the flour, salt, and pepper. Brown the meat in a small amount of oil. Add the water, dry mustard, salt, pepper, mushrooms and onion. Cover and cook for one hour or until tender. Stir occasionally. Make a paste of 2 tablespoons flour and 2 tablespoons water; slowly add to the meat mixture. Simmer until gravy is thick and smooth. Stir in sour cream. Stir and heat thoroughly. Do not boil. Serve with hot rice or noodles.

Jonnie Neal

SANDY'S SPAGHETTI

2 lb. ground beef (I use ground chuck)
2 pkgs. McCormick's spaghetti mix with mushrooms
1 Tbsp. Italian seasoning
1-8 oz. can tomato sauce or 1-15 oz.
2 cans tomato paste
1 can of diced tomatoes, optional
15 pieces pepperoni
2 c. water
1/3 c. brown sugar
1 half green pepper, cut in large pieces only to flavor
1 chopped onion

Cook and drain ground beef. In a bowl, mix spaghetti mix with tomato sauce, tomato paste, and diced tomatoes. Add Italian seasoning, pepperoni, brown sugar, onion, water, and green pepper. Put all in Crock pot and cook overnight on low. Serve with cooked spaghetti noodles and parmesan.

Sandy Savage

ROADHOUSE GRILL BABY BACK RIBS

2 large racks pork baby back ribs
salt
coarse ground black pepper

Sauce:
2 tbsp. vegetable oil
1/4 c. minced fresh onion

1 1/2 c. water
1/2 c. tomato paste
1/2 c. white vinegar
1/2 c. brown sugar
2 tbsp. honey
1 tbsp. Worcestershire sauce
1 3/4 tsp. salt
1 tsp. liquid smoke
1 tsp. vinegar
1/4 tsp. coarse ground black pepper
1/8 tsp. garlic powder
1/8 tsp. paprika

1. To make the ribs, cut each large rack of ribs in half so that you have 4 half-racks. Sprinkle a light coating of salt and a more generous portion of coarse pepper over the top and bottom of each rack. Wrap the ribs in aluminum foil and bake in a preheated 300 degree oven for 2 1/2 hours.
2. As the ribs cook, make the sauce by heating the oil in a medium saucepan over medium/high heat. Sauté the onions for 5 minutes or until they start to brown. Add the remaining ingredients and bring mixture to a boil then reduce heat and simmer for 1 1/4 hours, uncovered, or until sauce thickens. Remove from heat and set aside until the ribs are ready. Preheat your barbecue grill.
3. When the ribs are finished in the oven, the meat should have pull back about 1/2 inch from the cut-ends of the bones. Remove the ribs from the oven, let them sit for 10 minutes or so, then remove the racks from the foil and put them on the grill. Grill the ribs for 3 to 4 minutes per side. They should be slightly charred in a few spots when they're finished. Brush barbecue sauce on the ribs while they're grilling, just before you serve them. Don't add the sauce too early or it will burn.

My family does not even want to eat ribs out anymore because they are so good.

Brenda Kelley

AU JUS SIRLOIN TIP ROAST

1 sirloin tip roast
1 pkg. dry Italian dressing mix
1 pkg. dry Au Jus Mix
3/4 cup water
One loaf of French bread

Rinse sirloin tip roast and put in the bottom of a large crock pot. Pour dry Italian dressing on top and the package of dry au jus mix. Add 3/4 cup of water and cook on low for 7-8 hours.

Serve roast and Au Jus gravy over crusty French bread.
Pam McCarty

SLOW-COOKED MEAT LOAF

1 egg
1/4 c. milk
2 slices day-old bread, cubed
1/4 c. finely chopped onion
2 Tbsp. finely chopped green pepper
1 tsp. salt
1/4 tsp. pepper
1 1/2 lbs. lean ground beef
1/4 c. ketchup
8 medium carrots, cut into 1- inch chunks
8 small red potatoes

In a bowl, beat egg and milk. Stir in the bread cubes, onion, green pepper, salt and pepper. Add the beef and mix well. Shape into a loaf. Place in roaster. Spread ketchup on top of loaf. Scrape carrots, cut into 1-inch chunks, and arrange around loaf. Peel a strip around the center of each potato; place potatoes over carrots. Cover and cook on 400 degrees until hot through, then turn on 350 degrees for 1 hour.

I sprinkle a little Italian Seasoning when I add the onion and etc. If you want to cook in crock pot, cook on high 1 hour. Reduce heat to low; cover and cook 7-8 hours longer or until meat is no longer pink and the vegetables are tender. If you use large potatoes, peel them and cut in smaller pieces.

Brenda Kelley

VENISON JERKY

2 lb. venison roast, sliced
2 tsp. liquid smoke
2 tsp. salt
2 tsp. garlic powder
2 tsp. accent
2 tsp. onion powder
2 tsp. black pepper
1/2 c. Worcestershire sauce
1/2 c. soy sauce

Slice venison about 1/8" thick and set aside. Mix all other ingredients in a large container and stir together well. Add venison meat and toss with seasonings. Marinate overnight. Lay meat in a single layer on food dehydrator racks for up to 8 hrs. until dry and chewy. Rotate racks after 4 hours, top to bottom, bottom to top. Meat cuts better if slightly frozen. I double this recipe so it will cover meat real good.

Russell and Jonathan Hayes

PORK AL' ORANGE

1 (6-7 lb) Pork Loin
1 clove garlic, crushed
1 tsp. rosemary
1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. Dijon mustard
2 Tbsp. orange marmalade
1 Tbsp. light brown sugar
1/3 c. orange juice, divided
2 oranges, sliced thin

Place fat side up in shallow roasting pan. Mix garlic, rosemary, salt and pepper. Rub on loin. Mix mustard, marmalade, brown sugar and one-third cup of orange juice. Bake at 325 degrees until done (30 to 35 minutes per pound). Brush with mustard mixture 2 or 3 times during the last 30 minutes of baking. Remove to platter. Slice and garnish with orange slices and parsley.

You can de fat the pan drippings and take another 1/3 cup of orange juice and de glaze pan and serve as gravy with loin.

Max and Linda Johnson

VERY GOOD MEAT LOAF

1 1/2 lb. ground chuck
1/2 c. fresh bread crumbs
1 onion, chopped
1 egg, beaten
1 1/2 tsp. salt
1/4 tsp. pepper
1 - 15 oz. can tomato sauce
1/2 c. water
3 Tbsp. vinegar

3 Tbsp. brown sugar
2 Tbsp. prepared mustard
2 Tbsp Worcestershire sauce

Preheat oven to 350 degrees. Lightly spray pan with non-stick coating. Combine ground beef, bread crumbs, onion, egg, salt and pepper with 1/2 can tomato sauce. Form mixture into a loaf pan. Combine remaining tomato sauce with water, vinegar, brown sugar, mustard and Worcestershire sauce. Pour over meat loaf. Bake 1 to 1 1/2 hours. Yield: 6 servings.

Carolyn Swift