

Ground Beef Gets New Dress

By ELLY

Americans who love beef have made two adjustments to rising beef prices. They're buying more imported beef.... And they're eating more ground beef. Today one of every five pounds of beef we eat is ground. Nutritional values of a serving of ground beef compare to those of any other cut of beef with a medium amount of fat.

With the rise in retail food prices likely to be the largest this year, since 1966, you may be interested in this budget-saving "starter sauce." It comes from the extension service of Michigan State University.

ITALIAN MEAT SAUCE "STARTER"

- 1 c. oil or cooking fat
- 3 cloves garlic, crushed
- 3 green peppers, chopped
- 3 large onions, sliced fine
- 3 lbs. ground beef
- 3 cans tomato sauce
- 3 cans tomato paste
- 3 c. boiling water
- 1 T. salt
- 1 T. paprika
- 1 t. celery salt
- 1 t. garlic salt
- 1 t. chili powder
- 2 T. Worcestershire sauce
- 3 T. A-1 Sauce
- 3 T. chili sauce

Heat oil in large heavy kettle. Add crushed garlic, green pepper and onions. Cook over low heat five minutes. Add meat; mix well and cook on high heat until lightly browned. Add tomato paste, tomato sauce and water. Cook over low heat for two hours. Add seasonings. Cool quickly. Package and freeze in pint containers. Yield: 10 pints.

To thaw: Put container under hot water and let hot water run long enough so that contents can be slipped out. Or remove from freezer and let stand at room temperature several hours before using. Or remove from freezer the night before using and keep in refrigerator.

MEAT SAUCE AND SPAGHETTI

- 2 pints meat sauce
 - 1/2 c. tomato juice
 - 1 6 oz. pkg. spaghetti
 - 1 T. salt
- grated Parmesan cheese
- Thaw meat sauce with tomato juice. Cook spaghetti in boiling salted water until tender. Drain. Serve with meat sauce and cheese.

MEAT SAUCE WITH RED KIDNEY BEANS

- 1 pt. meat sauce
 - 2 cans red kidney beans
 - 1/3 c. red wine
- Combine all ingredients in a 1-1/2 quart casserole. Bake at 350 degrees for one hour.

EGG PLANT WITH MEAT SAUCE

- 1 egg plant
 - 1 pt. meat sauce
 - 4 T. grated Parmesan cheese
- Peel and slice egg plant in one-half inch slices. Alternate slices of egg plant with meat sauce and cheese in 1-1/2 quart casserole. Bake at 350 degrees for one hour.

TAMALE PIE

- 2 pts. meat sauce, thawed
 - 1/2 pkg. corn muffin mix
- Pour meat sauce into a two-quart casserole. Prepare corn muffin mix according to directions on package. Pour muffin mix over sauce. Bake at 425 degrees for 30 minutes.

SPANISH RICE

- 1-1/2 c. quick-cooking rice
 - 1-1/2 c. water
 - 1/2 t. salt
- 2 pts. meat sauce thawed
- grated Parmesan cheese
- Combine rice, water and salt. Bring to boiling. Combine meat sauce with rice in 1-1/2 quart casserole. Sprinkle grated cheese over top and bake at 350 degrees for 30 minutes.



POLLO OREGANO

- 2 pounds chicken parts
 - 1/4 cup flour
 - 1/4 cup butter or margarine
 - 1 can (10 1/2 ounces) condensed tomato rice soup
 - 1/2 soup can water
 - 1/2 teaspoon leaf oregano, crushed
- Dust chicken with flour and pepper. Brown chicken in butter. Stir in soup, water and oregano. Cover. Cook over low heat 45 minutes or until chicken is tender; stir often. Four to 6 servings.

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17 VARIETIES

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Breakfast..... 39¢ 8-2-OZ WT PKG

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