

## With canned soup

## Meat loaf stretches budget

Thrill and ingenuity have played important roles in American domestic life since early Colonial times. Eighteenth century housewives made use of even the finest scraps of fabric in patchwork quilts that were both beautiful and warm. Their walls were stenciled with decorative patterns as an alternative to expensive imported wallpapers. Because few cookbooks were available, they recorded their recipes in notebooks which were handed down from mother to daughter for generations.

Today there is renewed interest in the merits of conservation and thrift among the favorite recipes that 20th century mothers have passed along to their children — and to each other — is here for Best Ever Meat Loaf.

First developed nearly three decades ago, this versatile dish is still appealing. Like most meat loaves, it provides an easy way to stretch ground beef. But lasting popularity is due to its imaginative use of ingredients.

Condensed soup, for example, adds

flavor and moistness as it helps to bind the meat mixture together. Part of the soup also becomes a savory pour-on sauce when blended into the pan drippings. Depending on your taste buds and the contents of your cupboard, you can choose cream of mushroom, golden mushroom or tomato soup.

For a dramatic variation, place refrigerated crescent dinner rolls over the meat loaf for the last 15 minutes of baking and you're made delicious Meat Loaf Wellington. Either way you prepare it, you'll enjoy a satisfying entrée that's interesting, inexpensive and just plain good.

## BEST EVER MEAT LOAF

1 10½-oz. can condensed cream of mushroom or tomato soup  
2 lbs. ground beef  
½ cup fine dry bread crumbs  
½ cup finely chopped onion  
1 egg, slightly beaten  
1 tsp. salt  
½ cup water

Mix thoroughly ½ cup soup, beef, bread crumbs, onion, egg and salt.

Shape firmly into loaf (8 by 4 inches) place in shallow baking pan. Bake at 375 degrees for 1 hour 15 minutes. In saucepan, blend remaining soup, water and 2-3 tablespoons drippings. Heat, stir occasionally. Serve with loaf. Makes 6-8 servings.

For a Meat Loaf Wellington, prepare loaf as above. Bake at 375 degrees for one hour. Spoon off fat. Separate one package (8 ounces) refrigerated crescent dinner rolls; place crosswise over top and down sides of meat loaf, overlapping slightly. Bake 15 minutes more.



Best-Ever Meat Loaf has been a family tradition for decades.

## Liver goes whoopee with oranges in sweet-sour dish

High in appetite appeal and nutrients, this porky orange-flavored liver recipe is also low in cost and especially low in calories for a sweet-sour dish. And it is easily prepared in one pan with readily available ingredients, so don't judge the recipe complicated because of its length.

Borrowing from Oriental resourcefulness, this colorful main dish stretches 12 ounces of liver by thinly slicing it, stir-frying it with a bounty of fruits and vegetables, combining them in a gingery orange sauce and serving over cooked rice.

Each of the four servings is packed with nutrients, all for about 340 calories.

## LOCAL SWEET-SOUR ORANGE LIVER

12 oz. beef liver, sliced ¼-inch thick  
1 egg  
¼ cup cornstarch  
1 Tbsp. water  
1 large green pepper  
2 large branches celery, strings removed  
1 medium seedless orange  
½ cup pineapple chunks (fresh or canned)  
2 Tbsp. oil  
1 small clove garlic, minced  
2 Tbsp. cornstarch  
¼ cup cold water  
½ cup orange juice  
3 Tbsp. sugar  
¾ tsp. ground ginger  
¾ tsp. dry mustard  
1 Tbsp. soy sauce  
½ cup beef stock  
¼ cup white vinegar  
¼ cup green onions, cut julienne (thin matchsticks)

tion bacon will absorb moisture from the dressing and become soggy if dressing is added too early. And don't drown the salad. Each leaf should be only lightly coated with dressing.

For a salad to stimulate culinary creativity, try this Greens and Tomato-Tomato salad. The dressing is made with canned tomato soup.

## GREENS AND TOMATO-TOMATO

10 cups bite-size pieces mixed salad greens  
2 tomatoes, chopped  
¼ cup imitation bacon

Prepare tomato dressing. Pour over remaining ingredients in large salad bowl; toss. Garnish with additional imitation bacon if desired. 8 servings.

## TOMATO DRESSING

¼ cup (10½-oz.) condensed tomato soup (about ½ cup)  
¼ cup vegetable oil  
¼ cup brown sugar  
¼ cup vinegar  
1 Tbsp. snipped chives  
1 tsp. onion salt  
1 tsp. paprika  
¼ tsp. dry mustard

Mix all ingredients.

## The sky's the limit on tossing together a leafy summer salad

Nutritious, delicious and one of the best culinary treats, the salad, a fixed favorite of the American diet, is becoming more popular.

So easily varied, the types of ingredients that can be tossed together in a salad are limited only by the cook's imagination.

Salads are also a tasty way to provide vitamin A (found in leafy, dark green and orange vegetables), vitamin C (abundant in tomatoes and citrus fruits) and other nutrients.

When creating salads, several tips should be kept in mind to guarantee success.

• Combine several types of greens. Select not only lettuce but endive, watercress, celery leaves, even beet tops. The tender and colorful leaves of red leaf lettuce might be combined with crisp iceberg lettuce and decorated with a slightly bitter curly endive.

• Purchase greens that are fresh looking. Butterhead and leaf lettuces should be bright green in color. When lightly squeezed iceberg lettuce, it should feel firm but give a little.

• Pour on dressing at the last minute.

Dressing causes the greens to become limp in a short period of time. Crisp toppings like croutons and imita-

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