

# As side or main dish Rice will curry your favor

Use it as a main dish, a side dish. Flavor it, sauce it, top it with any one of a number of gravies. However you serve it, rice is sure to make a hit. What's more, it's tasty and costs just pennies per serving.

Detailed below is a recipe for making a basic curried rice. With slight variation, you can create other taste-tempting flavors. Let your imagination be your guide and dream up some dishes from your own kitchen and delicious rice.

### CURRIED RICE

- 1 cup uncooked rice
- 2 cups water or chicken broth
- 1 Tbsp. butter or margarine
- 1/4 to 1 tsp. curry powder

Combine ingredients, heat to boiling. Stir once, reduce heat, cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Fluff with fork. Makes 6 servings.

**Quick Herbed Rice:** Follow directions for Curried Rice, substitute one cup of tomato juice for one cup of water. Omit curry powder.

**Toppings for cooked rice:**  
1. Gravies made from any of the mixes — chicken, beef, brown.  
2. Sour cream or yogurt with chopped bacon or snipped fresh chives.  
3. Supreme Sauce: Blend 1 cup water with 2 chicken bouillon cubes; heat to boiling. Mix 1/4 cup white wine and 2 tablespoons cornstarch. Add to broth. Cook and stir until the mixture thickens.  
4. Brown Sauce: Follow directions for Supreme Sauce, substituting red wine for white wine and adding 1 tsp. bottled brown sauce for gravy.



A savory herbed rice makes a perfect go-along with grilled chicken and green beans with almonds.

## Fair prices nothing to beef about

## This meat loaf is free of salt

The federal government and the American Heart Association are urging all Americans to cut down on salt.

Try versatile Hot or Cold Meat Loaf, a robust blend of herbs, spices, chopped meat and salt substitute. Serve hot for delicious evening meals, or slice and serve cold for great lunch-time sandwiches.

- HOT OR COLD MEAT LOAF**  
122 mg. sodium per serving
- 2 lbs. lean ground beef
  - 1 medium onion, peeled and chopped
  - 1/2 cup low-sodium tomato sauce
  - 2 whole eggs, lightly beaten
  - 1 cup fresh bread crumbs (from low-sodium bread)
  - 3/4 tsp. salt substitute
  - 2 Tbsp. chopped parsley
  - 1 tsp. basil
  - 1/2 tsp. thyme
  - 1/4 tsp. allspice
  - 1/4 tsp. pepper

Preheat the oven to 350 degrees. In a large mixing bowl, combine the meat, onion, tomato sauce and eggs. Mix well with your hands. Add the remaining ingredients and combine thoroughly. Pat the mixture into an 8- or 9-inch loaf pan, smoothing out the top with spatula. Bake for one hour. Serve hot or cold. Makes six servings.

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**ORDER DEADLINE: SATURDAY, AUGUST 21, 1982**

FROZEN FRUIT	PACKED	SIZE	PRICE	TOTAL ORDER
RED SOUR PITTED CHERRIES	5 + 1 Sugar	30# Tin	\$21.60	
RED SOUR PITTED CHERRIES	No Sugar	25# Tin	17.10	
DARK PITTED SWEET CHERRIES	I.Q.F.	20# Ctn.	18.00	
STRAWBERRIES, WHOLE	I.Q.F.	30# Ctn.	34.90	
STRAWBERRIES, WHOLE	I.Q.F.	10# Ctn.	12.65	
STRAWBERRIES, SLICED	4 + 1 Sugar	30# Tin	30.25	
RED RASPBERRIES	I.Q.F.	10# Ctn.	18.80	
RED RASPBERRIES	I.Q.F.	25# Ctn.	42.90	
BLACKBERRIES	I.Q.F.	10# Ctn.	11.95	
BLACKBERRIES	I.Q.F.	20# Ctn.	22.80	
BLUEBERRIES	No Sugar	30# Ctn.	32.75	
BLUEBERRIES	No Sugar	10# Ctn.	11.65	
APPLES, SLICED	I.Q.F.	20# Ctn.	12.95	
PEACHES, SLICED	5 + 1 Sugar	32# Tin	24.40	
PEACHES, SLICED	L.A.F.	20# Ctn.	19.30	
PINEAPPLE CHUNKS	I.Q.F.	15# Ctn.	19.90	
MELON CHUNKS: HONEYDEW & CANTALOUPE	I.Q.F.	20# Ctn.	18.35	
RHUBARB	I.Q.F.	20# Ctn.	12.60	
MIXED FRUIT: HONEYDEW, PEACHES, GRAPES & CANTALOUPE	I.Q.F.	20# Ctn.	20.30	
MICHIGAN MIXED FRUIT: SWEET CHERRIES, PEACHES, APPLES, BLUEBERRIES & SOUR CHERRIES	I.Q.F.	20# Ctn.	20.40	
FRUIT MEDLEY-STRAWBERRIES, APPLES, PEACHES, SWEET CHERRIES, BLUEBERRIES	I.Q.F.	10# Ctn.	10.75	
MIXED FRUIT DESSERT CUPS: BLEND OF PEACH, STRAWBERRY BANANA, PINEAPPLE, ORANGE & APPLE JUICE, VITAMIN C, NO SUGAR OR OTHER ADDITIVES.	No Sugar	48/4 oz. cups	14.95	
<b>FROZEN VEGETABLES</b>				
PEAS	12/2 1/2#	30# Ctn.	\$24.85	
CORN, WHOLE KERNEL	12/2 1/2#	30# Ctn.	24.85	
GREEN BEANS	12/2#	24# Ctn.	18.40	
BROCCOLI SPEARS	12/2#	24# Ctn.	20.45	
Cauliflower	12/2#	24# Ctn.	20.75	
Baby Limas	12/2 1/2#	30# Ctn.	26.65	
BRUSSEL SPROUTS	12/2 1/2#	30# Ctn.	25.20	
CARROTS, BABY WHOLE	12/2#	24# Ctn.	19.90	
ASPARAGUS, CUTS & TIPS	12/2 1/2#	30# Ctn.	46.80	
ONION RINGS	I.Q.F.	10# Ctn.	14.65	
NATURAL BATTER DIPPED MUSHROOMS, WHOLE SLICED, I.Q.F.	4/5#	20# Ctn.	32.40	
HASH BROWNS, SCORED & SLABBED	18# Ctn.	11.65		
RANCH FRIES	6/5#	30# Ctn.	19.10	
POTATO WEDGE W/SKIN	12/2 1/2#	30# Ctn.	25.55	
MIXED VEGETABLES-PEAS, CORN, BEANS, CARROTS, LIMAS	12/2#	24# Ctn.	21.30	
CALIFORNIA MIXED VEGETABLES: BROCCOLI CUTS, CAULIFLOWER, PIECES, CRINKLE CUT CARROTS	12/1#	24# Ctn.	21.60	
ORIENTAL MIXED VEGETABLES: FRENCH CUT BEANS, CUT BROCCOLI, ONION STRIPS, SLICED MUSHROOMS				

TOTAL: \_\_\_\_\_  
LESS DEPOSIT (50%): \_\_\_\_\_  
BALANCE DUE: \_\_\_\_\_

**COMMENTS:**

- I.Q.F. means Individually Quick Frozen for easy separation (no sugar).
- 5 + 1 means 5 parts fruit to 1 part sugar.
- 50% deposit required with order placement. (Mail check or money order).
- Delivery will be between Sept. 8 and 10. You will be contacted with the exact date. You must pick up your order on that day or arrange for someone else to do so. We are not responsible for product left overnight.