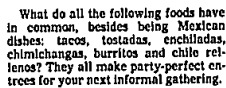


Phyllo dough forms crust



Preparation time: 45 minutes
Cooking time: 2 hours 45 minutes

A burrito, or meat-filled flour tortilla sandwich, is an excellent example of a tasty and unique Mexican entree. It is prepared with a shredded pork filling which may require an unfamiliar cooking technique. However, the results are worth the extra time and effort. So when you have some extra time to prepare the shredded pork filling, invite some guests and serve Party Pork Burritos.

Cut pork shoulder roast into 3 to 4 pieces. Place pork, onion, garlic and salt in Dutch oven. Add $\frac{1}{4}$ inch water to pan; cover tightly and cook slowly 2 hours or until pork is tender. Let cool slightly. Remove pork and discard fat. Combine tomato sauce, chilies, vinegar, chili powder, oregano and cumin in large saucepan. Cook slowly 10 minutes. Remove pork from pan and discard bones. Shred pork with two forks. Combine one shredded pork with sauce and heat in Dutch oven. Add chilies occasionally. Spoon $\frac{1}{4}$ cup of pork filling into center of each tortilla. Add toppings, if desired. Fold bottom side of tortilla over filling. Fold each side of tortilla toward center over filling overlapping each other. Bake in preheated oven 10 minutes. Maining ingredients. Serve immediately. Yields: 8 to 9 burritos.

Burritos lend themselves to parties because the guests can assemble them at the table. The basic pork filling is wrapped in warm flour tortillas. Guests can add any combination of toppings. A few suggestions include shredded lettuce, grated radishes, salsa, and sour cream.

- 2 lbs. ground beef
- 1/2 cup each chopped green pepper and chopped onion
- 2 cloves garlic, minced, divided
- 2 Tbsp. olive oil, if desired
- 1/2 cup milk
- 1 can (8 oz.) tomato sauce
- 1 can (6 oz.) tomato paste
- 1/2 cup white wine
- 2 tsp. dried oregano, crushed
- 1/2 cup ground pepper
- 1 cup seasoned dry bread crumbs
- 1/2 cup plus 2 Tbsp. grated Parmesan cheese, divided
- 1 package (10 oz.) frozen chopped spinach, thawed, well drained
- 2 eggs, beaten
- 1 cup each ricotta cheese and shredded mozzarella cheese
- 8 frozen 14x18-inch phyllo pastry leaves, thawed
- 1/4 cup parsley
- Ripe olives
- Cherry tomatoes

drippings. Sprinkle salt over beef mixture. Add tomato, sauce, tomato paste, wine, oregano and pepper, stirring to combine; simmer 5 minutes. Stir in bread crumbs and $\frac{1}{4}$ cup of the Parmesan cheese. Cook 5 minutes. Toss remaining cheese and garlic in 7 Tbsp. of the butter. Add spinach; cover and simmer 3 minutes. Remove from heat. Stir in eggs, ricotta and mozzarella cheese and $\frac{1}{4}$ cup of the Parmesan cheese. Preheat oven to 350°; line springform pan with 8 phyllo leaves, overlapping edges. Brush top with butter. Spoon beef mixture into pan, pressing lightly. Top with spinach mixture. Fold phyllo leaves over top; brush with butter. Roll up sides of remaining phyllo leaves. Place circles over filling; brush with remaining butter. Place pan in shallow baking pan (to catch drippings). Bake in moderate oven (350 degrees F) 45 minutes. Sprinkle remaining 2 Tbsp. Parmesan cheese over top; continue baking 10 minutes or until golden brown. Let stand 10 minutes. Remove side pan; cut into wedges. Garnish with parsley, olives and tomatoes. 8 servings.

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As gourmet hamburgers continue to sizzle at restaurants across the country, burgers with unique toppings are also beginning to trim dinner plates at home. Gourmet Mushroom Burgers, with sauted onions hidden inside the hamburger, is a hearty hot sandwich topped with cheese and a light mushroom sauce. Conveniently made with a jar of sliced mushrooms, the sauce is spooned over the top of the burger and cheese on the bun.

GOURMET MUSHROOM BURGERS

1 medium onion, coarsley chopped
1 Tbsp. butter or margarine
1 lb. ground beef
1 tsp. Worcestershire sauce
¼ cup water
2 tsp. corn starch
½ tsp. instant beef bouillon
4.5-oz. jar sliced mushrooms, undrained
4 oz. (4 slices) pasteurized process Swiss cheese
4 hamburger buns, split

- 1 medium onion, coarsley chopped
- 1 Tbsp. butter or margarine
- 1 lb. ground beef
- 1 tsp. Worcestershire sauce
- ¼ cup water
- 2 tsp. corn starch
- ¼ tsp. instant beef bouillon
- 4.5-oz. jar sliced mushrooms, undrained
- 4 oz. (4 slices) pasteurized process Swiss cheese
- 4 hamburger buns, split

In large skillet, saute onion in margarine. Shape ground beef into 8 thin patties. Sprinkle each with Worcestershire sauce and 1/2 teaspoon onion mixture. Cover each with sauteing patties; press edges to seal. In same skillet, cook patties over medium-high heat for about 5 minutes or until browned well on one side. Carefully turn patties; reduce heat and cook for 6-8 minutes or until done as desired.

Meanwhile, in small saucepan combine water, cornstarch and bouillon. Add undrained mushroom, heat until sauce is smooth and thick, stirring often. Top each hot burger with cheese slice. Place burgers in buns; spoon mushroom sauce over burgers. Serve hot. Makes 4 servings.

Why not try this year to help save money, reduce calories and provide good nutrition by serving meatless dishes as main courses?

Beans and peas are good, inexpensive sources of protein, iron, thiamin, riboflavin and fiber. When combined with rice or corn, they are a complete protein source. Use them in baked beans, soups, casseroles, dips (mashed) and many Mexican dishes.

Try a dip of cooked, mashed and seasoned beans with crackers for a flavorful appetizer, or serve red beans and rice as a holiday treat. Use the leftover dip as a sandwich spread. Remember to rinse, sort and soak beans and peas before using them in cooking.

Nuts and seeds are a quick and tasty way to add nutrients to holiday meals. They supply protein, vitamin B6, phosphorus and minerals. Combine nuts and seeds with grains for complete protein.

and seeds with grains for complete protein.

Add nuts to baked goods, spreads or dips or use them to top vegetables and salads. For a delicious change this year, try whole wheat bread made with sunflower seeds, millet, sesame or poppy seeds.

Or make string beans topped with an almond or cornflake crust. Nuts keep their best in their shells in a dark, cool, dry place. They can be frozen for longer storage, up to 2 years. Store shelled nuts in a moisture- and vapor-proof container in the refrigerator or freezer.

Whole grains and flours can help stretch the food budget as well as add protein and fiber to the diet. Wheat, rice, cornmeal, oats, barley and rye are some of the readily available grains you can use in your holiday fare. Cornmeal cakes or whole-grain breadsticks can be an evening meal treat.

Or try a barley-cheddar cheese casserole of barley, onions, mushrooms, tomatoes and cheddar cheese. Store grains in airtight containers in a cool, dry place. Barley, rice and oats can be stored at room temperature, while cornmeal and oats keep better in cooler temperatures. Whole wheat products should be stored in the refrigerator or freezer.



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49¢ LB.

IGA Tablerite Fresh Cut Beef Liver Steaks

99¢ LB.

Herrud Royal Crown Liver Sausage or Braunschweiger

79¢ LB.

35 Ct. Carton WOODLEY'S Large WOODLEY'S Eggs

\$1.00

10 Ct. Carton

Banquet Beef, Chicken, Turkey or Meat Pot Pies

3/51

8 oz. Pkg.

IGA Tablerite Fresh Cut Beef Liver Steaks

99¢ LB.

Herrud Royal Crown Liver Sausage or Braunschweiger

79¢ LB.

35 Ct. Carton WOODLEY'S Large WOODLEY'S Eggs

\$1.00

10 Ct. Carton

Banquet Beef, Chicken, Turkey or Meat Pot Pies

3/51

8 oz. Pkg.

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