

Conveniences make cooking easy

Many Americans have fond memories of the oldtime kitchens where their grandmothers cheerfully spent most of the day preparing wonderful home-style meals for huge family gatherings. They may remember those as the good old days, but few people actually have the time or desire to relive them today.

In short, hardly anybody cooks like Grandma anymore. Fortunately, they don't have to. Modern food technology has resulted in many conveniences that make it possible to prepare good-tasting meals in a relatively short time.

Convenience foods have become such an accepted part of life today that they are taken for granted. We're past the point where people feel guilty about using prepared foods.

Smart consumers these days are taking advantage of the many appetizing and convenient prepared foods that have been processed and packaged with someone else's time, culinary skill and energy. And consequently, they're finding out that you can enjoy the speed and ease of convenience foods without sacrificing quality or nutrition.

For the times when you want a home-cooked meal without spending hours over a hot stove, try this Stir-Fry Pepper Steak Dinner. By teaming up the quick-cooking technique of stir-frying and the convenience of some prepared food items, you can have a delicious home-cooked meal on the table in about 20 minutes.

STIR-FRY PEPPER STEAK DINNER

Tomato Dressing over Salad Greens
Stir-Fry Pepper Steak

TOMATO DRESSING

- 1/2 cup tomato juice
- 1/4 cup white wine vinegar
- 1 tsp. oregano leaves
- 1/4 tsp. salt
- 1/2 cup peanut oil

Blend together tomato juice, vinegar, oregano and salt. Gradually beat in peanut oil. Chill. Shake to blend before serving. Yields 1 1/2 cups.

STIR-FRY PEPPER STEAK

- 1/4 cup peanut oil
- 1 lb. top round steak, thinly sliced across the grain
- 2 large green peppers, cut into thin strips
- 2 medium onions, thinly sliced
- 1 Tbsp. cornstarch
- 1/2 to 1 tsp. ground ginger
- 1/2 tsp. garlic powder
- 1 cup beef broth
- 1/4 cup soy sauce
- 2 jars (4 oz. each) pimiento pieces or sliced pimientos, undrained
- 3 cups hot cooked rice

In large skillet over high heat, heat 2 tablespoons peanut oil. Add meat and brown, stirring occasionally. Push meat to side of skillet; add remaining 2 tablespoons oil. Add green pepper strips and onion slices; cook, stirring constantly, until tender-crisp, about 2-3 minutes. In small bowl, combine cornstarch,

ginger and garlic powder; blend in broth and soy sauce until smooth. Slowly stir into meat mixture; cook, stirring until thickened, about 1 minute. Stir in pimientos. Cook until heated through, about 2 minutes. Serve immediately over hot cooked rice. Makes 4 servings.



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Let them eat cake

For a moist, heavenly tasting coffee cake, try this one made with fully yellow, ripe bananas.

BANANA COFFEE CAKE

- 6 Tbsp. butter, softened
- 1/2 cup sugar
- 1 egg
- 1 Tbsp. grated lemon peel
- 1 tsp. vanilla extract
- 1/2 cup milk
- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 3 large, ripe bananas, sliced (3 cups)
- Strusel Topping

Cream butter and sugar until light and fluffy. Beat in egg, lemon peel and vanilla until smooth. Stir in milk. Combine dry ingredients; add to creamed mixture, stirring until blended. Fold in bananas. Spoon batter into well greased 9-inch square baking pan. Smooth top. Sprinkle with Strusel Topping. Bake in 375 degrees oven 45 to 60 minutes until wooden pick inserted comes out clean. Cool 20 minutes before cutting. Serves 9.

Strusel Topping: Combine 1/2 cup packed brown sugar, 1/2 cup all-purpose flour and 1/4 teaspoon ground cinnamon. Cut in 1/4 cup butter until mixture is crumbly.

Apples: delicious!

Canned apple fruit filling makes more than easy apple pies. The following recipe uses the easy-to-use, prespiced apple filling to make a unique ice cream confection that tastes like a caramel apple, only better!

CARAMEL APPLE SUNDAE

- 1 qt vanilla ice cream
- 1 20-oz. can apple fruit filling
- 1 12-oz. jar caramel or butterscotch sundae topping
- 1/2 cup chopped peanuts

Top 2 scoops vanilla ice cream with generous amount of apple fruit filling and caramel topping. Sprinkle with chopped nuts. Serves 4.



Caramel Apple Sundae

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