

Beans Star In Summer Salad Menus

by ELLY

With Michigan producing 99.9 per cent of the nation's navy beans, the various associations connected with the bean industry come up with some interesting recipes involving their product. A recent release from Peg Winthrop of the Michigan Bean Shippers Association included some summer salad ideas worthy of passing along.

Some of the growers' wives were asked if they had any secrets or nuances they followed in cooking beans for a salad. The most common answer was, when boiling a pound of navies for salad use, add nothing more than a heaping teaspoon of plain sugar to the water. Cook them till tender, drain and cool.

SUPER BEAN SALAD
1 large purple onion
2 crushed garlic cloves
Olive or salad oil
3 c. boiled navy beans
7-ounce can tuna
1/2 c. green scallion tops
3 t. wine vinegar
1 T. lemon juice
Chopped or dried parsley
Quarter, then slice and break up onion. Put in bowl with the crushed garlic cloves, covering liberally with the oil. Let this soak for about one hour. Add the beans to the onion mixture with the tuna fish, broken up, and the green scallion tops cut into one's quarter - inch lengths. Sprinkle with vinegar, lemon juice and the parsley. Mix thoroughly and marinate at least two hours, turning ingredients occasionally. Serves four.

GREEK ISLAND BEAN SALAD
4 c. cooked navy beans
3 scallions, cut thin
1 large cucumber, peeled and chopped
1/2 c. olive oil
1/4 c. fresh lemon juice
2 cloves garlic, crushed or minced
1 t. salt
4 ounces Feta cheese, crumbled
Add everything together, stir well and chill several hours. "Great-o," says Peg Winthrop.

JUST IN CASE you don't have a good five-bean salad recipe, here is Blanche Becker's FIVE BEAN SALAD
2 c. sugar
1/2 c. vinegar
1/2 c. water
1 t. salt
1/4 to 3/4 c. salad oil (as desired)
Combine above ingredients in a saucepan and heat to boiling.
1 medium onion, chopped
1 green pepper, chopped
1 can navy beans
1 can kidney beans
1 can butter beans
1 can whole green beans
1 can Garbanzo beans (chick peas)
Drain liquid from beans and combine in a large bowl with the onion and green pepper. Cover with first mixture and marinate at least four hours; overnight is better.

WHILE ON THE subject of beans, here is a seven-bean soup recipe from the Hawaiian Islands. Hawaiians love their bean soup and this is the most popular and most initiated, created by Ann Kamoe, the chef at Burt's on the Wharf, Maui Yacht Basin.

ANN KAMOE'S MAUI SEVEN-BEAN SOUP
3 smoked ham hocks
1 pound soup bones
1 c. dried navy beans
2/3 c. dried pinto beans
2/3 c. dried cranberry beans
2/3 c. dried kidney beans
2/3 c. dried black eye beans
2/3 c. dried lima beans
2/3 c. dried garbanzo beans
5 medium onions, chopped fine
5 medium carrots, chopped fine
5 stalks celery, chopped fine (or one small bunch)

1 No. 2-1/2 size can solid pack tomatoes
1 hot Portuguese sausage (or any hot garlic sausage)
Cover ham hocks and bones with water, add half as much again. Simmer, covered for 2-1/2 hours. During the same time simmer seven kinds of beans in five quarts of water, covered, about two hours or until tender. If needed, add more water. Meanwhile, chop vegetables. Add to meat stock after it has cooked 2-1/2 hours. Also add cooked beans and tomatoes.

Cut sausage in slices about one quarter - inch thick and pan fry till lightly browned. Add to soup. Slowly simmer for 30 minutes. Soup should be cooked with ventilation under the pot. (Ann puts a knife under the pot) Refrigerate.

Soup is cooked a day before serving and gets better as it ages. If it lasts more than a couple of days, Ann adds finely shredded cabbage or pumpkin the last time around.

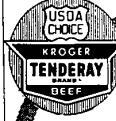
DISCOUNT PRICES AND UP TO 325 STAMPS TOP VALUE



WHOLE Fresh Fryers 31[¢] LB

Compare anywhere!
Compare any time!
Why Settle For Less?

WHOLE Semi-Boneless Ham 69[¢] LB



U.S. CHOICE Chuck Roast 68[¢] LB.

U.S. CHOICE BEEF Chuck Steak 79[¢] LB



LEAN RIB Center Cut Pork Chops 99[¢] LB

FRESH BOSTON BUTT Pork Roast 69[¢] LB

SLICED ARMOUR OR RATH Bacon 79[¢] 1-LB PKG

U.S. CHOICE CHUCK Boneless Roast 89[¢] LB

U.S. CHOICE BEEF 4TH & 5TH RIBS Rib Roast 99[¢] LB

SPECIAL LABEL Family Scott Tissue 4 ROLL PACK 29[¢]



SPECIAL LABEL Personal Size Ivory 5[¢] IN 4-BAR PACK

NO DEPOSIT NO RETURN BOTTLES Pint Diet Pepsi-Cola 8 PACK CTN 99[¢]

ALL PURPOSE Jewel Oil..... GAL CAN \$1.56

KLEENEX BOUTIQUE Towels..... JUNBO ROLL 29[¢]

FOR YOUR LAUNDRY Cindy Bleach..... GAL JUG 38[¢]

BAKED B&M Beans..... 1-LB 6-OZ JAR 29[¢]

BONUS PACK Gentle Fels Liquid 49[¢] QT BTL

CAP BRAND CANNED Corned Beef 39[¢] 12-OZ WT CAN

KROGER FRESH BAKED Giant Bread 4 1 1/2-LB LOAVES \$1

BORDEN'S NEUFCHATEL Cream Cheese 23[¢] 8-OZ WT PKG

DANISH CROWNED CANNED Luncheon Meat 35[¢] 12-OZ WT CAN

SPECIAL LABEL Giant Tide XK 73[¢] 3-LB 1-OZ PKG

NEW PACK KROGER Red Tart Pie Cherries 19[¢] 1-LB CAN

CHOICE OF GRINDS Kroger Vac Pac Coffee 3[¢] 15[¢] 1-LB CAN

MISSION BRAND STEWED Tomatoes..... 1-LB CAN 15[¢]

NON-DAIRY COFFEE CREAMER Coffee Mate 2-OZ JAR 77[¢]

SLICED OR HALVES AVONDALE Peaches..... 1-LB 13-OZ CAN 22[¢]

KROGER REFRESHING Tomato Juice..... 1-OT 14-OZ CAN 22[¢]

SOLID PACK PEELED Contadina Tomatoes 22[¢] 1-LB 12-OZ CAN

KING COLE WHOLE White Potatoes 10[¢] 1-LB CAN

ST. REGIS WHITE Paper Plates... 100-CT PKG 69[¢]

WHOLE KERNEL Niblets Corn... 12-OZ WT CAN 19[¢]

SMOOTH CREAMY Hellmann's Mayonnaise 48[¢] 1-OT JAR

KROGER MAYONNAISE 39[¢] 1-OT

BREAKFAST OF CHAMPIONS Wheaties..... 12-OZ WT PKG 36[¢]

OPEN PIT Barbecue Sauce 49[¢] 1-LB BTL

SPECIAL LABEL-INSTANT Start Drink 4 69[¢] 4 2/3-FL OZ CANS

KROGER GROUND Black Pepper 29[¢] 4-OZ WT CAN

CLOVER VALLEY Strawberry Preserves 59[¢] 1-LB JAR

KROGER FROZEN Lemonade..... 6-FL OZ CAN 9[¢]

POLAR PAK FUDGEES OR Twin Pops 12 49[¢] CT PKG

ICED RAISIN, CINNAMON LOAF OR DUTCH APPLE LOAF 1-LB LOAVES \$1

Save During Kroger's 88[¢] Toy Sale!

VINE RIPENED 23 Size Cantaloupe 3[¢] FOR \$1

WITH THIS COUPON ON ANY 2-PKGS GORDON'S LINK PORK SAUSAGE Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **A**

WITH THIS COUPON ON TENDERAY BONELESS BEEF ROAST Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **B**

WITH THIS COUPON ON ANY 2-PKGS BREADS, LEGS, THIGHS, DRUMSTICKS FRYER PARTS Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **C**

WITH THIS COUPON ON ANY 2-PKGS BREADS, LEGS, THIGHS, DRUMSTICKS FRYER PARTS Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **D**

WITH THIS COUPON ON ANY MOUNTAIN TOP STRAWBERRY PIE Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **E**

WITH THIS COUPON ON ANY 2-PKGS ASSORTED TREATS OR DOUBLE DOZEN BARS Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **F**

WITH THIS COUPON ON ANY 2-PKGS ASSORTED TREATS OR DOUBLE DOZEN BARS Valid Thru Sun., July 27, 1969 At Kroger Det. & East, Mich. **G**

Health & Beauty Aids! NORMAL OR DRY Breck Shampoo 88[¢] PT BTL

ANTI-PERSPIRANT Dial Deodorant 5-FL OZ CAN 69[¢]

NORMAL OR EXTRA HOLD Breck Hair Spray 58[¢] 4-OZ CAN

BRECK REGULAR OR WITH BODY Creme Rinse... 69[¢] 8-OZ BTL

U.S. NO. 1 New Potatoes 10 LB BAG 59[¢]

VINE RIFE Fresh Tomatoes 3.79[¢] 5-LB BSKT

144 SIZE Sunkist Lemons 79[¢] DOZ

SWEET TASTY Santa Rosa Plums 12 FOR 79[¢]