

# Rice Beats Beef Budget Blues

Choices at the meat counter these days are different than they used to be. It's no longer, "Which cut is most economical?" but "What can I do with expensive meat to stay within my budget?"

There's a package that's probably on your kitchen shelf right now that can help with this dilemma . . . and it contains rice. Surveys have shown that rice is already in the kitchens of over 80 percent of the households. Don't just look at it every time you open the cabinet door . . . USE IT!

Rice only costs about three cents per half cup serving. Add it to dishes containing your family's favorite cut of beef and you'll find that the meat will easily serve another person or two.

## Beef Salad Provencale

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| 3 cups cooked beef roast, cut in thin strips* | 1/2 teaspoon seasoned pepper                                    |
| 3 cups cooked rice                            | 1 teaspoon each prepared horseradish, prepared mustard and salt |
| 1-1/2 cups sliced celery                      | 2 large tomatoes, cut into eighths                              |
| 1 cup sliced green onions with tops           | Cucumber slices   |
| 1/2 cup each mayonnaise and sour cream        |   |

\*Or use 1 can (12 oz.) chopped beef.

Combine roast beef, rice, celery, and onions. Blend remaining ingredients except tomatoes and cucumbers. Stir into rice mixture. Chill. Arrange on salad greens, if desired, and garnish with tomato wedges and cucumber slices. Makes 6 servings.

## SUPER BEEF AND SQUASH CASSEROLE

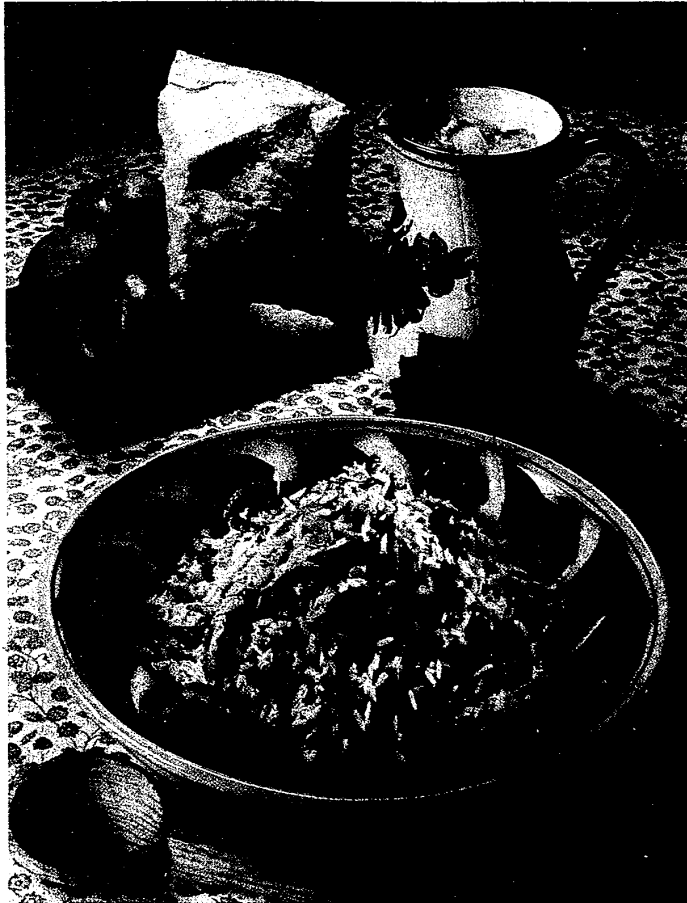
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| 1 pound fresh yellow or zucchini squash, sliced | 1 can (10-3/4 oz.) condensed cream of chicken soup |
| 1 cup each chopped onions and green peppers     | 1/2 cup sour cream                                 |
| 1 pound lean ground beef                        | 1 teaspoon salt                                    |
| 3 cups cooked rice                              | 1/4 teaspoon pepper                                |
| 2 eggs, beaten                                  | 1 cup grated Cheddar cheese                        |

Cook squash and onions in salted water about 5 minutes. Drain well. Cook green pepper and meat until meat is no longer pink. Stir in rice. Blend eggs, soup, sour cream, and seasonings. Stir into meat mixture. Fold in squash mixture. Turn into a greased shallow 2-quart casserole. Top with cheese. Sprinkle with paprika, if desired. Bake at 350 degrees for 20 minutes or until hot and bubbly. Makes 6 servings.

## BEEF BURGUNDY WITH FRUIT

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| 1-1/2 pounds boneless beef chuck, cut in 1-inch cubes | 1-1/2 cups each diagonally sliced carrots and celery          |
| 2 tablespoons vegetable oil                           | 2 tablespoons cornstarch                                      |
| 1 cup chopped onions                                  | 1 teaspoon salt   |
| 2 cloves garlic, minced                               | 1/4 teaspoon pepper   |
| 1/2 cup Burgundy wine                                 | 1 can (17 oz.) fruits for salads (drain; reserve 1 cup syrup) |
| 3 beef bouillon cubes                                 | 3 cups hot cooked rice  |
| 1 tablespoon Worcestershire sauce                     |   |
| 1-1/2 cups water                                      |   |

In a Dutch oven brown meat on all sides in hot oil. Add onions, garlic, wine, bouillon cubes, Worcestershire sauce and water. Cover; simmer 40 minutes or until meat is almost tender. Stir in vegetables. Replace cover and continue cooking 20 minutes longer. Blend cornstarch, salt, and pepper with reserved syrup. Add to meat mixture. Cook, stirring, until clear and thickened, about 2 minutes. Gently mix in fruit. Serve over beds of fluffy rice. Makes 6 servings.



## Meat Balls Napoli

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| 1 pound lean ground beef                     |
| 1 cup soft bread crumbs                      |
| 1/3 cup each finely chopped onion and celery |
| 1 egg  |
| 1 tablespoon garlic salt                     |
| 1/4 teaspoon pepper                          |
| 1 teaspoon Italian seasonings                |
| 1 tablespoon Worcestershire sauce            |
| 1 jar (15-1/2 oz.) spaghetti sauce           |
| 1 tablespoon cornstarch                      |
| 1 cup beef broth                             |
| 1 can (16 oz.) cut green beans, drained      |
| 3 cups hot cooked rice                       |
| Parmesan cheese (optional)                   |

Combine beef, bread crumbs, onion, celery, egg, seasonings, and 3 tablespoons spaghetti sauce; mix thoroughly. Form into 12 meat balls, 1/4 cup each. Place in a greased shallow baking pan. Bake at 375 degrees for 20 minutes. Meanwhile, blend cornstarch with broth and remaining spaghetti sauce. Add green beans, simmer about 2 minutes. Pour over meat balls; continue baking 10 minutes longer. Serve over beds of fluffy rice. Sprinkle with cheese. Makes 6 servings.

## STIR FRY BEEF

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| 1-1/2 pounds lean beef round steak cut 1/2-inch thick |
| 2 tablespoons vegetable oil                           |
| 1/4 teaspoon pepper                                   |
| 1 clove garlic, minced                                |
| 1 large onion, sliced                                 |
| 2 cups sliced carrots, cut paper thin                 |
| 1 package (8 oz.) edible-pod peas (snow peas)         |
| 2 cups beef broth                                     |
| 2 tablespoons cornstarch                              |
| 2 tablespoons soy sauce                               |
| 3 cups hot cooked rice                                |

Cut meat into 1/4-inch wide strips. Using a large skillet brown meat in oil over high heat. Add pepper, garlic, onion, carrots, pod peas and 1-3/4 cups broth. Cover and simmer about 1-1/2 minutes. Remove cover and stir once. Blend cornstarch with remaining broth and soy sauce. Add to beef mixture. Cook and stir about 1 minute or until sauce is slightly thickened. Serve at once over beds of fluffy rice. Makes 6 servings.

