

CASSEROLE RECIPES

COUNTRY STYLE MACARONI SHELL DINNER

Preheat oven to 300 F.
1 pkg. Kraft macaroni shells with Velveeta sauce
128 oz. can of tomatoes
2 tbsp. finely diced onion (or to taste)
2 oz. shredded old cheddar cheese
Empty tomatoes into a bowl. Cut up tomatoes and keep in liquid. Cook macaroni about 8 min. in lightly salted boiling water. Drain well. Return macaroni to pot and add

sauce, stirring until sauce thins and mixes evenly. Add tomatoes and liquid. Mixture may appear to have small lumps when tomatoes are added. This is normal. Add onion, mix well and pour into 8" square glass baking dish or casserole. Spread shredded cheese to lightly cover top. Use more if desired. Bake 1 hour. If top browns too quickly, cover with foil to finish. If you desire more browning, use broil setting for a few minutes and watch carefully. Serve with tossed salad for a delicious no-

meat meal.

Sandra Bowles,
Georgetown

ZUCCHINI BAKE

3 small to med. zucchini sliced
2 onions sliced
1 good sized green pepper cut into strips
1 red pepper sweet cut into strips
4 oz. mushrooms washed and cut
4 to 6 good sized tomatoes washed and cut up
salt and pepper
Add all ingredients in oven dish. Bake at 350 F until cooked. Remove from oven. For those who like cheese top with sliced mozzarella or Swiss and return to oven until cheese is melted.

Mrs. J. Nurse,
Terra Cotta

SALMON POTATO PUFF

"Puff up with pride when you serve this soufflé."

Ingredients:
2 cans (7- $\frac{1}{2}$ oz. each) or 1 can (15- $\frac{1}{2}$ oz. each) B.C. salmon
1- $\frac{1}{2}$ cups Shirriff Mashed Potato Flakes
 $\frac{1}{2}$ tsp. curry powder
1 tbsp. lemon juice
dash tabasco sauce
1 tsp. Worcestershire sauce
 $\frac{1}{4}$ cup chopped green onion
1 cup grated cheddar cheese
3 eggs

Drain salmon, reserving liquid and flake. Prepare potato flakes according to package directions, using reserved salmon liquid to substitute for part of milk. Combine mashed potatoes well with flaked salmon, curry, lemon juice, tabasco, Worcestershire, and onion. Add well-beaten egg yolks and beat until very light. Fold in stiffly beaten egg whites and cheese and pile lightly in deep greased 1- $\frac{1}{2}$ quart casserole dish. Bake at 350 F for 45 minutes or until lightly browned. Serves 6-8.

Mrs. J. Morrow,
Georgetown

HAWAIIAN BEEF CASSEROLE (From Australia)

2 pounds blade steak cut into small cubes
2 tbsp. flour
 $\frac{1}{4}$ tsp. ground ginger
 $\frac{1}{2}$ tsp. paprika
salt and pepper
2 tbsp. oil
2 sticks celery
2 onions
1 cup water
1 beef cube
 $\frac{1}{3}$ cup white vinegar
1 16 oz. can tomatoes
 $\frac{1}{4}$ cup brown sugar
2 small carrots
 $\frac{1}{2}$ green pepper
1 16 oz. can crushed pineapple
 $\frac{1}{2}$ cup raisins

Method: Drain pineapple, reserve $\frac{1}{2}$ cup syrup, soak raisins in this until required. Combine flour, ginger, paprika, salt and pepper. Coat cubed meat in this seasoned flour; peel and chop onions, chop celery. Heat oil in large pan, add meat, brown well on all sides, remove meat from pan and place in an ovenproof dish. Add celery and onion to pan drippings. Cook 2 minutes, add water and beef cube, vinegar, undrained mashed tomatoes, sugar, salt and pepper, stir well. Pour sauce over meat, stir to combine, cook covered 1 $\frac{1}{2}$ hours in 350 F oven. Add sliced carrots, sliced pepper, pineapple and undrained raisins. Cook a further 30 minutes. Serve with rice. Serves 6 people.

Phyllis Caughey,
Georgetown

HAMBURGER CASSEROLE

2 cups raw potatoes diced fine
2 cups raw carrots diced fine
1 cup or can of peas
1 chopped onion
2 lbs. hamburger
1 can mushroom soup
 $\frac{1}{2}$ cup milk
salt and pepper to taste
Arrange vegetables in layers in

casserole dish, cover with hamburger. Mix soup and milk, pour over hamburger, bake until vegetables are cooked at 350 F. You can then top with biscuits.

Mrs. J. Nurse,
Terra Cotta

SAUSAGE CASSEROLE

Grease casserole dish.
2-3 potatoes sliced in bottom
2-3 carrots sliced
1 tin of corn (including juice)
2-3 onions chopped fine
1 cup of Uncle Ben's rice (not cooked)

Place all these ingredients in a casserole dish in this order.

Top this with small sausages (arranged on top)

Mix in bowl: 1 tin tomato soup and 1 tin of water. Mix well.

Pour this mixture over the casserole.

Bake at 350 F for 1 hour with lid on, then for 1 hour with lid off.

Mrs. Kelly Clark,
Acton

HEARTY RECIPES

FORGOTTEN STEW

1 $\frac{1}{2}$ lbs. cubed beef
2 or 3 stalks of celery, cubed
4 to 6 carrots halved, lengthwise
1 medium onion, sliced
10 oz. can of tomato soup
 $\frac{1}{2}$ soup can of water
3 potatoes peeled and cubed
1 tsp. salt

1 tsp. paprika
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ tsp. thyme

Place all ingredients in 3 quart casserole, mix thoroughly. Cover and bake 3-4 hours at 225 F.

Florence Corbett,
Georgetown

CHILE CON CARNE

1 $\frac{1}{2}$ lbs. lean ground beef
1 medium onion, chopped
128 oz. can of tomatoes
2 14 oz. cans kidney beans
1 10 oz. can tomato soup
1 $\frac{1}{2}$ tsp. chili powder
 $\frac{1}{2}$ tsp. each salt and pepper

Brown beef and onion in large skillet. Add other ingredients and simmer for 1 $\frac{1}{2}$ hours, stirring occasionally.

Florence Corbett,
Georgetown

SALAD RECIPES

TUNA-CURRY DIP

1 cup Miracle Whip
2 tbsp. curry powder
2 tbsp. medium dry sherry
1 can (7 oz.) solid or flaked white tuna

Drain tuna well and flake it if using solid variety. In a bowl, mix Miracle Whip, curry and sherry thoroughly. Add tuna and stir in well. Serve in a small bowl with a spoon provided for serving. Breton crackers, Ritz, Wheat Thins and other snack crackers are excellent with this dip.

Sandra Bowles,
Georgetown

CAESAR SALAD DRESSING

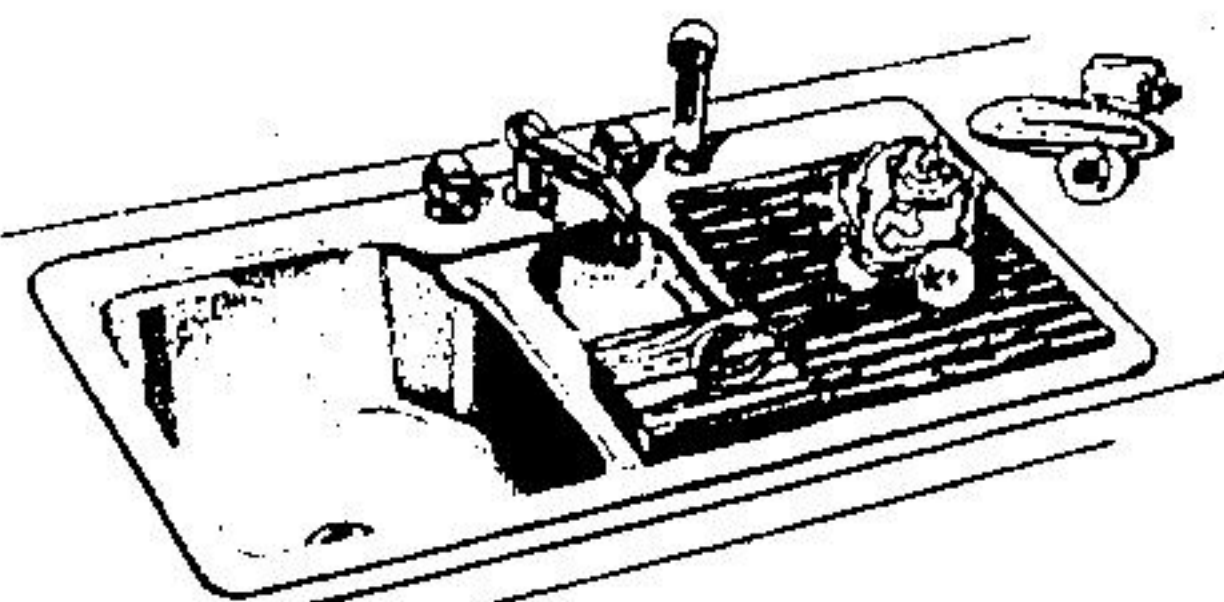
Put all ingredients in blender:
1 cup Crisco oil
 $\frac{1}{4}$ cup lemon juice
2 eggs
1 tsp. dry mustard
1 tsp. Worcestershire sauce
2 cloves garlic mashed
1 tsp. anchovy paste
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. black pepper
 $\frac{1}{2}$ cup grated parmesan cheese
Combine on High until smooth (1 minute). Put in fridge $\frac{1}{2}$ hour and mix with Romaine lettuce.

Mrs. Kelly Clark,
Acton



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