

RECIPE FILE

Try baked chili

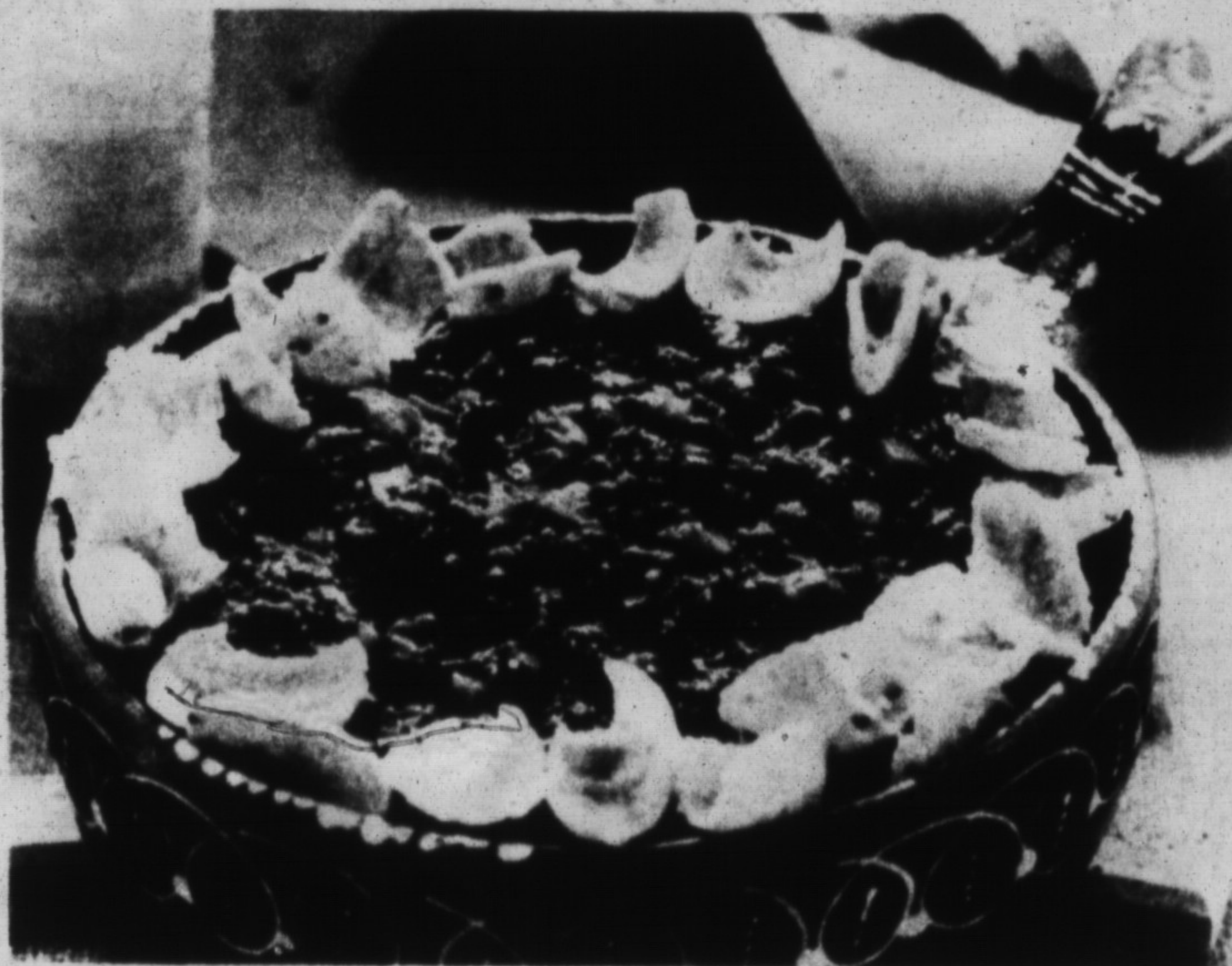
It's not just another chili. This Hearty Chili Casserole has a rich, flavourful difference — thanks to the creamy goodness of evaporated milk. And what could be easier than a chili that cooks unattended in the oven? Prepare it in advance and bake 30 minutes before serving. Adjust chili spiciness by selecting a salsa sauce with desired heat level — hot, medium or mild.

Hearty Chili Casserole

- 1 lb. (500 g) lean ground beef;
- 1/2 cup (125 ml) chopped onion;
- 1/2 cup (125 ml) chopped celery;
- 1/2 cup (125 ml) diced green pepper;
- 2 tbsp. (30 ml) flour;
- 1 tbsp. (15 ml) chili powder;
- 2/3 cup (150 ml) undiluted evaporated milk;
- 1 jar (7 1/2 oz./ 213 ml) salsa sauce;
- 1 can (14 oz./ 398 ml) kidney beans;
- 3 Tbsp. (45 ml) tomato paste;
- 1/2 cup (125 ml) drained sliced green olives;
- 1 cup (250 ml) slightly crushed corn chips;

Directions: Sauté beef, onion, celery and green pepper in large frypan until meat is no longer pink; drain off fat. Blend in flour and chili powder. Gradually stir in evaporated milk. Cook and stir 1-2 minutes. Stir in salsa, kidney beans and tomato paste. Add olives. Spoon meat mixture into 1 1/2 quart (1.5 L) casserole. Top with corn chips. Bake in 350F (180C) oven 30 minutes.

Makes 5-6 servings. Preparation time: 20 minutes
Per serving: 331 calories, 28 g carbohydrate, 27 g protein, 16 g fat.



Hearty Chili Casserole gets its rich taste from the evaporated milk.

Volunteers make a difference

Volunteerism gets a face lift in last decade

The field of volunteer service has changed greatly over the last 10 years.

While it was once common practice to request a lengthy commitment from volunteers, short-term or episodic volunteering is fast becoming the norm.

To be sure, there are volunteer jobs which, by their nature, require a serious and relatively long-term commitment from volunteers.

Where volunteers are matched one-to-one with individuals or families, like Big Sisters, it's obviously crucial that they can be counted on for relatively long periods of time.

However, there are, quite literally, thousands of other volunteer jobs that need doing in our communities, and which can be completed in the matter of an afternoon, or a day, or one evening a month.

The challenges and opportunities of volunteer service are made available to just about everyone. Volunteer work used to be performed almost exclusively by women who were at home through the day, whose children were in school, and who had time to spare and a secure income.

No more! Some volunteer jobs — helping with a special fundraising campaign or at a special event — are obviously short-term and time-limited.

Managers of volunteers are quickly moving to design or redesign many other volunteer jobs so that they can be accomplished by more than one person, or by someone working at home, or at times and places they choose.

The list of volunteer placements available, as in Marlene Wilson's latest book *You Can Make a Difference*, goes on and on. It is by no means an exhaustive list, as one major index lists more than 1,000 types of volunteer placements.

For more information about the volunteer placements currently available in town, call the Milton Volunteer Centre at 876-4756.

The Milton Volunteer Centre is a program of the Halton Social Planning Council, a United Way member agency.

environmental assessment

All-Day Rail Service Milton GO Train Line

Public Information Centres GO Transit, the interregional public transit service owned and operated by the Province of Ontario, is carrying out an environmental assessment of all-day service for its rail line between Toronto and Milton.

The existing service operates mainly in the morning and evening peak periods, but ridership increases show that all-day service is viable on this line. GO plans to expand service by adding trains, running as frequently as once an hour, in off-peak periods and on weekends; an additional track along most of the line will have to be built for the increased service.

As part of this project, GO is also undertaking an environmental assessment for a proposed new train station and transportation gateway for this line. The existing stations are not expected to be able to meet the projected demand for service; a new station will be needed near the intersection of Highway 401 and Winston Churchill Boulevard in Mississauga.

Public information centres are being held to let you review and comment on the results of the environmental assessment to date. Representatives of GO Transit and the project's consultant will be on hand at these informal open house sessions to discuss plans, answer questions, and take your comments — detailed information on the Winston Churchill gateway station will be presented at the Mississauga open houses only. Your participation is an important part of this process, and we welcome your comments. Open houses will be held on these dates, with all sessions running from 4 to 8 p.m. and all locations wheelchair-accessible:

Etobicoke - Thursday, January 23, 1992
Islington Seniors' Centre
4968 Dundas Street West

Mississauga - Tuesday, January 28, 1992
The Great Hall
Mississauga City Hall
- Thursday, January 30, 1992
Meadowvale West Church Centre
on Meadowvale Town Centre Circle

Milton - Tuesday, February 4, 1992
Heritage Inn
161 Chisholm Drive

If you cannot attend these sessions but wish information about this project, please contact either the consultant or GO:

Jim Gough, Marshall Macklin Monaghan Limited, 80 Commerce Valley Drive East, Thornhill, Ontario L3T 7N4, (416) 882-1100

Eric Eisen, GO Transit, 1120 Finch Avenue West, Toronto (Downsview), Ontario M3J 3J8, (416) 665-9211 ext. 432

