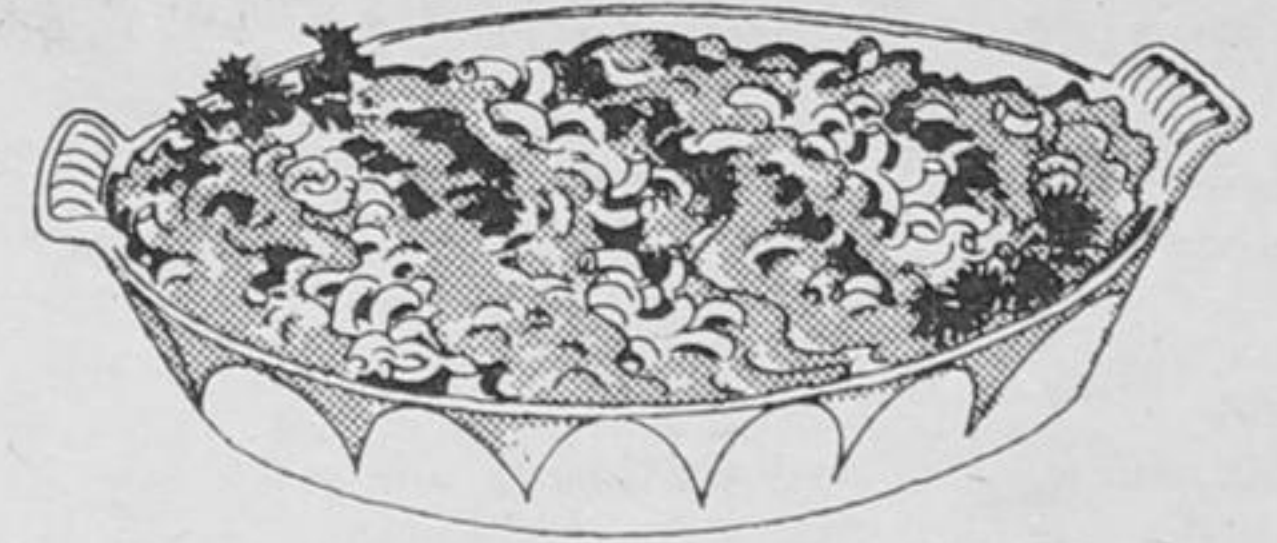


Casseroles For All Occasions



CHILI BEEF CASSEROLE

1 pound ground beef
1 medium onion chopped
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon chili powder
1 can (19 ounces) tomatoes
1 can (14 ounces) red kidney beans
1 can (12 ounces) kernel corn
½ cup chopped green pepper
1 cup macaroni or noodles cooked

Brown beef in large fry pan. Add onion and cook until soft. Stir in all remaining ingredients but macaroni. Simmer 20 minutes.

Combine macaroni and meat mixture in large baking dish or casserole. Bake in oven preheated to 350 degrees for 20 minutes. Makes six servings.

Mrs. James Dauphinee,
110 Rockport Crescent,
Richmond Hill.

MARJORIE'S NOODLES

½ pound fine noodles
1 cup cottage cheese
1½ cups sour cream
¾ cup finely chopped onion
1 teaspoon Worcestershire sauce
few drops Tabasco sauce
1 teaspoon salt
pepper
½ cup grated Parmesan cheese

Cook noodles. Mix cottage cheese, one cup of cream and seasonings. Add noodles well drained and put in buttered casserole. Bake 20 minutes at 350 degrees.

Sprinkle Parmesan cheese over top, cover with remaining cream and bake ten minutes longer. Serves six.

Mrs. Doreen Cole,
100 Mill Street,
Richmond Hill.

LASAGNE

4 or 5 tablespoons salad oil
1 minced clove garlic
½ cup chopped onion
1 pound ground beef
2 tablespoons Casino or Italian dressing
2 teaspoons salt
¼ teaspoon pepper
½ cup finely chopped parsley
OR ¼ cup parsley flakes
1 can tomato paste (6 ounce size)
3 cups hot water
1 tin (28 ounce) tomatoes
½ teaspoon rosemary leaves
1 tablespoon sugar
1 teaspoon fennel seed or celery seed
1½ teaspoons dried basil
½ pound lasagne noodles (9)
½ pound cottage cheese
½ pound Mozzarella cheese
1 cup shaker Parmesan cheese
oregano

Cook and drain noodles as directed on package.

In electric frying pan, or deep frying pan, heat oil and fry garlic and onion until soft. Add beef, cook and stir until crumbly. Add salad dressing, salt, pepper.

Blend tomato paste with water and add it along with tomatoes and spices to mixture in pan. Stir and simmer 45 minutes to one hour.

Pour one cup of sauce over bottom of large pan — about 13 by 9 inches and two inches deep.

Rinse noodles in cold water and spread three drained noodles over sauce. Divide Mozzarella cheese slices in three, lengthwise, and spread one-third Mozzarella cheese and one-third cottage cheese over noodles. Shake on some parmesan cheese.

Cover with another cupful of sauce, add noodles, cheese as before. Repeat for third layer, ending with sauce. Sprinkle with parmesan cheese and oregano. Bake 30 minutes at 350 degrees. Serves eight to ten.

Mrs. Donald Cowden, 448 Marybay Crescent,
Richmond Hill.

BAKED SHREDDED CARROTS

4 cups shredded raw carrots
1 tablespoon grated orange peel
¼ cup orange juice
¼ teaspoon salt
1 teaspoon sugar
¼ teaspoon black pepper
¼ cup butter

Preheat oven to 350 degrees F. Combine carrots, orange peel, juice, salt, sugar and pepper in buttered 1 quart casserole. Dot with butter. Cover. Bake 55 minutes or until carrots are tender.

Yield: Six servings.
Mrs. R. Anthony,
218 Lawrence Ave.,
Richmond Hill.

RUBY'S CASSEROLE

Makes two casseroles — one for the freezer.

8 ounces very fine noodles
1 to 1½ pounds hamburger
1 large onion finely chopped
1 green pepper finely chopped

2 cans mushroom soup (10½ ounce size)
2 cans mushrooms
1 can tomatoes
2 teaspoons salt
1 tablespoon sugar
1 cup grated cheese

Brown meat and onion and pepper in frying pan. Cook noodles as directed on package. Drain.

Combine all ingredients except cheese. Put in casseroles and sprinkle with cheese. Bake in 350 degree oven for 45 minutes or more.

Pat Ash,
45 Crosby Avenue,
Richmond Hill.

HOME BAKED BEANS

(Crackers Out)

1 package white beans
1 teaspoon baking soda
1 teaspoon white vinegar
2 or 3 onions
salt and pepper
½ cup molasses
½ cup brown sugar
1 level teaspoon Keen's mustard

1½ bottles chili sauce or catsup

bacon or pineapple
Cover beans with water, add baking soda and vinegar and soak overnight.

Next day drain the beans and run clear water over them at least twice. Put back into pot. Cut up onions, add salt and pepper, cover with water and cook until very soft. Put through strainer and reserve about three cups of liquid to mix with molasses, brown sugar, mustard and chili sauce (or catsup). Put strips of bacon on top of beans or top with pineapple. Bake in 275 degree oven for 4½ to 5½ hours until golden brown.

Mrs. Rene Souffriau,
304 Bayview Plaza,
Apartment 1,
Richmond Hill.

SHORTRIBS CASSEROLE

(Perfect for the afternoon shopper or bridge player)

Preheat oven to 400 deg. F.

Cut into serving portions:
2 pounds beef ribs

Season with salt and pepper
Arrange meat in a 2 quart casserole (with lid) and bake uncovered for 30 minutes or until meat is browned.

Reduce oven temperature to 275 deg. F.

Stir into meat:

2-4 potatoes peeled and quartered

6-8 carrots

1 onion thinly sliced

½ cup chopped celery

Mix together and pour over meat and vegetables:

1 14-oz. can tomato sauce

1 5½-oz. can tomato paste

2 cups water

2 tablespoons horseradish

1 tablespoon dried parsley flakes

Cover and bake in 275 deg. F. oven for 2½ - 3 hours.

Teresa Flood,
421 Centre St. E.,
Richmond Hill.

"SUPER" BEANS

(an original recipe)

2 or 3 large tins pork & beans
1 onion, chopped
salt and pepper, to taste
2 tablespoons catsup
2 teaspoons prepared mustard
3 tablespoons brown sugar
2 tablespoons molasses
1 teaspoon Worcestershire sauce
1 tin pineapple tidbits (drained)

Combine all ingredients, adding a little juice from pineapple if too dry, and place in casserole. Bake 300 degrees F. uncovered for about 2 hours. Serves 6-8. (The amount of each ingredient is not important and can be adjusted to suit your taste).

Mrs. Glenna Taylor,
309 Gells Road,
Richmond Hill.

QUICK PIZZAS

Teabiscuit mix

1 pound ground beef

chili sauce

garlic salt

oregano

salt

pepper

catsup

grated cheddar and Parmesan cheese

Saute meat in skillet until brown.

Meanwhile make biscuit dough according to directions on package and roll on floured board into four-inch round.

Add remaining ingredients to meat, mixing and tasting until you get a flavor you like. Go lightly on the seasonings to start, adding more if desired.

Spread this mixture onto the rounds of dough, pinching up the edges to keep the sauce from running off.

Top each round with grated cheese and bake at 475 degrees for eight to 10 minutes, until crust is lightly browned.

Chris Hopper,
366 Mill Street,
Richmond Hill.

CANADIAN GOULASH

¾ to 1 package (7 ounces) macaroni

1½ to 2 pounds ground chuck

small onion (optional)

tin of mushrooms (optional)

salt and pepper to taste

1 tin (28 ounce size) tomatoes

1 cup grated medium or old cheddar cheese

Boil macaroni in salted water until tender, put in strainer and rinse under cold tap.

Brown ground chuck in frying pan, adding chopped onions and/or mushrooms if desired. Pour off excess fat and add salt and pepper to taste.

Mix tomatoes in with the meat. If more liquid is desired, add some tomato juice.

Add grated cheese and put meat and macaroni into a large casserole. Cover with a layer of grated cheese.

Cook one and one-quarter hours in 325 degrees oven. Serves six to eight.

Mrs. Florence Deacon,
for:
Donald Deacon, MLA
York Centre,
Unionville.

SPEEDY BARBECUED PORK AND BEAN BAKE

Place two cans baked beans in tomato sauce in a 13x9x2 inch baking dish. Prepare 5 or 6 pork chops as follows: for each chop — dash with salt and pepper; spread lightly with mustard; sprinkle with about 1½ tablespoons brown sugar; spread with about 1½ tablespoons catsup. Arrange chops over beans. Place on each chop 1 slice onion and ½ slice lemon. Bake at 325 degrees about 1½ hours.

(Spareribs may also be prepared this way).

Mrs. Glenna Taylor,
309 Gells Road,
Richmond Hill.

PORCUPINE BALLS

1 pound minced beef
5 or 6 pork sausages
¼ cup uncooked rice
½ medium onion chopped
2 teaspoons chopped celery or green pepper
1 teaspoon chopped parsley
3 teaspoons thick chili sauce

OR 2 teaspoons ketchup

1 teaspoon salt

¼ teaspoon pepper

1 teaspoon prepared mustard

dash of Worcestershire sauce

2½ cups canned tomatoes

½ bay leaf

Mix rice with meats and all other ingredients except tomatoes and bay leaf. Shape into little balls and place in large casserole.

Add tomatoes and bay leaf. Cover and bake in 350 degree oven for 1½ hours. If fresh celery or parsley are not available, substitute 1 teaspoon celery salt and ½ teaspoon dried parsley. Sage may also be used — just a dash of dried sage.

Mrs. Graham Knight,
260 North Taylor Mills Dr.,
Richmond Hill.

SALMON CASSEROLE

1 pound can salmon

1 teaspoon chopped onion

½ teaspoon pepper

8 slices day old bread

3 eggs

2 cups milk

¼ teaspoon salt

Drain salmon, saving liquid to add later. Remove skin and mash bones, break salmon into pieces, add onion and pepper and toss lightly.

Trim crusts from bread and cut in half diagonally. Arrange half of bread slices in bottom of shallow two-quart casserole. Cover with salmon mixture and arrange remaining bread slices in neat rows on top.

Beat eggs slightly, add milk, salt and salmon liquid. Pour over bread and let stand 30 minutes or longer. Bake in 350 degree oven until puffed and brown — about one hour.

Makes four to six servings.

Shirley Thomson,
311 Boisdale Avenue,
Richmond Hill.

SAVORY FLAN

pastry

2 to 3 rashers bacon

2 tablespoon butter

¾ cup milk

2 eggs

medium size onion

4 tablespoons grated cheese

Line cake pan with pastry. Beat eggs and cheese together in a bowl. Add seasoning and milk.

Melt butter in saucepan. Add bacon and onions diced finely and cook slowly until slightly browned, then turn contents into egg mixture. Mix and pour into the pastry case.

Bake at 400 degrees until firm and golden brown.

Mrs. Brown, who got this recipe from England, likes to make her pastry in quantity and store it in the refrigerator, cutting off what she needs as she needs it.

Pastry

1 pound shortening

1 cup boiling water

5 cups flour

1¼ teaspoons salt

¾ teaspoon baking powder

Combine shortening and boiling water, stir until creamy. Gradually add flour, salt and baking powder. This quantity will make about five eight-inch or four nine-inch pie shells.

Mrs. N. Brown,
121 Cascade Circle,
Richmond Hill.

COMBINATIONS

Mix two vegetables together: peas and onions, peas and squash, corn and red pepper. Add sauteed celery or sliced water chestnuts, or fill squash, marrow or tomatoes with minted peas, corn or a meat mixture.

MINI PIZZA

1 package buttermilk refrigerator biscuits

Combine:

¾ pound ground beef

¼ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon oregano

½ teaspoon paprika

Set Out:

5 slices tomato

5 thin slices onion

5 slices mozzarella cheese

Flatten each buttermilk biscuit to make a 3 inch round. Spread with ketchup, top with beef mixture, then slice a tomato and onion.

Bake in 425 deg. F. oven 10 minutes.

Top with cheese and bake 5 minutes more or until cheese bubbles.

Teresa Flood,
421 Centre St. E.,
Richmond Hill.

MACARONI-BEEF ONE DISH MEAL

½ to 1 pound hamburger

1 onion

2 cups uncooked macaroni

1 large can stewed tomatoes

1 pint sour cream or yogurt

salt

pepper

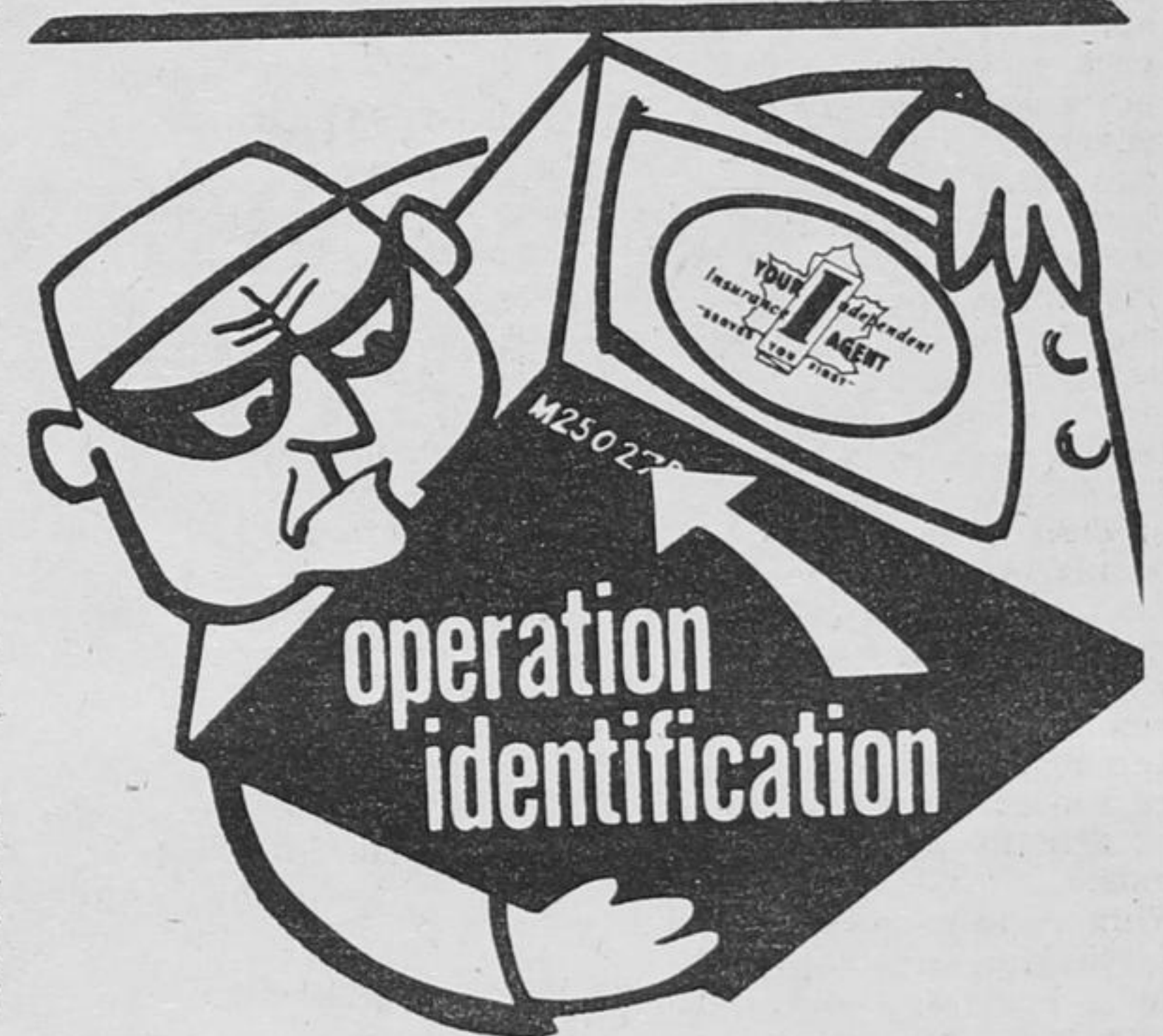
chili powder

Brown the hamburger in frying pan, drain off fat. Chop onion and add it to the meat, frying for a few minutes.

Add macaroni, tomatoes, sour cream or yogurt and seasonings to taste. Cover and simmer ten minutes. Uncover and simmer ten minutes more.

Sausage may be used instead of hamburger. Fry the sausage whole, then cut them into pieces. Omit salt when using sausage.

Mrs. C. A. Giles,
238 Main Street,
Richmond Hill.



...a plan to help put a thief out of business

You can be a valuable aid in the fight against crime by personalizing your portable belongings with your driver's licence number or your social insurance number. To join "OPERATION IDENTIFICATION" and obtain this personalized protection for your valuables, simply visit our office. We'll loan you an electric pencil—to mark radios, TV sets, bicycles, cameras, tools, etc., and give you a window sticker for your home. There's no charge or obligation.



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