

Fried Chicken and Potatoes in One Pan

Time: Cook 45–60 minutes (low heat, covered) after browning

Ingredients

- 4 to 6 pieces chicken
- Flour (for rolling/dredging chicken)
- About 4 tablespoons shortening (for browning)
- Salt
- Paprika
- 2 to 4 potatoes, peeled and halved
- **Gravy:**
- More shortening as needed
- About 4 tablespoons flour
- About 2 cups water
- Salt to taste

Instructions

- 1 Roll chicken pieces in flour.
- 2 Brown one side in about 4 tablespoons shortening.
- 3 Sprinkle the unbrowned (up-side) with salt and paprika.
- 4 Turn and sprinkle the other side (browned side) with salt and paprika.
- 5 Peel potatoes and cut in half. Lay potatoes around browned chicken.
- 6 Sprinkle potatoes with salt and paprika. Cover.
- 7 Cook over low heat 45 minutes to 60 minutes. Chicken should be tender.
- 8 Remove chicken and potatoes from pan.
- 9 You may need to add more shortening to make gravy. Use about 4 tablespoons flour and stir into pan drippings.
- 10 Blend in water while off heat—about 2 cups.
- 11 Return to heat and, using a blender, stir until it boils. Salt to taste.

Notes

Gravy directions came from the separate note card.

Tuna and Macaroni (or Noodles)

Source: Mom

Serves: 2 or 3 (generously)

Time: Bake 30 minutes at 350°F (or stovetop: simmer 5 minutes)

Ingredients

- 1 1/2 cups large elbow macaroni (or 1 1/2 cups noodles)
- 2 teaspoons salt
- 1 can cream of mushroom soup
- 1 can water or milk (may need more water)
- 1 (6 1/2-ounce) can tuna, drained

Instructions

- 1 Cook macaroni/noodles as long as package says. Drain.
- 2 Combine soup and 1 can water or milk. Bring to a boil; stir often. (May need more water.)
- 3 Add drained tuna to soup mixture, then add macaroni/noodles. Stir.
- 4 Bake at 350°F for 1/2 hour.
- 5 If in a hurry: simmer on stove 5 minutes and serve, but use less water.

Beef Dressing Casserole

Source: Ethel Ploth

Time: Bake 1 hour at 350°F

Ingredients

- 1 small onion
- 1/4 cup minced celery leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon poultry seasoning
- 12 slices bread
- 2 cans mushroom soup
- 1 cup milk
- 2 pounds ground beef
- 1 tablespoon prepared mustard
- 1 teaspoon Worcestershire sauce

Instructions

- 1 Mix onion, salt, pepper, poultry seasoning, and bread. Blend in 1 can soup + 1 cup milk.
- 2 Cover and store in refrigerator overnight.
- 3 Mix meat, Worcestershire sauce, and mustard.
- 4 Add bread mixture and mix thoroughly.
- 5 Put into a 13x9 pan.
- 6 Bake 1/2 hour. Remove and spread last can of soup; cook for 1/2 hour more.

Crock-Pot Pot Roast

Serves: 8 to 10

Time: Cook about 5 hours on High; gravy simmers 10 minutes

Ingredients

- 1 onion
- 2 cloves garlic
- 4 pounds rump roast
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 3/4 cup red wine
- **Gravy:**
- 3 tablespoons flour
- 1/4 cup water
- 2 cups cooking liquid (measured from crock pot)

Instructions

- 1 Chop the onion and the garlic.
- 2 Put the onions and garlic in the crock pot and set the roast on top.
- 3 Sprinkle with the salt, pepper, rosemary, and thyme. Pour in the wine.
- 4 Cover and cook on the High setting until the meat is very tender, about 5 hours.
- 5 Remove the roast to a serving plate. Measure 2 cups of the cooking liquid into a saucepan.
- 6 Stir together the flour and water and stir it into the cooking liquid.
- 7 Bring to a boil, stirring; reduce heat and simmer 10 minutes.
- 8 Slice the roast and serve with the gravy.

Notes

Nutrition (per serving, from clipping): Calories 452; Protein 36 g; Fat 32 g; Sodium 534 mg; Carbs 3 g; Cholesterol 120 mg.

Slow Cooker Fajitas

Time: 8–9 hours on Low

Ingredients

- 1 each medium green, red, and yellow pepper, cut into 1/2-inch strips
- 1 onion, thinly sliced
- 2 pounds boneless sirloin steak, cut into thin strips
- 3/4 cup water
- 2 tablespoons red wine vinegar
- 1 tablespoon lime juice
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon cayenne
- **To serve:**
- Tortillas
- Salsa
- Cheese
- Cilantro

Instructions

- 1 Put peppers and onion in the bottom of the slow cooker. Place steak on top.
- 2 Add water, red wine vinegar, lime juice, cumin, chili powder, salt, garlic powder, pepper, and cayenne.
- 3 Cook 8–9 hours on Low.
- 4 To serve (as written): Place about 3/4 cup meat down center of tortillas. Top with 1 tablespoon salsa, 1 tablespoon cheese, and 1 teaspoon cilantro.

Notes

Nutrition note on card: “1 fajita 335 calorie, 10 g fat, 2 g protein” (as written).

Shepherd's Pie

Serves: 2–3

Time: Bake 1/2 hour at 350°F

Ingredients

- 3/4 pound ground beef
- Salt
- Onion
- 1 can vegetable soup
- Mashed potatoes (to top casserole)

Instructions

- 1 Brown ground beef; drain grease.
- 2 Season with salt and add onion.
- 3 Add 1 can vegetable soup.
- 4 Place mixture in a casserole dish and top with mashed potatoes.
- 5 Bake 1/2 hour at 350°F.

Chop Suey Casserole

Source: Mom

Serves: 8–10

Time: Bake 1 1/2 hours at 375°F

Ingredients

- 1 1/2 pounds ground beef
- 3 medium onions, chopped
- 2 cups diced celery
- 1/2 cup uncooked rice
- 3 1/2 cups boiling water
- 2 cans cream of mushroom soup
- 2 1/2 tablespoons soy sauce
- 1/2 tablespoon brown sugar

Instructions

- 1 Brown beef and celery, and lastly onions.
- 2 Mix rice, water, soup, and remaining ingredients.
- 3 Add to beef mixture.
- 4 Pour into a greased 2-quart casserole.
- 5 Bake 1 1/2 hours at 375°F.