

Spaghetti Sauce

2 cans tomato soup

2 cans tomato paste

Take the five cans & fill with water and add to tomato paste & soup. Mix. Chop up four onions and brown in frying pan. Brown 1 lb hamburger and add to mixture. Then add.

3 bay leaves. 2 tsp chili powder, 2 tsp salt. 1 tsp pepper. 3 chopped clove garlic. Simmer together for approx. 3 hrs or less.

Marcella's Diet Soup

- 2 - 28oz Tomatoes (Garlic optional)
- 1 onion soup mix
- 5 or 6 carrots
- 8 stalks Celery
- 2 Green Peppers
- 5 onions
- boneless Chicken Breast
- 24 tsp. Chicken Stock (Heaping)
- 24 cups water, 2 or 3 handfuls macaroni

Hodge Podge

2c. baby carrots
2c. new potatoes
1/2 lb. green beans
1/4 c. butter

1/2 lb. wax beans
2-1/2 lb. shelled peas
1/2 c. whipping cream
Salt and ground pepper

Clean vegetables and cut up. In large saucepan, bring 2 cups water to a boil. Add vegetables and cover. Reduce heat to medium and steam until tender 17-10

minutes). Vegetables should remain bright and colourful. Add cream, salt, pepper and butter, to taste. Yield: Six to eight servings.

Joanie MacIntosh

Recipe for muscles

1 Cup of White wine

1 Cup of Water

1/2 cup of Salsa

1/2 cup of French Italian dressing

1/2 cup of Vinegar

Food 2

French Fried Onion Rings

2 cups milk

4 to 5 onions

3 eggs

1 cup flour

Salt & Pepper to taste.

Beat together milk, eggs & seasonings. Slice onions into $\frac{1}{4}$ " slices separate the rings. Dip rings a few at a time into milk mixture & stir around to moisten thoroughly. Remove rings from milk mixture, shake to drain and dip a few at a time into paper bag containing flour.

Be ~~more~~ rings are coated with flour.
Fry a few at a time until golden brown
in deep fat heated to 375°F . Yield 5.6 servings.

Peanut Butter Cookies

oven 375°

$\frac{1}{2}$ c shortening
 $\frac{1}{2}$ c peanut butter
Cream

$\frac{1}{2}$ c white sugar
 $\frac{1}{2}$ c brown sugar
Gradually beat

1 egg
 $\frac{1}{2}$ tsp. vanilla
Add

$1\frac{1}{4}$ c flour
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
Blend

Bake 10 to 12 minutes

Yield: 3 dozen cookies

Speedy Tex Mex Bowl

3 cups cooked long grain rice Combine cooked long grain rice & salsa. Heat thoroughly.
 $\frac{1}{2}$ cup Beef (cooked) Stir in cooked
1 can Kidney Beans (rinsed & drain) rice and perun
 $1\frac{1}{2}$ cups frozen corn kernels w. thin shredded
 $1\frac{1}{2}$ cups Salsa (mild) cheese on top.
 $\frac{3}{4}$ cup Cheddar cheese

Blueberry Muffins

$1\frac{1}{2}$ cups Flour

$2\frac{1}{2}$ tsp B. Powder

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup white sugar

1 egg (lightly beaten)

$\frac{1}{2}$ cup milk

2 cups blueberries

Combine blueberries with $\frac{1}{2}$ cup flour taken from the above quantity. Combine butter, sugar. Add egg. Then milk. Combine dry ingredients. Add blueberries. Bake at 375° for 15 to 20 min.

Christmas Fruit Cake

Combine: 6 cups raisins (2 pkts)

6 cups currants (2 pkts)

4 cups chopped dates (2 pkts)

(2-8 oz pkts) 2 cups glazed cherries (halved)

Cream 3 cups shortening.

Blend in 2 tsp each of vanilla, lemon, & almond extracts. Gradually add 5 cups lightly packed brown sugar. Beat until light & fluffy.

1 cup chopped ^(congrat) pineapple

1 cup mixed fruit

2 cups walnuts

1 1/2 cups blond almonds

Add 1 cup crushed pineapple, 1 lemon
+ rind

Beat 10 egg yolks until thick & lemon
coloured. Gradually add beaten yolks to the
sugar mixture a beat thoroughly. Blend and
sift together. 3 cups flour, 1 tsp - baking soda
2 tsp salt, 1 tsp cinnamon $1\frac{1}{4}$ tsp, nutmeg $\frac{3}{4}$ tsp
cloves. Add dry ingredients to creamed mixture
alternately with 1 cup sour milk. Beat 10 egg whites
until stiff but not dry. Fold beaten whites into the
batter. Then add prepared fruit & nuts

2 9 in round or sq. pans. Bake in 325° for 2 to 3 hrs.

Choc. Chips Cookies

1 Cup margarine
 $\frac{3}{4}$ Cup Brown Sugar
 $\frac{2}{3}$ Cup white Sugar
2 Eggs
1 tsp vanilla

$2\frac{1}{4}$ cups flour
Pinch salt
1 tsp Baking Soda
 $1\frac{1}{2}$ cups choc chips

Cream margarine & sugars. Add eggs & vanilla. Beat 2 min. Gradually add flour, baking soda & salt. Then choc chips. Drop by spoonfuls on cookie sheet. Bake 10-12 min at 350° oven

Brown Sugar Sauce

In a saucepan melt

4 tbsp margarine

Blend in a mixture of

4 tbsp flour

1 cup Brown Sugar

$\frac{1}{4}$ tsp salt

Gradually stir in 2 cups water. Cook,
stirring constantly until thick. Remove from
heat stir in 1 tsp vanilla and 2-3 tbsp vinegar

Minted Fruit Rice Salad

Heat $2\frac{1}{3}$ Whole Pineapple juice + $\frac{1}{3}$ c water
in saucepan to boiling. Stir in 1 c instant Rice.
Remove from heat, cover. Let stand
10 mins. In bowl, stir rice with 1 can (11 oz)
Mandarin oranges drained, 1 can (8 oz)
Crushed pineapple undrained $\frac{1}{2}$ c
chopped ~~pinea~~ cucumber $\frac{1}{3}$ c chopped
red onion, and 3 tbsp chopped mint
Serves 4

350°

(ANN CAMPBELL)

8-10 min. RASPBERRY PINWHEELS

Mix

1/2 c. MARGARINE

2 c. FLOUR

1 c. SUGAR

1 tsp. B.P.

1 egg

1/4 tsp. SALT

1 tsp. VANILLA

Roll between two sheets of waxed paper 12 by 9. Mix 1/2 c. RASPBERRY JAM, 1/2 c. COCONUT, ~~1~~ 1/4 c. PECANS. Spread over dough, roll up tightly. Chill overnight. Cut in 1/4 in slices.

Waffles

2 $\frac{1}{4}$ cup Flour

1 tbsp sugar

2 $\frac{1}{2}$ tsp Baking Powder

$\frac{1}{4}$ tsp salt

3 eggs

2 $\frac{1}{4}$ cup milk

2 tbsp melted Margarine
or Canola Oil

Whisk together. Cook 3 min in waffle

Raspberry Pinwheels

Mix 2 cup Flour. 1 tsp B. Powder
 $\frac{1}{4}$ tsp salt $\frac{1}{2}$ cup butter. 1 cup w
sugar, 1 egg, 1 tsp vanilla. Roll
between two sheets of waxed paper
12 x 9. Mix $\frac{1}{2}$ cup Raspberry Jam
 $\frac{1}{2}$ cup coconut. Spread this mixture
over the dough roll up tightly
Chill overnight. Cut into $\frac{1}{4}$ in slices
and bake at 375° for 8-10 min

Fruit Blossom

2 pk. (235 g. each) Crescent roll dough

1 lemon

4 cups (1 l) frozen whipped topping (thawed)

$\frac{1}{2}$ cup icing sugar

2-3 kiwis, peeled & sliced

1 cup fresh strawberries

$\frac{1}{2}$ can mandarin oranges (drained)

$\frac{1}{4}$ cup blueberries

Icing sugar

Preheat oven to 375°. Cook rolls 16-18 min or until
golden brown. Combine lemon, whipped topping
and icing sugar. Mix until smooth. Spread on
rolls. Arrange kiwi, strawberries, oranges, blueberries
Sprinkle reserved lemon zest over top. If desired
lightly sprinkle icing sugar over edges.

(bake in oven)

Seasoning for potatoes + carrots + turnip

Seasoning salt

Onion + garlic salt

Fair amount of butter

cook 1 hr.

Shake well after $\frac{1}{2}$ hr.

325-350°