

## Chili con Carne Bake

### ▲ Base Recipe

Melt in a 2-qt. top-of-range casserole having a tight-fitting cover.

2 tablespoons meat drippings or fat  
Add and cook over medium heat until meat is browned, breaking into pieces with fork or spoon.

- 1 lb. ground beef
- $\frac{1}{2}$  cup (1 medium-size) chopped onion (page 5)
- $\frac{1}{4}$  cup green pepper (page 4), cut in strips

Season with a mixture of

- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon monosodium glutamate
- $\frac{1}{2}$  teaspoon pepper

Add

- 2 $\frac{1}{2}$  cups (No. 2 can) tomatoes, cut in pieces
- 2 $\frac{1}{2}$  cups (No. 2 can) red kidney beans, drained
- 1 bay leaf

Cover and simmer 20 to 25 min., stirring occasionally.

Meanwhile, prepare topping.

**For Corn Bread Topping**—Set oven temperature control at 400°F.

Sift into a bowl

- $\frac{1}{2}$  cup sifted flour
- 2 teaspoons sugar
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt

Mix in

- $\frac{1}{2}$  cup corn meal

Blend thoroughly

- 1 egg, well beaten
- $\frac{1}{2}$  cup milk
- 1 tablespoon melted shortening

Make a well in center of dry ingredients. Add liquid mixture all at one time. Beat with a rotary beater just until smooth; do not over mix.

Remove bay leaf from hot mixture. Immediately spoon topping over hot mixture; spread evenly.

Set in oven and bake uncovered at 400°F 20 to 25 min., or until a wooden pick comes out clean when inserted in center of topping.

6 servings



Lima Bean Chili con Carne and Salad

## —Lima Bean Chili con Carne

Follow ▲ Recipe, substitute lima beans for red kidney beans. Add 2 cups (1-lb. can) corn, drained, and  $\frac{1}{2}$  cup coarsely chopped celery. Mix  $\frac{1}{4}$  teaspoon celery seed and  $\frac{1}{4}$  teaspoon savory with other seasonings. Omit bay leaf and topping. Cover casserole and simmer gently about 1 hr. Add water, bean liquid or tomato juice if mixture requires more liquid.



## Creole-Style Shrimp with Rice

(See center color photo)

Set out a 2-qt. casserole

**For Cooked Shrimp**—Wash in cold water  
1 $\frac{1}{2}$  lbs. fresh or frozen large shrimp, with shells

Drop shrimp into a boiling mixture of

- 1 $\frac{1}{2}$  pts. water
  - 2 tablespoons lemon juice
  - 1 tablespoon salt
  - 1 teaspoon monosodium glutamate
  - 2 or 4 sprigs parsley
  - 1 clove garlic, peeled (page 4) and split
  - 1 bay leaf
- Smell piece celery with leaves

Cover tightly. Simmer 5 min., or only until shrimp are pink and tender. Drain and cover



with cold water to chill. Drain shrimp again. Reserve tiny legs and peel shells from shrimp. Cut a slit to just below surface along back (curved surface) of shrimp to expose black vein. With knife point, remove vein in one piece.\* Quickly rinse shrimp in cold water, drain, put into casserole and set aside.

**For Generally Moisture**—Heat in skillet

- $\frac{1}{2}$  cup butter or margarine
- Add and cook slowly until onion is transparent, stirring occasionally.

- 1 cup (about 4 stalks) diced celery (page 4)

- $\frac{1}{2}$  cup (about 1 $\frac{1}{2}$  medium-size) chopped onion (page 8)

- $\frac{1}{2}$  cup (about 1 medium-size) finely chopped green pepper (page 4)

Thoroughly blend in

- 1 cup water
- $\frac{1}{2}$  cup (6-oz. can) tomato paste
- 1 tablespoon minced parsley
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon monosodium glutamate
- 4 or 5 drops tobacco sauce

Pour mixture into casserole. Mix gently to distribute shrimp evenly.

Heat in oven 30 min., at 350°F.

Meanwhile, prepare

**Perfecting Boiled Rice** (page 6)

When shrimp mixture is heated thoroughly, serve over hot rice.

6 servings

\*Note: Veins present in canned shrimp are removed in the same way.



Meanwhile, grate and set aside

- 10 oz. Cheddar cheese (2 $\frac{1}{2}$  cups, grated)

Prepare

- 2 cups Medium White Sauce (three times recipe, page 6; substitute oyster liquid for part of the milk. Stir in  $\frac{1}{2}$  cup silvered pine nuts,  $\frac{1}{2}$  cup shell sauce and 2 teaspoons lemon juice.)

Coat sauce lightly. Add grated cheese all at one time and stir until cheese is melted. Set aside.

Heat in skillet over medium heat

- 2 tablespoons butter or margarine

Add to skillet and cook until celery is tender, stirring occasionally.

- 1 cup (3 to 4 stalks) finely diced celery (page 4)

- $\frac{1}{2}$  cup grated onion

Combine vegetables with macaroni and sauce, mixing carefully with a fork; turn mixture into casserole. Make a well in center of macaroni mixture; fill with the oysters.

Bake at 350°F 30 to 35 min.

8 servings

## —Buffet Oysters

Follow ▲ Recipe; use shell macaroni. Omit pine nuts and add sauce from sauce. Cook (page 6) and cut in halves 1 clove garlic. Heat about 5 min. in butter for sauce. Discard garlic and complete sauce. Combine sauce with macaroni, omitting vegetables and butter. Complete and bake as in ▲ Recipe.

## Buffet Oysters

