

■ Better-than-Canned Chili

Yield: 6 servings

Ingredients

- 1 small onion
- 1 small green pepper, if desired
- 1 pound lean ground beef
- 1 can (15 1/2 oz.) kidney beans,
drained and rinsed
- 1 can (15 oz.) tomato sauce
- 1 cup water or tomato juice
- 1 teaspoon chili powder
- 1/2 teaspoon salt

Equipment

- Measuring spoons
- Can opener
- Colander
- Sharp knife
- Cutting board
- 3-quart saucepan
- Measuring cups
- Large spoon
- Ladle
- Serving bowls

Order of Work

1. Use a sharp knife to peel and chop the onion on a cutting board. Wash the green pepper, if you are using one, and remove the seeds and stem and throw them away. Then chop it into small pieces.
2. Place the ground beef in the saucepan and break it up with a spoon. Add chopped onion and green pepper. Put the pan on a burner and turn the heat to medium.
3. Cook meat, onion, and green pepper slowly, about 10 to 15 minutes. As the meat cooks, use the spoon to break it into smaller pieces. Continue cooking until meat is lightly browned and thoroughly cooked. Turn off the burner.
4. With your helper, drain off the fat from the meat and throw it away.
5. Add the drained kidney beans, the tomato sauce, water or tomato juice, chili powder, and salt to the meat in the pan. Stir to mix well.
6. Turn burner to high heat. Cook and stir until mixture boils. Turn burner to low heat. Simmer, uncovered, for 10 minutes, stirring once in a while. Turn off the burner.
7. Ladle chili into bowls. Serve with your favorite toppings — shredded cheese, chopped tomatoes, green onions, etc.



◆ Baked Macaroni and Cheese

Yield: 6 servings

Ingredients

- 8 ounces elbow macaroni
- 1 teaspoon salt, optional
- 4 tablespoons butter or margarine
- 4 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- Pepper, to taste
- 2 cups shredded American cheese
- 1 cup dry bread crumbs

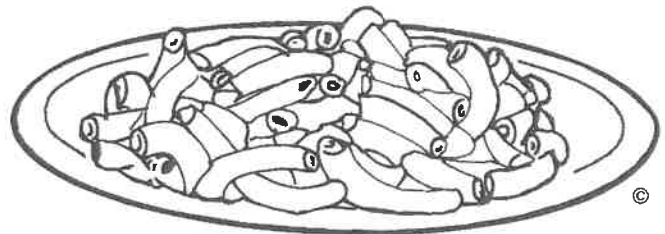
Equipment

- Saucepans, large and small
- Measuring cups and spoons
- Mixing spoons and fork
- Colander
- 2-quart baking dish
- Nonstick cooking spray

Order of Work

1. Preheat oven to 350 degrees F. Lightly coat baking dish with nonstick cooking spray.
2. Cook the macaroni. You may follow cooking directions on the package; or add 1 teaspoon salt to 2 quarts of water and bring to boil in a large saucepan.
3. Add macaroni to the boiling water. Follow recommended cooking times on package or rapidly boil macaroni until tender.
4. Pour the cooked macaroni into a colander to drain.
5. Add macaroni to prepared baking dish.
6. Use butter, flour, milk, 1/2 teaspoon salt, and pepper to make a white sauce. Follow directions in the White Sauce recipe. (See page 78.)
7. Add 1 1/2 cups cheese to the white sauce, and stir until the cheese melts.
8. Pour the cheese sauce over the macaroni in the baking dish.
9. Sprinkle the rest of the cheese on top of the mixture. Top with bread crumbs.
10. Bake for about 30 minutes or until bubbly.

Nutrition Facts per Serving: 473 calories,
23 g fat, 1434 mg sodium, 50 g carbohydrate,
2 g fiber, 19 g protein, 330 mg calcium.



■ Fruit Crisp

Yield: 6 servings

Ingredients

- 1 cup rolled oats, quick-cooking or regular
- 1/2 cup all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup (1 stick) butter or margarine, softened (not reduced fat)
- 4 cups fresh or frozen fruit such as sliced apples, peaches, apricots, blueberries, or rhubarb

Equipment

- Medium-sized mixing bowl
- Measuring cups and spoons
- Knife
- Pastry blender, fork or 2 knives
- 2-quart baking dish or 8"x8" baking pan
- Potholder
- Non-stick cooking spray

Order of Work

1. Preheat oven to 350 degrees F.
2. Lightly coat baking dish with non-stick cooking spray.
3. Place rolled oats, flour, brown sugar, salt, and cinnamon in the bowl and mix to blend.
4. Add softened butter or margarine and blend well with pastry blender, fork or 2 knives.
5. Arrange fruit in prepared baking dish.
6. Spread oatmeal mixture on top of fruit and press down lightly.
7. Bake about 30 minutes or until topping is brown.
8. Serve warm or cold with milk or ice cream.



■ Cherry Jumble

Yield: 9 servings

Ingredients

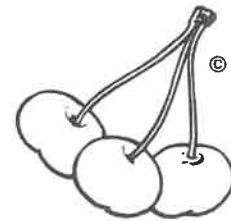
- 1 can (14 to 16 oz.) sour unsweetened red cherries (about 2 cups)
- 1 tablespoon butter or margarine
- 1/2 cup granulated sugar
- 1/8 teaspoon cinnamon

Dough mixture:

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons butter or margarine (not reduced fat)
- 1/2 cup water

Equipment

- Non-stick cooking spray
- Baking pan (8"x8")
- Can opener
- Small saucepan
- Measuring spoons
- Measuring cups
- Spatula or knife
- Fork or pastry blender
- Mixing bowl
- Scraper
- Hot pads



Order of Work

1. Preheat the oven to 375 degrees F.
2. Lightly coat the baking pan with non-stick cooking spray.
3. Open can of cherries. Pour cherries and juice into a small saucepan. Add butter, sugar, and cinnamon. Bring to a boil. Remove from heat.
4. Measure flour.
5. Place flour in a bowl with sugar, baking powder, and salt. Stir together. Add fat and mix with a pastry blender or fork. (Ask someone to show you how.)
6. Add water to flour mixture. Stir only until lightly blended.
7. Spread dough evenly in baking dish. Spoon hot cherry mixture evenly over the top. It's hot so use hot pads and be careful putting it in the oven.
8. Bake about 20 to 30 minutes. Cake should spring back when touched gently with the fingers.
9. Serve warm with cream, ice cream, or plain.



◆ Snickerdoodles

Yield: 3 dozen cookies

Ingredients

- 1 1/2 cups sugar
- 1 cup butter or margarine, softened
- 1 teaspoon vanilla
- 2 eggs
- 2 3/4 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 teaspoons cinnamon

Equipment

- Measuring cups and spoons
- Mixing bowls, large and small
- Cookie sheet
- Spatula
- Cooling rack

Order of Work

1. Preheat oven to 400 degrees F.
2. In large bowl, cream together sugar, butter, vanilla, and eggs.
3. Add flour, cream of tartar, baking soda, and salt to creamed mixture; blend well.
4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
5. Shape dough into 1-inch balls.
6. Roll balls in sugar mixture.
7. Place balls 2 inches apart on ungreased cookie sheet.
8. Bake for 8 to 10 minutes or until cookies spring back when lightly touched with the fingers.
9. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. When cool, store cookies in a container with a tight lid.

Nutrition Facts per Cookie: 118 calories, 5 g fat, 97 mg sodium, 16 g carbohydrate, less than 1 g fiber, 1 g protein, 3 mg calcium.

