

**MEATS & MAIN DISHES**

**CRAWFISH AND RICE**

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|--|---------------------------|
| 1 onion  | 1 can cheddar cheese soup |
| 1 bell pepper  | 1 can diced Rotel         |
| 3 tbsp. butter or margarine                              | salt & pepper to taste    |
| 2 lb. peeled crawfish or 1 lb. shrimp and 1 lb. crawfish | 1 tsp. Tabasco            |
| 1 can cream of mushroom soup                             | 2 tsp. Filé               |
|  | 1 ½ c. water              |

Sauté onion, and bell pepper in butter until tender. Add crawfish or shrimp. Add all other ingredients and simmer on low about 15 minutes. Serve over cooked rice. You may want to make a casserole out of this by putting the cooked rice in with the crawfish mixture; top with cheese and bake about 20 minutes at 375°.

*Sarah Prine*

**HAMBURGER AND FRIES**

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|-------------|---------------------|
| ground meat | frozen French fries |
| season salt | skillet             |
| pepper      | oil                 |

Season ground meat with season salt and pepper. Make a ball out of the meat and then flatten it out. Place it in the skillet and cook on both sides until done. Heat the oil until a drop of water will bounce on it. Carefully put the frozen French fries into the oil. Cook until golden brown. Serve together with garnishings of your choice. Don't forget the ketchup!

*Anonymous Child*

**HEAVENLY TURKEY CASSEROLE**

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|------------------------------|-------------------------|
| 3 medium turkey wings        | 1 small onion           |
| 1 pkg. elbow macaroni        | celery or celery flakes |
| 1 can cream of onion soup    | garlic powder           |
| 1 small pkg. American cheese |                         |

Boil turkey wings with salt, pepper, onion, garlic powder, and celery until tender enough to de-bone. Take all skin off. Put de-boned turkey into Vision roaster, pour broth into roaster and put in macaroni, cheese, and 1 can cream of onion soup. Mix together. Bake for 30 minutes.

*Wynona Gayfield  
Wynona's Cuts & Curly*