

MEATS & MAIN DISHES

MAMA LOU'S MEATLOAF

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| 2 or 3 lbs. ground chuck | 2 tsp. bacon drippings |
| 1 lb. bulk sausage | 1 egg |
| 2 tsp. worcestershire sauce | 10 saltine crackers |
| ½ c. BBQ sauce | 1 tsp. salt, pepper, & garlic powder |
| ½ c. onions, chopped | Can add 1 lb. ground turkey |
| ½ c. bell pepper, chopped | |
| ¼ c. brown sugar | |

Mix all ingredients and make a loaf. Bake at 350° approximately 1 hour, then top with BBQ sauce.

Karen Wiggins

CHICKEN SPAGHETTI

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| 1 whole chicken, cooked and de-boned | 1 tbsp. chili powder |
| 4 tbsp. flour | 1 small can tomato sauce |
| 1 onion, chopped | ½ tsp. garlic powder |

In large boiler or skillet, brown 4 tablespoons flour, 4 tablespoons bacon drippings, salt and pepper until golden brown. Stir in chili powder, tomato sauce, and broth from chicken. Let cook slowly for about 20 minutes, then add chicken, cooking slowly for another 20 or 30 minutes. Stir occasionally to keep from sticking. Cook spaghetti in another pot according to directions. When done, add to spaghetti sauce to desired thickness.

Charlene Ward

S.O.S

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| ½ lb. hamburger meat | Salt and pepper |
| 4 tbsp. flour | Milk |

Brown hamburger meat in skillet. Add salt and pepper. When meat is brown, reduce heat and add flour and brown slowly. Add milk, stirring often, making gravy. Serve over toast.

Charlene Ward