

**Beef**

**DINNER IN A DISH**

- 1 pound ground beef
- 1 onion, chopped
- 1/4 cup vegetable oil
- Dash of chili powder
- Salt

- 1 tablespoon all-purpose flour
- 2 6-ounce cans tomato paste
- 1 15-ounce can cream style corn
- 1/4 pound 4-ounces Velveeta cheese

Brown meat and onions in oil; cook until done. Blend in flour, salt, chili powder, stirring well. Add tomato paste, corn and cheese; stir well. Cook until heated through. Serve over noodles, rice, biscuits, or toast. Serves 8.

*Wenonah Lafferty  
Caldwell Parish (Columbia)*

**STEAK DISH**

- 1 pound round steak
- 3 tablespoons vegetable oil ✓
- 1 6-ounce can mushrooms, drained
- 1 1 3/8-ounce package dry onion soup mix

- 1/3 cup water
- 1 cup commercial sour cream
- 3 tablespoons all-purpose flour
- Hot cooked rice

Cut steak into strips, 1/4-inch wide. Brown meat in hot oil. Add mushrooms, onion soup, and water to steak; bring to a boil. Combine sour cream and flour; add to steak. Cook over low heat until mixture thickens and meat is tender. Serve over hot cooked rice or noodles.

*Marie Harper  
Tangipahoa Parish (Hammond)*

**MAE'S CASSEROLE**

- 1 pound ground beef
- 1 cup chopped green pepper
- 1 cup chopped celery
- 1 10 3/4-ounce can cream of mushroom soup, undiluted

- 1 cup uncooked long grain rice
- 1 10 1/2-ounce can onion soup (with beef stock)
- Salt, pepper and red pepper to taste

In pot, brown meat until done; drain fat. Put the browned meat in large pyrex dish. Add the remaining ingredients. Season with salt, black and red pepper. Cover; bake at 350 degrees for about 1 hour or until done.

*Anna Belle Davis  
Pointe Coupee Parish (New Roads)*

1 1/2 pounds  
1/4 cup all-pu  
1/4 cup chop  
1 clove garlic  
3 tablespoo  
shortening  
1 1/2 cups wa

Trim excess f  
with flour. In  
water, tomat  
and simmer;  
cup water; s  
*Mrs. Lavonn  
Concordia P*

1 eye-of-rou  
Adolf's mea

Preheat over  
purée on toj  
pan. Bake a  
in oven 2 h

*Mrs. John V  
East Baton*

1 cup wash  
grain rice  
1 10 3/4-our  
chicken s  
1 10 1/2-our  
undiluted  
1 pound gr

Preheat ove  
3-quart cas  
for 1 1/2 hou

*Mrs. Ronak  
St. James*