

### CHICKEN IN FOIL

4 chicken breasts  
1 c. rice  
2 c. water  
Salt

Pepper  
2 T. paprika  
1 pkg. dried onion soup  
1 can evaporated milk

Cook rice in water. Place in double layer of foil. Pour milk over rice. Sprinkle soup mix over this. Place chicken on top. Repeat with layer of rice, milk and soup. Wrap tightly and bake at 350° for about 1 hour.

Melody Harris

### STUFFED BELL PEPPERS

6 med. bell peppers  
1/2 c. chopped onion  
1 (1-lb.) can tomatoes  
2 T. Worcestershire sauce  
1 lb. ground beef

1 T. salt  
1 T. pepper  
3/4 c. Minute Rice  
1 c. shredded cheese

Cut tops off peppers. Remove seeds and membranes. Pre-cook pepper in boiling water for about 5 minutes. Drain. Brown meat and onion. Add tomatoes and rice. Add Worcestershire sauce, salt and pepper. Cover, simmer until rice is tender. Add cheese and stuff mixture into peppers. Bake for 25 minutes in 350° oven. Serves 6. Serve with garlic bread.

Lorria Sarotte

### THREE BEAN DELIGHT

1 lb. link sausage  
1 lb. hamburger meat  
1 onion, chopped  
1 can kidney beans

1 can great Northern beans  
1 can jalapeño pinto beans  
1 can cream of chicken soup  
1 can Ro-Tel

Sauté meat, sausage slices and onion. Combine remaining ingredients and simmer 20 minutes. Serve over rice with cornbread.

Cheral Munn