



(We've really come a long way, baby.)

ONE-POT COOKING (CASSEROLES AND MAIN DISHES)

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For the Wichita Chapter of:



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Whether you turn to the stove for survival or for fun, this book has something in it for you.

Some of the recipes are original creations contributed by Wichita NOW members. Others have been published in newspapers. We have used several from the Christian Science Monitor's Thursday Food Section in particular. A few have been passed down within a family from generation to generation. Some take time and skill. Some are quick and easy. All of them are good.

Enjoy

Wichita NOW



"Above the titles of wife and mother, which although dear, are transitory and accidental, there is the title human being which precedes and out-ranks every other."

Mary Livermore

Reformer

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HAWAIIAN CHICKEN

2 lbs. chicken - fryer cut	1 lb. canned pineapple
4 T. flour	Salt and pepper
1 c. green grapes (fresh)	4 T. cooking oil

Heat oil in skillet. Dredge chicken in flour and salt and papper. Quickly brown chicken on all sides. Place browned chicken in baking dish. Cover chicken with pineapple tidbits with the juice, and the green grapes. Bake 1 hr. at 350°. Baste after 30 mins. baking with pan juices in baking dish.

BROCCOLI CHICKEN CASSEROLE

2 c. boned chicken*	2 pkg. frozen broccoli
1 can creamed mushroom soup	1 can cream of chicken soup
1 can cheddar cheese soup	1 can cream of onion soup

Mix all ingredients; add 2 c. uncooked rice. Place in baking dish. Top with pkg. frozen onion rings. Bake 45 mins. at 350°. Serves 6.

*For boned chicken: Place chicken in 1 c. water in cooker with seasonings -- salt, pepper, poultry seasoning. Cook 45 mins. at 15 lb. pressure. Let cooker cool until pressure is down. Drain stock and reserve in refrigerator for other recipes. Chicken will drop from bone and can be chopped to desired size.

POTATO HAM SUPPER

6 med. potatoes, peeled	2 c. chopped ham
1 med. onion	6 T. flour
1 c. sour cream	1/2 c. milk
salt and pepper	

Slice potatoes. Place one layer of potatoes in buttered casserole. Sprinkle with 1 T. flour, salt and pepper. Mix ham and sour cream. Place a light layer of ham over potatoes. Repeat until all ingredients are used. Pour milk over top. Sprinkle with butter bread crumbs or salad croutons. Bake 1 hr. at 325°.

TUNA TETRAZZINI

- 2 tablespoons chopped onion
- 1 tablespoon butter or margarine
- 1 can (10 3/4 oz) condensed cream of mushroom soup
- 1/2 cup water
- 1/2 cup shredded sharp Cheddar cheese
- 1 can (about 7 oz) tuna, drained and flaked
- 2 tablespoons diced pimento
- 1 tablespoon chopped parsley
- 2 cups cooked spaghetti

In saucepan cook onion in butter until soft. Blend in soup, water, and cheese. Cook over low heat until cheese melts; stir occasionally. Add tuna, pimento, parsley, and spaghetti. Heat, stirring occasionally. Makes about 3 1/2 cups.

Of course you can substitute 8 oz. cooked, chopped chicken for the tuna!

SUMMER SAUSAGE

- | | |
|----------------------------|--------------------|
| 2 lbs. lean hamburger | 1/8 t. garlic salt |
| 2 T. Morton's Tender Quick | 1/2 t. pepper |
| Salt | 1/8 t. salt |
| 1 T. liquid smoke | 1 c. water |

Mix and shape into 3 rolls. Wrap in plastic wrap and chill 24 hours. Remove wrap and bake 1-1/2 hrs. at 300°. Chill. Slice as cold cuts for serving.

RICE DISH

- 1 small can mushrooms
- 1/4 c. butter
- 1 t. oregano. Saute. Add:
- 1 c. uncooked long grain rice
- 4 green onions, chopped with tops
- 2 cans beef bouillon and 1/2 c. water.

Mix and bake 1 hr. at 450°.

CAREER WOMAN'S BOILED DINNER

4 medium potatoes, cut into bite size pieces
1 T. beef bouillon
2 16-oz. cans Shellie Beans
2 c. leftover meat - ham, roast beef - cut
into bite size pieces

Boil potatoes until tender. Drain juice from beans into pan with bouillon and bring to a boil. Add beans, meat and drained potatoes. Salt and pepper to taste. Serves 4.

BUSY MOTHER'S BARBECUE BEEF

6-8 lb. beef brisket 4 t. salt pepper

Place in crockpot, with 1 c. water. Cook on low 12-24 hrs. When you have time, after 12 hrs. remove from pot and slice through the brisket, cross-grain, in 1/2" slices. Remove liquid from crockpot. Add 3 c. water and barbecue sauce:

4 c. chopped onions 28 oz. catsup
1/2 c. vinegar 4 T. Worcestershire sauce
2 drops hot sauce 1 c. brown sugar
2 t. mustard

Add meat. Simmer on low 4-8 hrs., or 2-4 hrs. on high setting.

HAMBURGER PIE

2 T. margarine 1/4 c. chopped onion
1 lb. hamburger 1 c. tomato soup
1/2 t. salt pepper

Brown onion and hamburger. Drain excess fat. Add tomato soup, salt and papper. Pour into baking dish. Top with 1-1/2 c. Bisquick and 3/4 c. milk mixed into dough. Bake 20 mins. at 425°. Serve in baking dish, or invert on platter.

SALMON-STUFFED SPUDS

- 4 large uniform potatoes
- 2/3 cup (1 small can) evaporated milk
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 2 tablespoons chopped onion
- 1/3 cup chopped green pepper
- 1 cup (7 1/4 oz can) salmon, drained
and flaked
- 1/2 cup shredded Cheddar cheese

Scrub potatoes and butter skins; prick with fork. Bake in preheated 400° oven for about one hour or until tender when pierced with a fork. Cut an opening in top of each potato, scoop out insides and put through a ricer, food mill or mash. Combine remaining ingredients except salmon and cheese; beat until light and fluffy. Stir in salmon and cheese; refill shells. Return to oven and bake an additional 15 minutes.

SIX-LAYER DINNER

Serves 10 - 12

Place a thick layer of sliced raw potatoes in a deep baking dish, well buttered.

Wash 1/3 cup rice, parboil and sprinkle over potatoes. Cover rice with 1 1/2 pounds ground beef. Add a thick layer of sliced onions. Add a layer of chopped carrots and green pepper.

Pour over 1 quart canned tomatoes to which 1 tablespoon salt and 1 teaspoon sugar has been added. Sprinkle with pepper.

Cover tightly and place in moderate oven for 2-1/2 hours.

RAGOUT de BOEUF

4 lb. beef, cut in 1" cubes
salt and pepper
Flour
1/4 c. margarine
2 large onions, chopped
1 clove garlic, chopped
1 can plum tomatoes
(1 lb.-14-Oz. size
undrained)
1 c. dry red wine
16 small new potatoes
16 small whole onions
2 c. mushrooms (canned or fresh)
2 c. baby whole carrots, drained
3 T. flour mixed with 1/2 c. water.

Sprinkle beef cubes with salt and pepper, then with flour. Heat margarine in Dutch oven and brown beef on all sides. Add onions, garlic, tomatoes and red wine. Cover and simmer for 1-1/2 to 2 hrs. until beef is tender. Add potatoes, onions and carrots. Simmer 20 mins. Add flour mixed with water. Stir over low heat until sauce thickens and bubbles. Serve hot.

LEMON BRAISED STEAK

1 T. butter
1 clove garlic
1/2 t. salt
1/8 t. pepper
1 pkg. instant beef broth
3/4 c. water
1 veal bone-in round steak
(about 2 lbs.)
1/4 t. basil
2 T. lemon juice

Melt butter and brown steak on both sides. Add remaining ingredients and simmer, covered, over low heat 45 mins. until meat is tender. Serves 4-6.

VERY SPECIAL MUSHROOM STEW

- 1/4 cup oil
- 2 1/2 pounds boneless beef chuck or shoulder,
cut in 1-inch cubes
- 1 teaspoon finely minced garlic
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/3 cup flour
- 1 can (10 3/4 oz) condensed beef broth
- 1 cup apple juice or water
- 1 carrot peeled and halved
- 1 celery rib, halved
- 4 spring parsley
- 1/4 teaspoon thyme leaves, crushed
- 1 bay leaf
- 1 pound small white onions, peeled
- 1 pound fresh mushrooms or 2 cans
(6 to 8 oz each) sliced mushrooms
- 2 tablespoons lemon juice
- 1/2 cup heavy cream or light cream
- 2 egg yolks

In large, heavy saucepan or Dutch oven, heat oil until hot. Add meat and brown well on all sides, about 15 minutes. Stir in garlic, salt, and pepper. Sprinkle flour over meat; stir to blend. Add broth, apple juice, carrot, and celery.

Tie parsley, thyme, and bay leaf in a cheese-cloth bag and add. Simmer covered for 45 minutes, stirring occasionally. Add onions, cook for 15 minutes. Meanwhile, rinse, pat dry, and slice fresh mushrooms (drain canned mushrooms) and add mushrooms to stew. Cook 15 minutes longer. Remove and discard cheese-cloth bag, carrot, and celery. Stir in lemon juice. Beat together cream and egg yolks. Stir in some of the hot liquid mixture into

the egg yolk mixture and return all to saucepan, stirring constantly. Heat until hot. Serve with buttered noodles and French bread, if desired. Serves 6 to 8.

THICK STEAK SOUP

(For the basic meat and potato family!)

Saute 2 lbs. ground round. Pour off fat. In soup pot: melt 1 stick margarine and stir in 1 c. flour. Slowly add 6 c. water, stirring. Add meat to soup. Add:

1 c. onions
1 c. carrots
1 c celery
1 pkg. frozen corn
3 med. potatoes, cubed
1 lb. can tomatoes

Add 1 T. Accent, 2 T. Bovril, 1 t. pepper and salt to taste. Bring to boil. Then lower heat and simmer 3-4 hours, stirring occasionally. May be frozen or stored in refrigerator. Even better when reheated.

CHILI

2 lbs. hamburger	2 cans kidney beans
1 12 oz. beer	4 8 oz. cans of
1 large onion, chopped	tomato sauce
1 lb. brick chili, broken	chili peppers (option)
3 T. chili powder	1 t. cumin
dash cayenne pepper	salt and pepper to taste

Saute hamburger and onion until hamburger is browned and onion clear. Add tomato sauce, chili powder, cumin, chili peppers and cayenne pepper. Let simmer about 5 mins. Add brick chili and beans and simmer until chili melts. Add beer and simmer until ready to serve, adding more beer if more liquid is needed.

BEEF STROGANOFF

- | | |
|--|--------------------------|
| 1 T. flour | 1/2 t. salt |
| 1 lb. beef sirloin,
cut in 1/4" strips | 2 T. butter |
| 1/2 c. chopped onion | 1 c. sliced
mushrooms |
| 1 clove garlic, minced | 1 T. tomato paste |
| 1-1/4 c. beef stock or
1 can condensed beef broth | 1 c. sour cream |
| 2 T. cooking sherry | |

Combine flour and salt. Dredge meat strips in flour. Heat skillet, then add butter. When butter is melted, add meat. Quickly brown, turning to brown on all sides. Add mushrooms, onions, and garlic. Cook 3-4 mins. until onion is clear.

Remove meat and mushrooms from skillet. Add 2 T. butter to pan juices. Blend in 3 T. flour. Add tomato paste. Slowly pour in cold meat stock, cook stirring constantly until thickened. Return meat and mushrooms to pan. Stir in sour cream and sherry. Heat briefly. Serve over cooked rice. Serves 4-5.

BROCCOLI SOUFFLE

- 2 pkg. frozen chopped broccoli
- 1 can cream of mushroom soup
- 3 T. grated onion
- 2 eggs, beaten
- 4 oz. grated cheddar cheese
- 1 c. mayonnaise
- salt and pepper to taste

Place in casserole and top with crumbs. Bake 40 mins. at 350° without cover.

OLD ENGLISH OLIVE RAREBIT

- | | |
|-----------------------|--------------------------|
| 2 T. margarine | 2 T. flour |
| 1 c. sauterne | 4 c. grated cheese |
| 3/4 t. dry mustard | 1/2 crushed clove garlic |
| 1/2 t. Worcestershire | Speck cayenne |
| 1 c. ripe olives | 12 slices Pumpernickel |

Melt butter in double boiler, blend in flour, add wine and cheese, stirring. Add seasonings. Cut bread into 2 triangles. Place in baking dish, cover with sauce. Bake 5 mins. at 400°.

SWEET AND SOUR BAKED BEANS

8 slices of bacon, fried crisp and crumbled.
Saute 4 large onions cut in rings, and strips
of green pepper.

Add: 3/4 c. brown sugar 1 t. dry mustard
 1/2 t. garlic powder 1 t. salt
 1/2 c. vinegar pepper

In large baking dish add:

2 1-lb. cans lima beans
1 1-lb. can green lima beans
1 1-lb. can red kidney beans
1 1-lb.-11-oz. can Morton House baked beans
(do not drain).

Cover with mixture from skillet. Top with bacon.
Bake 1 hr. at 350°.

HAM AND ASPARAGUS DISH

Cubed ham
Asparagus tips (precook 3 mins., if fresh)
Fresh mushrooms
Cheddar cheese squares
Hard cooked eggs

Combine in layers, ham, asparagus, mushrooms,
cheese, then eggs, in buttered baking dish.
Cover with 1 can cream of mushroom soup. Top
with buttered crumbs. Bake at 350° until crumbs
are browned.

CHICKEN DIVAN

3 chicken breasts cooked and chopped
2 10-oz pkdgs. frozen broccoli
2 cans cream of chicken soup 1 t. lemon juice
1 c. mayonnaise 1/2 t. curry

In buttered baking dish, spread layer of broccoli,
top with mixture of chicken and all other ingredients,
then layer again. Top with 1/2 c. grated cheese,
1/2 c. cracker crumbs and 2 T. butter. Bake
25 mins. at 350°.

POTATO CASSEROLE

8 medium potatoes
1 bay leaf
1/2 stick butter - melted
1 can cream of chicken soup (undiluted)
1/2 pint sour cream
1/2 teaspoon pepper
3 green onions - chopped
2 cups (1/2 pound) grated sharp Cheddar
1/2 cup crushed cornflakes

Cook potatoes in jackets with bay leaf until barely tender. Cool. Peel and dice. Add butter to soup, stir until smooth. Blend in sour cream and onions and 1 1/2 cup cheese. Pour over potatoes and stir gently until blended. Spoon into 2 1/2 quart casserole. Bake uncovered at 350° 30 minutes.

Combine rest of cheese and cornflakes and sprinkle over top. Bake 10 minutes longer.

CREAMED DRIED BEEF

6 oz. beef, wafer thin 3 T. margarine
3 T. flour 1-1/2 c. milk
1/2 t. Worcestershire sauce

Cook dried beef in margarine, stirring. Blend flour into margarine. Gradually add milk. Cook, stirring constantly until thick. Add Worcestershire sauce and dash of pepper. Season with salt -- if needed -- check! Spoon over chow mein noodles, toast points, biscuits, mashed potatoes or rice, as preferred. Serves 4.

CHICKEN IBERIA

1 chicken (3 lbs.) cut in quarters	
2 T. flour	1/2 t. salt
1/8 t. pepper	2 T. margarine
2 T. olive oil	1 clove garlic, minced
1 6-oz. can frozen orange juice	1 t. oregano
1/2 c. chicken broth or water	1 green pepper, sliced
1 red onion, sliced	
1/2 lb. mushrooms	1/2 c. black olives

Wash chicken, pat dry. Mix flour, salt and pepper, dredge chicken in flour. Melt butter in large skillet, add oil; saute garlic; add chicken and brown on both sides. Mix orange juice, chicken broth and oregano; pour over chicken. Cover and cook 15 mins. Baste chicken with pan juices. Add green pepper and onion; cover, cook 5 mins. Add mushrooms and black olives; cover, cook 5 mins. or until chicken is tender.

LORA'S "USE-YOUR-NOODLE" CASSEROLE

Lora Warren

1 lb. hamburger	1 med. onion
1 can tomato soup	1 can mushroom soup
1 med. pkg. dry egg noodles	

Brown hamburger, add onion and stir until onions are clear. Drain. Stir in uncooked noodles, and both cans of soup with 1 can of water. Pour into casserole. Top with crushed potato chips. Bake 15 mins. at 350°. While hot, top with grated cheese, and serve. Serves 4 adults or 2 youngsters.

EASY BIEROCKS

1 lb. hamburger	8 oz. hash browns
1/2 c. shredded cabbage	1/4 c. chopped onion
1/2 t. sweet basil	Salt and pepper
2 pkgs. crescent rolls	

Cook hamburger, cabbage, potatoes, onion and seasonings until hamburger is brown and vegetables are done. Drain. Spread rolls on cookie sheet into 4 rectangles. Pinch together perforations. Spread 1/8th meat mixture on dough. Fold up sides and seal. Bake 10 mins. at 375°. Serves 8.



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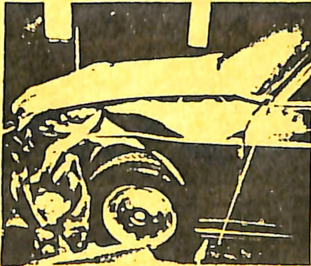
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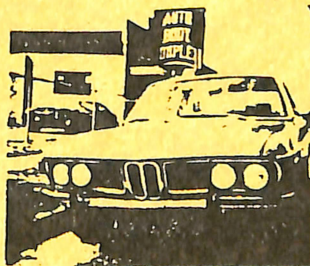
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