



## BUSY WOMAN'S QUICK COOKING

Compiled by:

Betty Johnston  
Mary Taves  
Joyce Purcell

FOR THE WICHITA CHAPTER OF





PLAZA TV & APPLIANCES

FEATURING MICROWAVE Ovens  
AND MINI REFRIGERATORS

Sylvania

Tappan

Westinghouse

Norge

Amana

OPEN 10 A.M. TO 6 P.M. MONDAY THROUGH SATURDAY

632 SOUTH WEST STREET

We Service All Brands and Sizes of

Electrical Appliances - Pickup and Delivery

942-7923

## EVERYPERSON'S COOK BOOK

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

UCO Women's Research & BGLTQ+ Center  
100 N. University Dr  
Edmond, OK 73034

TX  
714  
.E947  
1970z  
[v.1]

## QUICK COOKING

This booklet contains recipes for having a meal prepared within 1 hr. from the time of beginning. One way to accomplish this is to have the main dish prepared and awaiting you in a slow cooker. Some main dishes for slow cooking:

### COC AU VIN

Place 1 whole chicken or cut-up fryer in 2 c. water, with salt, pepper, dash of thyme and sprinkle of poultry seasoning in slow cooker. Add 1 med. onion, 1 carrot, cut in circles, 1 stalk of chopped celery and 1/2 c. white wine. Set crockpot on medium heat for 4-5 hours, if it is set on a timer, or 8 hours on low, if you have to leave it for a day. When ready to serve, remove chicken and spices from the juices. Add 4 T. flour, 1/2 t. salt and sprinkle of pepper to stock and stir until creamy. Serve the chicken on a bed of rice or cooked noodles, covered with the gravy

### HAM AND BEANS

Prepare diced ham or chunks of ham (2 cups); add 1 med. diced onion, and 1 stalk of celery, diced. Place in slow cooker with 6 c. water, and 4 c. dried beans (any type of dried beans you prefer). Cook on high setting for 8 hours. Serve with cornbread and salad.

### NEW ENGLAND BOILED DINNER

1 small corned beef brisket	2 whole carrots
2 whole med. onions	1 med. head cabbage
4 med. potatoes	Salt and pepper
2 whole turnips	Bay leaf
2 c. water	Pinch of rosemary

Place all ingredients in slow cooker. Cook at medium 6-7 hours. Serve with fruit salad, and cheese biscuits.

Pressure cooking is the next step to cover in quick cooking, and if you have a pressure cooker or acquire one for this purpose, be sure that you are familiar with its instructions and cautions contained in the materials with the cooker. Used as directed, it can become a very good friend:

#### CHICKEN AND DUMPLINGS

Prepare whole chicken for cooking, place in pressure cooker with salt, pepper, poultry seasoning, 1/2 c. chopped onion, and 1 diced or grated carrot. Pressure 30 mins. at 15 lb. Quickly cool the cooker. With cooking fork, remove the bones from the chicken, leaving the juices in the pan. Separate the chicken meat into bite-size chunks as you are removing the bones. Add to the chicken, 4 T. flour, salt and pepper. Bring to a boil. Prepare refrigerated biscuits into 20 balls (cut in half and gently rolled). When chicken is boiling, quickly drop the biscuit balls into the pan, and cover immediately. (Do not use the pressure cooker lid to cover -- use a separate lid.) Cook, covered, (without opening lid) for ten minutes. Serve immediately. Serves 6.

#### BUSY DAY POT ROAST

2 lb. beef roast	2 T. flour
6 med. potatoes	2 med. onions
2 peeled carrots	1 stalk celery
Salt and pepper	Bay leaf
Sprinkle of sage	Pinch of rosemary

Brown roast in pressure cooker, after dusting with flour. Add seasonings. Peel potatoes and place on top of meat. Add carrots, onions and celery. Sprinkle additional salt and pepper over top for vegetables. Cook 40 mins. at 10 lbs. pressure. Remove vegetables and meat to platter. Thicken pan juices with 1-1/2 T. cornstarch and 1/4 c. water. Add to juices. Bring to boil and serve. Serve with angel biscuits and fresh fruit plate.

Microcooking recipes must be adjusted for your own oven requirements.

#### QUICHE LORRAINE

8 slices bacon	1 c. milk
9" baked pastry shell	2/3 c. evaporated milk
3 eggs	1-1/2 c. shredded Swiss cheese
1 t. salt	Dash nutmeg
Dash pepper	

Arrange bacon between paper towels on paper plate. Cook on high 7 mins. until crisp. Prepare and cook pastry shell conventionally. Beat together eggs, salt, pepper and nutmeg. Measure milk into 4 c. measure. Add evaporated milk. Cook high, uncovered, 5 mins. or until hot. Arrange cheese in bottom of pastry shell. Crumble bacon over top. Add hot milk to egg mixture. Beat well. Pour into pastry shell. Cook high, uncovered, 3 mins. Then on defrost 5 mins. Carefully move cooked outer portion of filling to center. Cook on defrost 14 mins. more, or until knife inserted in center comes out clean. Let stand 10 mins. Cut into wedges to serve. Serves 5-6. Total time 44 mins. Serve with mixed vegetable salad, and your favorite wine.

#### SAUSAGE BALLS

1 lb. hot sausage	3 c. Bisquick
1/2 lb. grated cheddar cheese	

Mix all ingredients, and roll into balls. Can be frozen and stored. If so, microcook on defrost 7 mins. Then cover and cook 7 mins. Turn meatballs and cook again for 3 mins. Drain, if needed. Cook again 3 mins. Let stand 5 mins. before serving. Serves 4.

## BARBECUE GREEN BEANS

4 slices bacon, cut up and cooked with 1 onion until cooked. Add 3 cans drained green beans, 1 can tomatoes, 1/4 c. brown sugar, 1/2 c. barbecue sauce, salt and papper. Cook in pressure cooker 15 mins. at 15 lbs. Serves 6-8.

## FRESH GREEN BEANS AND MUSHROOMS

Wash and snap 1-1/2 lbs. fresh green beans into pressure cooker. Add 1 t. salt and dash pepper. Add 1 T. butter. Cook 45 mins. in pressure cooker at 10 lbs. Quickly cool cooker and remove lid.

Slice fresh mushrooms (6-12) into green beans, with 3 oz. slivered almonds. Cook on slow heat, without pressure cooker lid, but covered, for 15 mins.

## SCALLOPED POTATOES

6 large potatoes, peeled and sliced  
4 T. flour  
4 T. butter  
1 med. onion, diced  
1/2 c. ham, diced very small  
1/2 c. shredded cheese  
1 c. milk

Layer ingredients into pressure cooker, ending with cheese. Cook 10 mins. at 10 lbs. Quickly cool. Remove from heat and let stand 15 mins. Serves 6.

## BREADED TOMATOES

1 2-1/2 can tomatoes	Dash cloves
4 slices buttered toast	1/8 t. cinnamon
1/8 t. salt	1 T. brown sugar
1/4 t. pepper	1 sm. minced onion

Cut toast into 1" cubes. Simmer remaining ingredients until thick, or thicken with 1 t. cornstarch. Pour over toast when ready to serve.

## Fiesta Pie

In oiled cassarole, place a layer of corn chips, slightly broken, spread over the chips 1/2 can of chili with beans, spread over the chili 1/2 can whole-grain corn; spread layer of lightly broken corn chips, spread over chips 1/2 can of chili without beans, spread over chili 1/2 can of whole-grain corn, spread remaining slightly broken corn chips spread with remaining chili, 1/2 can each of chili with beans and without beans, top with 1 chopped medium onion and grated cheese. Place in moderate oven for 15 minutes, until bubbles begin. Serve immediately with tossed grean salad and fruit cups.

## Dinner-In-A-Dish

Brown 1 lb. hamburger with 1 large onion. Add 1 chopped grean pepper only to heat the pepper. Drain hamburger. Mix in cassarole with 1 lb. can of stewed tomatoes, and 1 can cream-style corn. Top with buttered bread crumbs and bake until thoroughly heated in moderate oven. Serve with cottage cheese and fruit salad.

Betty Johnston

## Slumgullion

Brown 1 lb. hamburger and 1 large onion. Drain, and add, in the skillet, 1 2-1/2 size can of pork and beans, 1 1 lb. can of tomatoes, salt, pepper and 1 T. chili powder. Simmer for 15 mins. and serve with relish plate of both fruit and vegetables.

Betty Johnston

## ONE PAN TUNA AND NOODLES

1/2 c. chopped onion  
2 T. margarine  
1 t. salt  
1/4 t. pepper  
1 can cream of chicken soup  
1 pkg. frozen peas  
4 c. wide egg noodles, uncooked  
1 soup can of milk  
Dash of curry  
Dash of poultry seasoning  
1 small can tuna, flaked  
(drain, if packed in oil)  
1/2 c. grated cheddar cheese

In 3-qt. saucepan, saute onion in margarine. Add all ingredients except cheese, bring to a boil, stirring constantly until noodles begin to get tender. Stir frequently. Add cheese, Turn off heat. Let stand 10 mins. before serving. Serves 4-6.

## SPECIAL CORNED BEEF HASH

1 tin corned beef                      2 T. cooking oil  
6 large baking potatoes (boiled in skins)  
1 large onion  
Salt and pepper

In skillet crumble corned beef into cooking oil, and thoroughly heat. Add peeled potatoes, and mash with meat fork to chunky texture. Salt and pepper to taste. Dice onion and stir into hash. Cook covered for 5 mins. Serves 4. Serve with barbecued green beans and whole wheat bread.

Precook the potatoes in the pressure cooker, with 1/2 c. water, at 10 lbs. for 15 mins. Just enough to cook through, but not enough to make mealy. Let cool while preparing the beef.

Betty Johnston

## SPAGHETTI AND CRAB

1/4 cup olive or salad oil  
1/2 cup chopped onions  
1 teaspoon chopped garlic  
1 teaspoon chopped parsley  
1 teaspoon chopped celery  
1 cup solid pack tomatoes  
1 cup tomato sauce  
1/4 cup sherry wine  
1 teaspoon black pepper  
2 teaspoons salt  
1/2 teaspoon paprika  
1 1/2 cups water  
1 pound fresh or canned crab meat  
1 pound spaghetti

Braise onions, celery, garlic, and parsley in oil until golden brown. Add tomatoes, tomato sauce, water and seasonings. Simmer for 45 mins. Add crab meat and wine and simmer a few minutes.

Cook spaghetti. Drain but do not wash. Add to sauce. Mix well. Pour on platter and sprinkle with grated cheese. Serve immediately. Serves 5 or 6 people.

(From Fishermen's Wharf)

## PORK CHOP DINNER

6 pork chops, browned in 2 T. oil, on both sides. Add to pork chops in the skillet, 6 sliced, unpeeled (but thoroughly scrubbed) baking potatoes, sliced about 1/4" thick, and 1 large onion, also sliced 1/4" thick. Top with 1 can golden mushroom soup, and 1 soup can of water. Cover and simmer 45 mins. Serves 6. Serve with sweet and sour cole slaw and angel biscuits, or other hot bread.

### EASY BRAN MUFFIN MIX

1 15 oz box raisin bran  
5 cups flour  
3 cups sugar  
5 teaspoons soda  
2 teaspoons salt  
4 eggs  
1 cup salad oil  
1 quart buttermilk  
2 cups chopped nuts

Mix flour, sugar, soda and salt in large bowl.  
Mix eggs, oil, and buttermilk, beating well.  
Add liquid mixture to dry mixture. Beat well.  
Add raisin bran and nuts.

Dough will keep in refrigerator 6 weeks.  
Also a handy recipe for serving a large group.  
Bake muffins at 400° for 15-20 minutes.

### QUICK PAN ROLLS

1 T. butter, melted                      2 pkgs. flaky biscuits

Preheat oven at 400°. Melt butter in 9" pan.  
Gently shape biscuits into balls. Roll in butter.  
Place in pan and bake 25 mins. (until brown).

### QUICK CHEESE BISCUITS

2 c. Bisquick                              1 c. milk  
1/2 grated cheese

Mix and bake as drop biscuits at 400 ° until brown.

### SUPREME SWISS STEAK

2 lb. round steak, cut into serving pieces  
4 T. flour  
2 T. oil  
Salt and pepper

Brown floured and seasoned steak in oil, on both sides. Place in pressure cooker. Add:

1 can tomatoes  
1 chopped green pepper  
1 small can mushroom bits  
1 med. onion, chopped

Salt and pepper to taste. Add sprinkle of garlic salt. Cook 25 mins. at 10 Lbs. Let cool, but remove from heat, for ten mins. Quickly cool cooker and serve over rice. Serve with green salad and a slice of:

### THREE MINUTE CUSTARD PIE

2 c. milk  
1 c. sugar  
4 eggs  
4 T. margarine  
1/2 t. vanilla  
1/2 c. Bisquick

Mix in blender 3 mins. Add coconut (1 c.) and stir. Pour into pie pan. Bake 45 mins. at 350°. makes its own crust, with coconut on top.

For variation add 1 c. raisins, soaked in hot water for 5 mins. and substitute 1/2 c. sour cream for 1/2 c. milk. Add 3 T. more sugar.

Or substitute 1 c. chopped peanuts for the coconut for peanut custard pie.

### INSTANT FRUIT CUP

Mix 1 2-1/2 can of fruit cocktail with 1 pkg. instant vanilla pudding. Let stand in refrigerator until set. Serve in Sherbert dish with dollop of whipped cream or whipped topping.

### BEV'S OLD ENGLISH CRISP

Mix 2 beaten eggs with 1-1/2 c. sugar, 1 c. flour, 2 t. baking powder, 1/2 t. salt. Blend in 3/4 c. finely chopped black walnuts and 2 c. finely chopped (unpeeled) apples. Spread in 13x9 greased baking dish. Bake 30 mins. at 350°. Serve topped with whipped topping.

### APPLESCOTCH

1 can pie-sliced apples	1/4 c. flour
1/2 pkg. butterscotch bits	1/4 c. sugar
1 T. quick-cooking tapioca	1/2 t. cinnamon
1/2 T. lemon juice	1/4 c. margarine

Combine apples, butterscotch bits, tapioca in 1-qt. cassarole. Sprinkle lemon juice over the top. Mix flour, sugar and cinnamon in small bowl. Cut in margarine until texture of cornmeal. Sprinkle over apple mixture. Microcook 10-12 mins. Serve warm with ice cream. Serves 4.

### FILLED PEARS

4 fresh pears, cut in half, cored and peeled. Place in baking dish, cut side up. Fill cavity with chopped dates. Sprinkle with brown sugar, grated coconut and butter. Pour 1/3 c. rose wine over pears and microcook 12 mins. Let stand before serving

## ICE CREAM TOPPINGS

### Fudge

Melt stick butter or margarine in double boiler. Add 1/2 c. smooth peanut butter. Add 4 T. instant chocolate-milk mix. Stir until creamy. Add powdered sugar to get hot fudge consistency and serve over ice cream.

### Butterscotch

Melt butterscotch bits over double boiler, add evaporated milk until consistency of thick cream, add 1/4 c. powdered sugar and beat.

### Strawberry

Thaw 1 pkg. frozen strawberries. Over very hot heat, cook strawberries with 1 T. cornstarch until consistency for ice cream topping. Let cool before serving.

### Cherry

Thaw 1 pkg. frozen cherries. Add 1 c. sugar and cook over low heat with 1 T. cornstarch until beginning to thicken. Let cool before serving over vanilla ice cream.

## CHINESE NOODLE COOKIES

1 pkg. chocolate chips                      1/2 pkg. butterscotch bits

Melt together in double boiler. Pour over 1 large can noodles mixed with 1 c. nuts. Stir until well mixed. Drop by spoonfuls onto waxed paper. Chill.

## FRUIT DELIGHT

1 c. small marshmallows  
1 c. drained pineapple tidbits  
1 c. drained mandarin oranges  
1 c. drained white grapes

Mix with 1 c. sour cream. Chill overnight.

### FIVE CUP SALAD

- 1 c. small marshmallows
- 1 c. whipped topping
- 1 c. cottage cheese
- 1 c. chopped nuts
- 1 c. cooked fruit
- 1 pkg. gelatin flavored for the fruit chosen.

Mix well, but lightly. Chill overnight.

### COOK'S SALAD

- 1 head lettuce, broken into bite-size pieces
- 1 bunch endive, chopped
- 1 cucumber, diced
- 2 carrots, grated
- 4 chopped green onions
- 4 chopped radishes
- 1/2 c. finely shredded cabbage
- 1/2 green pepper, chopped
- 2 medium tomatoes
- 3 hard cooked eggs, sliced
- 6 slices bacon, fried and broken into pieces

Mix salad with herb French dressing. Garnish with eggs and bacon.

### APPLE CABBAGE SALAD

- 2 c. chopped fresh apples with peel on.
- 1 c. shredded cabbage
- 1/2 c. raisins

Dressing: 1/2 c. mayonnaise  
2 T. evaporated milk  
2 t. sugar. Mixed well.

Toss salad with dressing and serve.



M 000 996 826



*Title  
IX*

A selection of feminist gifts  
that help get the  
message across.

## **Order NOW!**

- T-shirts for Women
- Mugs
- Notelets
- Buttons
- Bumper Stickers
- Books
- Stationery

For More Information Write or Call:

3411 Elmwood  
Wichita, Kansas 67218,  
682-9320

Our sincere thanks to all the  
members and friends of  
Wichita Chapter of  
NATIONAL ORGANIZATION FOR WOMEN  
for contributions and assistance  
in compiling this book.

Good meals start with good recipes. Good recipes deserve the finest, freshest ingredients...exactly the right herbs and spices...accompanied by superb condiments ...finished off, perhaps, with a great cup of coffee.

**Good cooks  
start their special plans  
at Larcher's.**



*Fine foods since 1920*