

# Casserole Meals Are Family-Pleasers

## PAN FRIED FRENCH FRIES WITH BARBECUED MEAT BALLS

Cut raw potatoes into small cubes, soak in cold water several hours, Dry thoroughly. Fry in skillet in half inch of hot fat or shortening, Stir potatoes to brown on all side.

### Meat Balls

1 tablespoon flour  
1 tablespoon sugar  
1 cup tomato juice  
2 tablespoons Worcestershire sauce.  
1 tsp. salt  
¼ tsp. pepper  
Bring to a boil. Shape one pound chopped meat into balls Brown in melted fat. Add sauce and simmer for a few minutes.  
Vera Arsenault  
St. Eleanors W.I.

## BEAN BOILER

½ lb. sausages (cook lightly)  
1 can red kidney beans  
1 cup apple (sliced-not peeled)  
1-4 cup brown sugar  
1 large onion diced  
½ cup tomato juice and 1 clove  
2 tsp. salt  
¼ tsp. pepper

½ tsp. chilli powder

Method: While sausages are cooking slice 1 cup apple, dice onion, add clove and garlic. Chop sausages mix with kidney beans and above ingredients and pour into greased casserole. Combine tomato juice, salt, pepper, chilli powder and brown sugar and pour over ingredients. Bake for 1½ hours in moderate oven. If it becomes dry add more tomato juice. Serve with tossed salad and rolls.

Mrs. Roy Thompson,  
Margate W. I.

## SCALLOPED TOMATOES

4 cups stale bread crumbs  
1 can tomatoes  
1 small onion, minced  
¼ cup grated cheese  
Salt and pepper to taste  
Break bread into small pieces put into greased casserole. Mix in minced onion, half of grated cheese. Salt, and pepper. Pour canned tomatoes over all. Sprinkle with remainder of cheese. Bake in 400 deg. oven for 30 minutes or until brown on top.

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## VEGETABLE CASSEROLE (Supper Dish)

1 cup diced potatoes  
½ cup diced onions  
1 cup diced carrots  
½ cup uncooked rice  
1 pound hamburger  
1 small tin canned tomatoes  
2 cups boiling water  
Place in casserole in order given, placing the hamburger on top. Bake in moderate oven for two hours.

Muriel Moase  
St. Eleanors W.I.

## POTATO CHEESE PUFFS

1½ cups cornflakes, slightly crushed  
2 tbsp. melted butter  
2 cups well-seasoned mashed potatoes



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1 cup grated cheese  
1 tsp. scraped onion.  
Mix cornflakes with melted butter. Combine potatoes, cheese and onion and mix thoroughly. Shape into balls, roll in buttered cornflakes, and place on greased baking sheet. Bake in a hot oven (400 deg. F.) 20 minutes. 6 servings

Mrs. Leslie Underhay  
Eglington, Howe Bay W. I.

## SUPPER DISH

(Meat Casserole)

½ lb. chopped meat  
3 medium potatoes (sliced thin)  
1 small onion  
1 can tomato soup  
6 soda crackers  
¼ cup grated cheese  
Salt and pepper to taste  
Mix meat and onion and place layer in greased casserole alternate with layers of potato. Pour

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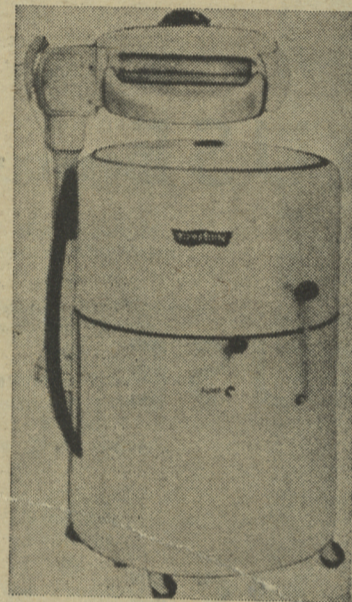


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