

An Original Super Budget Stretcher

COME ON NOW...STOP thinking that budget meals are blah. At least, they don't have to be. You can cut down on the cost of foods served and still have meals that are nutritious, look attractive and are a taste-delight to your family.

A magician's trick? Well, maybe. But the only card-up-the-sleeve needed to accomplish this feat is the original super budget stretcher, RICE. Because it costs only about three cents per half-cup serving, rice can be combined with less expensive proteins like beans or chicken for super economy meals. Or you may use rice to extend meats like ground beef and pork into more servings. Even if you want to serve expensive meats and seafood, rice can be there to help keep the overall cost of the meal down.

"MAGICIANS" HAVE BEEN performing this trick for centuries in other parts of the world, such as China, Japan, India, the Pacific and Caribbean Islands and Africa, to name a few. It's no new-fangled idea. Rice's track record of helping to provide adequate meals - even in meager circumstances - is unequalled. Try it and see!

In a large skillet saute bacon and onions until transparent. Add chicken and continue cooking about 5 minutes. Stir in remaining ingredients. Heat thoroughly. Makes 6 servings.

- Boston Baked rice and beans**
- 6 slices bacon
 - 1 cup chopped onions
 - 3/4 cup catsup
 - 1/4 cup brown sugar
 - 1 teaspoon each prepared mustard & liquid smoke
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 3 cups cooked rice
 - 2 cans (15 ozs. each) pinto beans

In a 10-inch skillet cook bacon until about half done. Remove bacon. Drain off all but 2 tablespoons fat. Add onions to skillet and cook until soft but not brown. Add remaining ingredients. Turn into a greased 2-quart casserole. Arrange bacon slices on top. Bake, uncovered, at 350 degrees for 30 to 35 minutes. Makes 6 to 8 servings.

- 1/4 cup seedless raisins
- 3 cups hot cooked rice
- 3 tablespoons chopped chives

Combine milk, bread, beef, onions, egg, and seasonings. Mix thoroughly. Shape into 18 balls. Place in a shallow baking pan. Bake at 350 degrees for 20 minutes. Meanwhile, combine remaining ingredients except rice and chives. Cook, stirring constantly, until thickened. Pour over meatballs. Continue baking 30 minutes longer. Toss rice and chives together. Spoon meatballs and sauce over chive rice. Makes 6 servings.

- Red Rice & Deviled Crab**
- RED RICE:**
- 1 1/2 oz. can tomatoes
 - 1 1/4 cups water
 - 1 cup rice
 - 1/2 lb. cooked smoked sausage, cut into slices
 - 1/2 cup French dressing
 - 1/2 cup chopped green pepper
 - 1 tsp. salt
 - 1/4 tsp. hot pepper sauce
 - Dash of pepper

Combine ingredients; bring to boil.

Cover, simmer 3 to 35 minutes or until rice is tender, stirring occasionally. Makes 6 to 8 servings.

- DEVILED CRAB:**
- 3 cups soft bread crumbs
 - 2 6 oz. pkgs. frozen crab meat, thawed, drained, flaked
 - 1/4 cup chopped celery
 - two-third cups Kraft Real Mayonnaise
 - 2 tbs. finely chopped onions
 - 2 tsp. Kraft pure prepared mustard
 - 1/4 tsp. cayenne pepper
 - 1/4 tsp. salt
 - 2 tbs. Parkay margarine, melted

Combine 2 cups bread crumbs, crabmeat, celery, mayonnaise, onion, mustard and seasonings; mix well. Place mixture in six individual seafood shells

or 6-oz. custard cups. Top with remaining bread crumbs, tossed with margarine. Bake at 350 degrees, 30 minutes. Makes 6 servings.

VARIATION: Substitute two 7-oz. cans water-packed tuna for crabmeat.



Mediterranean Fish Roll-Ups served with green and yellow beans, baking powder biscuits and lemon-flavored gelatin with bananas are an economical and pleasing way to feed a family.

Tempting Pasta Dishes

Live a simple supper with a super pasta dish. Delicious main dishes made with canned macaroni or spaghetti can be created easily and economically.

Hearty hurry-up main dishes become exciting dinner fares when they are brightly seasoned Mexican style with peppers and chili or with an Italian touch of oregano and garlic.

The canned pasta and sauce, already cooked, combine well with modest amounts of quick baking fish or easy-to-brown ground meat. This saves time and money.

A beautiful parsley-sprinkled casserole that stretches one pound of fish to serve six can be made in approximately a half hour. Tasty Italian seasonings flavor these Mediterranean Fish Roll-Ups, easily secured with toothpicks and baked nestled in swirls of Franco-American Spaghetti in Tomato Sauce with Cheese. Flecks of chopped parsley garnish the top of this casserole and add a dash of color.

A half-pound of ground beef stretches into a tempting skillet for four when combined with Franco-American Macaroni & Cheese. Spice it as a Mexicali Macaroni Supreme by adding chopped green pepper and chili powder to the browning beef.

It's easy as one, two, three to create intriguing main dishes with canned pasta products, meat or fish, and deft use of flavorful vegetables and seasonings.

Mediterranean Fish Roll-Ups

- 1/2 cup diagonally sliced celery
- 1/2 cup green pepper cut in 1-inch pieces
- 1 medium clove garlic, minced
- 1/4 teaspoon oregano leaves, crushed
- 2 tablespoons butter or margarine
- 2 cans (14 3/4 oz. each) Franco-American Spaghetti in Tomato Sauce with Cheese
- 1 pound fillet of flounder
- 2 tablespoons chopped parsley

In saucepan, cook celery and green pepper with garlic and oregano in butter until tender; stir in spaghetti. Pour into 2-quart shallow baking dish (12x8x2"). Sprinkle fish with parsley; roll up. Secure with toothpicks; arrange on spaghetti. Bake at 350 degrees F. for 20 minutes or until done. Makes 6 servings.

Mexicali Macaroni Supreme

- 1/2 pound ground beef
- 1/2 cup chopped green pepper
- 2 tablespoons chili powder
- 2 can (14 3/4 oz. each) Franco-American Macaroni & Cheese
- 1/2 teaspoon salt

In skillet, brown beef and cook green pepper with chili powder until tender (use shortening if necessary); stir to separate meat. Add macaroni & cheese and salt. Heat; stir occasionally. Makes about 3 1/2 cups, 4 servings.



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