

Let 'Em Eat Macaroni



NOODLE-STUFFED PEPPERS . . . Luncheon favorite.

By CECILY BROWNSTONE
Associated Press Food Editor

If you're in the mood to try a new macaroni dish, we suggest the green pepper combination pictured here. Egg noodles are called for in the following recipe, but there's no reason why you can't use elbow macaroni or spaghetti if they're in the cupboard. Makes a good lunch, this dish, accompanied by a green salad, crusty rolls, and a fruit-and-cookie dessert. If you want to serve the stuffed peppers for dinner you'll probably need to add a vegetable or two to the menu; broccoli and carrots would be a good choice.

NOODLE-STUFFED PEPPERS

Ingredients: 3 teaspoons salt, 2 quarts boiling water, 4 ounces egg noodles, 3 large green peppers, 2 tablespoons butter or margarine, 1/4 cup finely diced onion, 1 teaspoon dry mustard, 1 ten-and-one-half-ounce can condensed tomato soup, 8 ounces processed American cheese (cubed).

Method: Add 2 tablespoons of the salt to the rapidly boiling water and gradually add egg noodles so that the water continues to boil. Cook until tender; drain. Cut peppers in half lengthwise; remove white membrane and seeds. Cover with boiling water and let stand 15 minutes. Melt butter or margarine in skillet, add onion and cook over moderate heat, stirring frequently, until tender. Remove from heat. Add mustard and salt and mix well. Stir in tomato soup and cheese. Cook over low heat, stirring constantly, until cheese is melted. Add egg noodles and mix well. Fill pepper shells and place in a greased shallow baking dish. Bake in a moderate (375° F.) oven for 20 to 25 minutes. Serve immediately. 6 servings.

Here's a handy recipe for stuffing tomatoes with elbow macaroni plus vegetables, plus onion and salad dressing for flavor and tang.

MACARONI-STUFFED TOMATOES

Ingredients: 3 1/2 teaspoons salt, 2 quarts boiling water, 4 ounces elbow macaroni, 1 cup coarsely grated raw carrots, 1 cup cooked or canned snap beans, 1/4 cup French dressing, 1/4 cup mayonnaise, 1 tablespoon finely grated or scraped onion, freshly ground pepper (to taste), 4 whole medium-size tomatoes.

Method: Add 2 teaspoons of the salt to the boiling water and gradually add the macaroni. Cook, stirring occasionally, until macaroni is tender; drain. Rinse with cold water; drain again. Mix carrots, snap beans, French dressing, mayonnaise, onion, the remaining 1 1/2 teaspoons salt, and the pepper with the macaroni. Toss lightly to mix well. Cut tomatoes vertically into wedge-shaped pieces without cutting apart. Spread the sections and heap centers with vegetable macaroni mixture. Serve on crisp salad greens. 4 servings.



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