

Cooking Corner

(Ed. note - The recipes in today's cooking columns come from a cookbook published by Central United Methodist Church.)

BREAKFAST CASSEROLE

By JANE CLEMMER
8 eggs
2 cups milk
3 slices bread, broken into small pieces
1 tsp. salt
1 tsp. mustard
1 lb. sausage, browned and drained
1 cup grated sharp Cheddar cheese

Mix together beaten eggs, milk, salt and mustard. Add in remaining ingredients. Pour into greased pan, 13x9 inches. Refrigerate overnight. Bake for 45 minutes at 350 degrees.

HAMBURGER CASSEROLE

By BETTY POTTER
1 lb. ground beef or turkey
1/2 cup uncooked rice
1 can chicken noodle soup
1 can mushroom soup
1 1/2 cup diced celery
2 medium onions, chopped
2 Tbsp. soy sauce
Brown meat; add celery and onions. Add soups with equal amount of water. Bring to boil. Add rice and soy sauce. Bake in baking dish for 1 hour at 350 degrees.

PINTO BEAN CASSEROLE

By FAY GOFORTH
1 lb. hamburger
1/2 bell pepper, chopped
1 onion, chopped
1 (16 oz.) can pinto beans
1 (16 oz.) can tomatoes, diced
1 pkg. corn bread mix, Jiffy
Cook hamburger, pepper and onion in 10-inch skillet until browned. Drain off fat. Mix beans and tomatoes and add to meat mixture. Pour corn bread mix over beans. Don't mix. Put in oven and cook at 350 degrees for 30 minutes.

EASY STEAK SUPPER

By ELLIE DEPEW
1 round steak
1 onion, sliced
1 can mushrooms
1 or 2 cans green beans
1 or 2 large cans tomatoes
Cut round steak into 6 servings. Brown in nonstick skillet. Slice onion onto steak. Empty undrained vegetables over steak. Cover and cook until steak is fork tender. Serve with mashed potatoes, rice or biscuits.

SWEET AND SOUR MEATBALLS

By DIANA LITTLE
2 lb. lean hamburger
1/2 cup brown sugar
1 Tbsp. cornstarch
1 (13 1/2 oz.) can pineapple chunks
1/3 cup vinegar
1 Tbsp. soy sauce
1 green pepper
1 medium onion
Roll meat into small balls. Cook in skillet; remove and drain fat. Mix sugar and cornstarch in skillet. Stir in pineapple with syrup, vinegar and soy sauce. Heat to boil. Stir constantly. Simmer meatballs in mixture; stir in cut up green pepper and onion. Cook on low heat for 20 minutes.

SLOPPY JOES

By NELL GAULT
3 lb. ground beef
1 medium onion, chopped
1 cup chopped celery
1 tsp. salt
1 (10 3/4 oz.) can tomato soup
1 cup catsup
Shredded Cheddar cheese
Brown meat in large skillet. Add onion and celery. Cook until tender. Drain and set aside. Add tomato soup, catsup, salt and pepper. Simmer for 30 minutes. Spoon on warm bun halves and sprinkle with cheese. This freezes well for future use. Makes 16 servings.

CHICKEN PIE

By DOT DIXON
3 lb. fryer
1 can cream of chicken soup
2 cups chicken broth
1 cup self-rising flour
1 cup buttermilk
1/2 tsp. black pepper
1 stick melted margarine
Cook chicken until tender. Remove meat from bone and skin. Reserve broth. Cut chicken into small pieces and place in a 9x13 inch pan. In a saucepan, bring to boil the broth and cream of chicken soup. In another bowl, combine the flour, pepper, buttermilk and margarine. Mix thoroughly to form a batter. Pour broth mixture over chicken. Spoon batter over the top. Bake at 425 degrees for 30 to 35 minutes or until brown on top.

CHICKEN CASSEROLE

By PAM GOFORTH

3 stewed chicken breasts, 6 halves, boned
2 pkgs. frozen broccoli, cooked and drained
1 can creamy chicken mushroom soup
1/2 large carton sour cream
1/2 cup grated Cheddar cheese
Place chicken in bottom of casserole. Place broccoli on top of chicken. Mix remaining ingredients and place over broccoli. Top with grated cheese and bake for 20 minutes at 350 degrees.

CHILDREN'S PIZZA

By MARGIE ALEXANDER

1 pkg. canned biscuits
1 1/2 oz. grated Parmesan cheese
6 oz. tomato sauce
1/2 lb. hamburger
1/4 cup flour
1 tsp. oregano
1/2 tsp. garlic salt
Preheat oven to 425 degrees.
Grease cookie sheet. Cook hamburger in frying pan until it is broken up and the pink color is gone. Don't overcook. Roll each biscuit into a circular shape. Place rolled biscuits on cookie sheet. Mix tomato sauce, oregano, garlic salt and hamburger in a bowl. Spread 2

tablespoons of mixture over each biscuit. Sprinkle with cheese. Bake about 10 to 12 minutes or until done. Serve immediately. Makes 10 small pizzas.

DEVILED CRAB

By LIB MAYES
1 lb. crab meat
1 cup mayonnaise
salt and pepper to taste
small amount of grated onion
2 Tbsp. melted butter
2 eggs, well beaten
1 Tbsp. Worcestershire sauce
small amount of grated bell pepper
Mix crab meat, butter and


mayonnaise. Add remainder of ingredients. Fill crab shells with mix. Sprinkle with buttered bread crumbs. Bake in hot oven about 5 minutes or until thoroughly heated. Yields 8 to 10.

BUTTERMILK POUND CAKE

By MARY BLACK
1 cup buttermilk
1 stick margarine
1/2 cup Crisco
2 cups sugar
3 eggs
3 cups plain flour
1/2 tsp. soda
1/4 tsp. salt
1 Tbsp. rum flavoring or 3

tsp. vanilla
Soften margarine. Add Crisco, along with margarine, to bowl. Beat a few minutes. Sift flour, sugar, salt and soda into bowl. Add buttermilk, eggs and flavoring to bowl. Beat for 8 to 10 minutes with mixer. Pour into greased and floured tube pan. Bake at 325 degrees for 1 hour.

Subscribe To The Kings Mountain Herald
Call
739-7496



WINN-DIXIE


Copyright 1996 Winn-Dixie Charlotte, Inc.

America's Supermarket®

QUANTITY RIGHTS RESERVED

PRICES GOOD WEDNESDAY JULY 31 THRU TUESDAY AUG. 6, 1996.

BEEF
IT'S WHAT'S FOR DINNER.®



<p>W-D Brand U.S.D.A. Choice Whole or Half</p>  <p>Boneless Rib Eyes</p> <p>lb. \$3.88</p> <p>Cut & Wrapped FREE!</p>	<p>W-D Brand U.S.D.A. Choice Family Pack</p>  <p>Boneless Sirloin Steaks</p> <p>lb. \$2.98</p>	<p>All Size Packages Fresh</p>  <p>Ground Round</p> <p>lb. \$1.48</p>	
<p>W-D Brand U.S.D.A. Choice Boneless</p> <p>Bottom Round Roast...lb. \$1.88</p>	<p>W-D Brand U.S.D.A. Choice Regular</p> <p>Boneless Stew Beef.....lb. \$1.78</p>	<p>W-D Brand Regular, Hot or Polish Loop</p> <p>Smoked Sausage.....lb. \$1.98</p>	
<p>W-D Brand U.S.D.A. Choice Boneless</p> <p>Rib Eye Steaks</p> <p>lb. \$4.88</p> <p>Family Pack</p>	<p>W-D Brand U.S.D.A. Choice Bottom</p> <p>Round Steak</p> <p>lb. \$1.98</p> <p>Boneless</p>	<p>W-D Brand U.S.D.A. Choice Whole</p> <p>Eye o' Round</p> <p>lb. \$2.28</p> <p>Cry-o-Vac</p>	<p>W-D Brand U.S.D.A. Choice Boneless</p> <p>Sirloin Tip Roast</p> <p>lb. \$1.88</p>
<p>12 oz. W-D Brand All Meat</p> <p>Franks or Bologna.....ea. 98¢</p>	<p>8 oz. Hormel Light & Lean</p> <p>Cooked Ham.....ea. \$1.98</p>	<p>W-D Brand U.S.D.A. Choice Boneless</p> <p>Bottom Round Roast...lb. \$1.88</p>	

SUMMER FRUITS!

<p>Harvest Fresh California</p> <p>Seedless Grapes</p> <p>lb. 98¢</p> <p>Red or White</p>	<p>Harvest Fresh California</p> <p>Sweet Nectarines</p> <p>lb. 88¢</p>
<p>Harvest Fresh Red or</p> <p>Black Plums</p> <p>lb. 88¢</p>	<p>Harvest Fresh Juicy</p> <p>California Peaches</p> <p>lb. 98¢</p>

WINN-DIXIE GIVES YOU A LOWER TOTAL FOOD BILL.

<p>4 pack All Flavors</p> <p>Del Monte Puddings</p> <p>73¢</p> <p>POWER BUY!</p>	<p>6 oz. can in water</p> <p>Star-Kist Tuna</p> <p>58¢</p> <p>POWER BUY!</p>	<p>10 ct. pkg. All Flavors</p> <p>Capri Sun Fruit Drinks</p> <p>\$1.78</p> <p>POWER BUY!</p>
<p>6.2 oz. All Varieties</p> <p>Hamburger Helper</p> <p>2\$3</p> <p>for</p> <p>POWER BUY!</p>	<p>30 oz. box Value Pack</p> <p>Kellogg's Frosted Flakes</p> <p>\$2.98</p> <p>POWER BUY!</p>	<p>11 oz. Reg., Scoops or BBQ</p> <p>Frito's Corn Chips</p> <p>\$1.48</p> <p>POWER BUY!</p>
<p>4 ct. pkg. Regular or Fat Free</p> <p>Swiss Miss Puddings</p> <p>98¢</p> <p>POWER BUY!</p>	<p>19 oz. pkg. Economy</p> <p>Downyflake Waffles</p> <p>2\$3</p> <p>for</p> <p>POWER BUY!</p>	<p>6.2 oz. box Kellogg's</p> <p>Rice Krispies Treat Squares</p> <p>\$1.77</p> <p>POWER BUY!</p>
<p>3 LITER BOTTLE</p> <p>Diet Pepsi or Pepsi Cola</p> <p>\$1.37</p> <p>D</p>	<p>24 pack 12 oz. cans</p> <p>Miller Lite Beer</p> <p>\$12.98</p>	

FISHERMAN'S WHARF FRESH SEAFOOD

<p>Fresh Alaskan</p> <p>Whole Salmon</p> <p>lb. \$2.98</p>	<p>Headless Fresh California</p> <p>Large Shrimp</p> <p>lb. \$7.99</p> <p>Steamed & Seasoned FREE while you shop!</p>
<p>Fresh Alaskan Silver Brite Chum</p> <p>Salmon Steaks...lb. \$3.98</p>	<p>Fresh</p> <p>Shark Steaks.....lb. \$3.98</p>

DELICATESSEN DEPARTMENT

<p>100% Fat Free</p> <p>Turkey Breast</p> <p>lb. \$4.98</p> <p>sliced or shaved to Order</p>	<p>Swift Premium Corned</p> <p>Beef, Beef Pastrami or Roast Beef</p> <p>lb. \$5.98</p>
<p>Real Hickory Smoked Whole</p> <p>BBQ Chickens.....ea. \$3.98</p>	<p>12 piece Southern Style</p> <p>Fried Chicken.....ea. \$7.98</p>

FRESH BAKERY DEPARTMENT

<p>6 ct. pkg. Plain or Seeded</p> <p>Hoagie Rolls</p> <p>\$1.98</p>	<p>8 inch Double Layer</p> <p>Coconut Cakes</p> <p>\$5.77</p>
<p>Made from Scratch Cream</p> <p>Pudding Cakes...ea. \$5.99</p>	<p>15 ct. pkg. Baked Fresh Family Pack</p> <p>Cinnamon Rolls.....ea. \$4.77</p>

WHY PAY SUGGESTED RETAIL? WINN-DIXIE DISCOUNTS THESE CATEGORIES TO SAVE YOU MORE!

10% OFF All Bag Chips & Snacks Everyday!	20% OFF School Supplies Everyday!	25% OFF All Paperback Books Everyday!	10% OFF Little Debbie Snacks Everyday!	20% OFF All Brands Spices Everyday!
--	---	---	--	---

Open 24 Hours
(Closes Sunday 11 p.m./Re-open 7 a.m. Monday)
US 74 Springs St. Kings Mtn, N.C.
Dell (704) (739-9681) - Bakery-Seafood-Floral