

Bethel Cookbook

Hot Coal Meat Loaf

5 large naval oranges	1 cup oats or bread crumbs
2 med. onions, chopped	1 Tbs. Worcestershire sauce
¼ cup catsup	1 Tbs. Barbecue sauce
1 tsp. salt	1 tsp. pepper

Prepare bed of hot coals. Slice oranges in half. Prepare ingredients into meat loaf balls (10). Cut out center of oranges, leaving ¼ inch of orange inside of rind. Saving juice. Put meat balls into orange halves. Set in hot coals with meat up. Let cook until done. Sprinkle occasionally with juice. Large onions may be used in place of oranges.

Carl Merritt

Nutty Burger Balls

¼ cup sour cream	1 cup walnut pieces
1 thin sliced onion	1 clove garlic
1 lb. ground beef or chuck	2 tsp. salt
¼ tsp. fresh ground pepper	3 Tbs. butter or margarine

In covered container, blend sour cream, walnuts, onion, and garlic at low speed until the nuts are finely chopped.

As necessary, stop motor; push mixture towards blades with rubber spatula. Combine with ground meat and seasonings; form into walnut sized-balls. Brown in butter on all sides. Serve hot on cocktail picks. Makes about 36 balls.

Cee Merritt

Meat Loaf

1 lb. ground beef	¼ tsp. ground black pepper
1 lb. ground pork	1 ½ tsp. seasoned salt
3 slices bacon	1/3 cup finely chopped onion
1 8-oz. can tomato sauce	

Heat oven to 350°. In a large bowl, lightly mix with a fork the beef and pork (ground together) with the onion, seasoned salt, and black pepper. Add just enough tomato sauce so that the meat may be formed into a loaf, and place into a baking dish or loaf pan. Lay the bacon over the loaf and pour the remainder of the tomato sauce over it. Bake about 1 ½ hours, or until thoroughly done.

Carl Merritt

Bethel Cookbook

Georgia Swiss Steak

2 lbs. bottom round steak (cubed once)
2 med. onions sliced
1 8-oz. can Tomato sauce
1 tsp. A-1 Steak Sauce
½ cup water

1/3 cup flour
1 tsp. Worcestershire sauce
1 Tbs. barbecue sauce

Season steak with salt and pepper to suit. Begin cooking in lightly greased skillet or electric frying pan set at medium temperature. Place onions on top of meat and cook 10-15 minutes until onions start to break down and soften.

In separate bowl, mix remaining ingredients, stir until well mixed, pour over steak and onions, then cover and simmer for 10-15 minutes and serve hot.

Mary Bailey

Western Hash

1 lb. ground beef
½ cup uncooked rice

1 can tomatoes
Garlic salt (or regular salt) to taste

Brown ground beef, pour off fat. Pour tomato juice and mashed tomatoes in with beef mixture. Add rice. When mixture starts to boil again turn eye to simmer, cover and cook for about 15-20 minutes or until rice is tender. Serves four people.

Mary Bailey

Texas Beans

¼ - ½ cup bacon bits
1 large onion (chopped)
½ cup brown sugar
1 can Kidney beans
1 cup catsup

1 lb. ground beef
1 Tbs. mustard
2 lb. can B&M Baked Beans
1 can Pinto beans
Dash chili powder

Brown meat and onions. Add remaining ingredients. Place in large casserole and bake 1 hour at 350°.

Mary Brown

Bethel Cookbook

Daisy's Old English Beef Curry

1 -1½ lb. round steak cut in cubes
3 cup water (or enough to cover meat)
2 carrots scraped and sliced
Salt and pepper to taste
1 medium onion
2 small peeled diced apples
2 Tbs. raisins
1 - 2 Tbs. oil
3 tsp. curry powder
2 Tbs. all purpose flour
Cold water
Cooked rice

Put meat, carrots, salt, pepper, water in saucepan. Cook on low about 25 minutes or until carrots are almost done.

In frying pan with oil, sauté onion, apples and raisins until lightly brown, remove from heat. Add liquid from meat to frying pan mixture and stir, add curry powder.

Dissolve flour in small amount of water. Stir to remove lumps, mix all ingredients in saucepan stir then simmer covered for 30 minutes.

Put this curry over the top of cooked rice. Makes 4-6 servings.

Sylvia Marsh

Hawaiian Meat Balls

2/3 cup undiluted Carnation milk	1 ½ lbs. ground beef
1 tsp. seasoned salt	½ cup chopped onion
2/3 cup cracker crumbs	

Mix all ingredients together. Form into patties or balls. Brown lightly in skillet. Pour off fat liquid. Place in covered casserole dish. Pour sweet and sour sauce over and bake at 350° for 20 to 25 minutes. (Meat Balls can be placed on cookie sheet and bake at 350° for 25 minutes)

Sweet and Sour Sauce:

Drain 13 ½-oz can pineapple chunks. Combine syrup and water to make 1 cup. To liquid, add 2 Tbs. cornstarch, ½ cup vinegar, ¼ cup brown sugar and 2 Tbs. soy sauce. Heat until thickened. Add pineapple and 1 cup coarsely chopped green pepper. Pour over meat balls and bake.

Mary Brown

Bethel Cookbook

Sweet and Sour Meatballs

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| 1 lb. ground beef | 3 Tbs. vinegar |
| 1 egg | 6 Tbs. water |
| 1 Tbs. corn starch | ½ cup sugar |
| 2 Tbs. chopped onion | 4 slices pineapple, cut in pieces |
| 1 tsp. salt | 1 green pepper, cut in strips |
| 1 cup pineapple juice | 3 Tbs. corn starch |
| 1 Tbs. soy sauce | |

Mix ground beef, egg, salt, and 1 Tbs. corn starch. Form mixture into 18 or more small balls. Brown in a small amount of oil. Drain. Combine 1 Tbs. of oil and the pineapple juice; cook over low heat for a few minutes. Add mixture of 3 Tbs. corn starch, the soy sauce, vinegar, water, and sugar. Cook until juice thickens, stirring constantly. Add meat balls, pineapple and green pepper strips. Heat thoroughly and serve hot. 6-8 servings. Especially good with rice.

Thelma M. Royce

Hamburger Shortcake

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| 1 lb. hamburger | 1 can cream of mushroom soup, undiluted |
| 2 Tbs. chopped onion | ½ to 1 cup of shredded cheese |
| ½ tsp. salt | |

Brown hamburger and chopped onion, add salt. Drain. Blend in can of mushroom soup. (You can add ¼ cup of water to soup.) Pour mixture into 9 or 10" square pan or casserole dish. Spread shredded cheese over top. Set aside while you prepare the biscuit topping.

Topping:

- 2 cups Bisquick
- ¾ to 1 cup of canned tomatoes with juice

Combine Bisquick and tomatoes, dough should be more moist than usual rolled biscuit dough. Drop biscuit mixture by Tablespoon onto meat dish, spread dough evenly over meat. Do not make the biscuit topping too thick on the meat - it takes too long to cook.

Bake in hot oven 375° to 400° for about 20 minutes. Serve in squares, meat side up, (resembles shortcake!).

Thelma M. Royce

Bethel Cookbook

Lasagna

1 1/2 lbs ground beef	1 lb lasagna noodles
1 onion	2 tsp salad oil
garlic salt and pepper	2 eggs
1 can stewed tomatoes	1 1/2 lbs cottage cheese
1 can tomato sauce	1 1/2 lbs mozzarella cheese, grated
1 can tomato paste	1 cup Parmesan cheese

Brown meat and onions. Add seasoning. Stir in tomatoes. Simmer, stirring several times, for 30 minutes. Cook noodles in salted boiling water (don't break). Add oil to water. Cook until just tender. Drain and cover with cold water. Beat eggs slightly, blend in cottage cheese. Line bottom of lightly oiled baking dish (13"x9"x2") with a single layer of drained noodles. Cover with 1/3 each of cottage cheese mixture, meat sauce and cheeses. Repeat to make 2 more layers of each. Bake in 350° oven for 30 minutes or until bubbly hot.

Betty Brown

Lasagna

3/4 cup chopped onion	2 lb. ground chuck
3/4 cup chopped celery	1 large round pkg. mozzarella cheese
3/4 cup green pepper	1 1/2 lbs. ricotta cheese, grated
2 pkg. lasagna noodles	1/2 cup grated romano cheese
1 large can tomato sauce	1 tsp. oregano
1 large can whole tomatoes (chopped)	1 tsp. sweet basil
1 large can tomato puree	1 tsp. sweet basil
1 large can mushrooms	1 tsp. dried mint
3 12" links Italian sausage	Salt, pepper, and garlic salt to taste

Skin or squeeze sausage out of casing, sauté with celery, pepper and onions. Add ground beef and brown well. Add salt, pepper, and garlic salt. Add tomato sauce, tomato puree, and chopped tomatoes and all other seasonings - simmer 1 1/2 hours. Use deep pan - start with a little sauce on bottom of pan, put a layer of cooked lasagna noodles on top, spoon ricotta cheese in mounds over noodles and cover with sauce. Add more noodles, top with sliced mozzarella cheese and cover with sauce. Add additional noodles, top with sauce and cover with mushrooms and romano cheese. Cover pan with foil and bake at 325° for 2 hours. This recipe makes a double recipe (2 pans).

Barbara Stiles

Bethel Cookbook

Burrito Crescent Squares

1 lb. ground beef or turkey	4 oz. shredded sharp cheddar cheese
½ cup chopped onion	1 7-oz can refried beans
1 pkg. taco seasoning mix	1 8-oz can refrigerated quick crescent rolls

Preheat oven to 375°. Brown meat with onions and seasoning mix. Drain. Stir in refried beans. Separate dough into two rectangles. Place in ungreased 9"x13" pan; press over bottom and ½" up sides to form crust. Spoon meat mixture over crust - sprinkle with cheese and bake 25-30 minutes. M-M-Good.

Mary Brown

Hot Tamale Pie

Cook in 1 Tbs. butter until golden brown:

1 med. onion, minced	1 green pepper, minced
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Remove from skillet, Add and brown:

1 lb. ground pork (mild sausage)	1 lb. ground beef
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Add and simmer 20 minutes:

onion-pepper mixture	2 tsp. salt
2 cups cooked tomatoes	½ tsp. pepper
2 to 3 tsp. chili powder	½ cup ripe olives, sliced

Corn Meal Mush:

Mix 1 cup cold water with 1 cup cornmeal. Stir in 3 cups boiling water, 1 tsp. salt. Cook, stirring constantly, until mixture boils. Cover, cook over boiling water 30 minutes stirring occasionally.

Line bottom and sides of 2 quart casserole with cornmeal mush. Pour in hot meat mixture. Top with remaining cornmeal mush. Bake at 375° for 1 hour.

Janet Biven (Angela's mom)

Bethel Cookbook

Corn Beef Noodle Bake

2 cans corn beef	1 cup cheddar cheese
1 large pkg. regular noodles	½ cup water
1 can mushroom soup (not golden)	Salt and pepper to taste

Cook noodles, and corn beef, salt, and pepper to taste. Add cheese, soup and water mixed together and bake until cheese melts but not till dry. About 30 minutes.

Barbara Stiles

Beef Stroganoff

1/2 cup diced onions	1 cup beef bouillon
3 Tbs butter or margarine	1 Tbs Worcestershire sauce
2 Tbs salad oil	1 Tbs lemon juice
1 lb round steak, cubed	1 1/3 cup instant rice
1 tsp salt	1 cup sour cream
1/8 tsp pepper	

Melt butter in large skillet over medium heat. Saute onions in butter. Remove. Add oil to skillet. Dust meat with flour mixture (flour, salt, pepper). Brown meat in hot oil. Add bouillon, Worcestershire sauce and lemon juice. Stir, scraping bottom of skillet, to form gravy. Simmer for 20 minutes. Add sour cream to meat and gravy mixture 5 minutes before serving. Prepare rice according to directions on box. Serves 4-6 people.

Betty Brown

Chuck Steak with Tomatoes and Onions

Cut 1 chuck steak into equal pieces. Put a little oil or shortening in large frying pan and brown steak on both sides. Add 1 large chopped onion, 1 large can tomatoes. Place lid on pan and let simmer 30 minutes. Turn steak frequently. Serve with potatoes or rice.

Cee Merritt

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Plato De Fiesta

Cook 1 lb. ground beef or turkey - drain and add the following:

1 large can refried beans and 1 pkg. Taco seasoning. Heat and spread into greased 9"x13" casserole dish.

Layer the following ingredients:

- 1 16-oz. can Light Sour Cream
- 1 container guacamole, or make your own
- 1 small can chopped green chili peppers
- 1 small can chopped ripe olives
- 1 bunch chopped green onions
- 2 large tomatoes, chopped fine
- 1 8-oz shredded cheddar cheese
- 1 8-oz shredded Monterey jack cheese

Place into broiler till cheese melts. Serve with tostado chips. Best when made 1 day ahead.

Cee Merritt