

Bethel Cookbook

Pork with Yellow Rice and Bell Peppers

4 Pork chops OR
4 lean (young) pork ribs
1 cup Mrs. Quigg's yellow rice
1 cup chopped red and green bells peppers
1 cup chopped onion
1 cup finely chopped celery
3 Tbs. margarine

Boil chops or ribs until tender; Using the broth prepare the rice with 2 cups broth according to package directions. (If broth seen to be too fat, replace $\frac{1}{2}$ to 1 cup broth with hot water.)

Stir-fry bell peppers, onion and celery in 3 Tbs. margarine until clear; When rice is done place in a casserole, cover with sautéed vegetables (or mix if desired), place pork on top. Moisten slightly with $\frac{1}{2}$ cup broth sprinkled over all.

Bake for 20 to 30 minutes at 375° with a foil tent over casserole to keep meat moist. If desired the pork may be browned separately. The bake time would then be reduced.

Effie Morrison Scott

Fried Venison Steak

2 lbs. Venison	1 tsp. salt
1 cup buttermilk	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ cup water	1 cup flour

Mix buttermilk and water in bowl. Soak steak for 1 hour.

Remove steaks and drain. Place steaks on meat board. Sprinkle with salt and pepper. Tenderize steaks by pounding both sides. Roll steaks in flour thoroughly, coating both sides. Fry in $\frac{1}{2}$ inch hot fat until lightly browned. Turn steaks only one time.

Cee Merritt

Bethel Cookbook

Ham-Potato au Gratin

¼ to ½ cup chopped green onions
¼ to ½ cup chopped pepper
2 Tbs. margarine
1 Tbs. all-purpose flour
Dash of black pepper
1 cup milk
4 ounces sharp cheese, shredded
¼ cup mayonnaise or salad dressing
3 cups cooked and diced potatoes
1 pound cooked ham, diced (hickory smoked is fine)

Cook onions and green peppers in margarine until tender; stir in flour and black pepper; add milk all at once. Bring to a boil stirring constantly. Reduce heat, add cheese and mayonnaise. Stir until cheese melts. Combine potatoes and ham with sauce.

Place in casserole dish and bake in moderate (350°) oven for 30-35 minutes. (Makes 4 to 6 servings).

Letitia Scott Strickland

Cee's Meat Loaf

1-2 lbs ground turkey	1 egg
1 chopped onion	1 cup oatmeal
salt and pepper	1 cup tomato sauce
bread crumbs	

Mix eggs. Onions, oatmeal, ½ tomato sauce, and sal and pepper. Mix in ground turkey. Mix well. Place inloaf pan and cook 30 minutes. Add remaining tomto sauce and put bread crumbs on top. Bake until thoroughly done.

Cee Merritt