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**Blu Star** *Creations*

**PRESENTS**

**RECIPES  
FOR  
THRIFTY  
FAMILIES**

**BLU STAR CREATIONS  
SWEEPSTAKES  
PREMIUM**

## RECIPES FOR THRIFTY FAMILIES

The thrifty recipes shown here may help families and others who want to economize on food to obtain nutritious diets.

These recipes contain foods which are available in most stores across the country. Here are some tips for planning economical meals for the family.

### **Food needs:**

Each person in the family needs a variety of foods each day to provide energy and nutrients such as protein, vitamins, and minerals. To help get this variety of foods—

- Serve meals, including a good breakfast, regularly each day. Have nutritious snacks too, if desired.
- Plan each day's food around the four food groups:

**Milk** and foods made from milk . . .  
cheese, ice cream, ice milk, yogurt.

**Meat** and poultry, fish, eggs, dry  
beans and peas, peanut butter.

## **Vegetables and fruit.**

**Breads and cereals** — including pasta, rice, and grits — that are whole grain or enriched.

### **Food costs:**

For economy, select the less expensive foods from each of the four food groups —

- Check specials in food store advertisements.
- Look at each food critically: Is it costly compared to other foods that might be served? Will the family eat and enjoy it? Is there time to prepare it?
- Learn to estimate accurately the amount of food needed to feed the family. No eating pleasure or nutrients come from food that is bought and discarded.
- Use unit pricing to find the brand and container size of food that costs the least per unit—pound, ounce, or pint. Even if it's a better buy, select a food only if it can be stored properly

and conveniently and used without waste.

- Avoid foods that are packed as individual servings. The extra packaging usually boosts the price. Examples are individual packs of potato chips, ready-to-eat cereals, raisins, and tea.
- Check the date on a perishable food. Be sure all of the food can be used before it spoils.
- Use meat, poultry, and fish sparingly — usually no more than a small serving for each person daily. Use some egg, cheese, dry beans, dry peas, or peanut butter, too. These foods provide protein and most other nutrients that meat supplies.
- When buying meat, consider the amount of lean meat in the cut, as well as the price per pound. A relatively high-priced cut of meat with little or no waste may provide more meat for your money than a low-priced cut with a great deal of bone, gristle, or fat. Chicken and turkey are often bargains compared

to other meats. Fish is often a good buy, too. One way to find the best buy is to compare the cost of packages of meat, poultry, and fish that will provide enough for a family meal. It may help control costs to set a top limit on the amount to spend for meat for the main meal of the day, or set an average amount to spend allowing for some medium and some low-cost items throughout the week.

- Use nonfat dry milk, which is less expensive than fluid milk, in cooking, and as a beverage at least part of the time.
- Buy fresh milk at a food or dairy store in  $\frac{1}{2}$  or 1 gallon containers. Milk, home delivered or from special service stores, and milk in small containers usually costs more.
- When buying vegetables and fruit, take advantage of seasonal abundance. Foods in season will be at their peak in quality and often are lower in cost. However some vegetables and fruits, even in season, may not be within your budget.

- Try low-priced brands. They may be similar in quality to more expensive ones.
- Use whole-grain and enriched flour, bread, or cereal in some form at every meal to get your money's worth in nutrients. Enriched bread and flour are important for iron and certain B vitamins they contribute; fortified cereals, for other nutrients as well. In addition to the many nutrients they supply, whole-grains, especially bran, provide fiber which is necessary for the normal functioning of the intestinal tract.
- For economy, use cereals prepared at home rather than instant or ready-to-eat ones most of the time. When buying ready-to-eat cereals, select those that are not sugarcoated and, if practical, those in family-size boxes.
- Consider cost and the quality of the finished product in deciding whether to buy convenience foods. The time for and interest in cooking will also influence choices. Some foods are easy to prepare yet inexpensive.

Among these are many canned and frozen vegetables, fruits, and juices; instant dehydrated potatoes; canned and dried soups; nonfat dry milk; bread; prepared mixes for making biscuits and cakes, and some ready-to-eat and "quick" cereals.

- After groceries are brought home, check them critically. Are choices economical compared to other choices that might have been made? Were some foods bought that were not on the list? If so, can they be justified as important for meeting food needs, being real bargains, or providing a worthwhile taste treat?



## **RECIPES**

### **APPLE RAISIN SLAW**

Makes 8 servings about; about 3½ cups.

2 medium apples, cut up  
1 tablespoon lemon juice  
1/2 small head cabbage, finely cut up  
1/4 cup raisins  
About 1/4 cup mayonnaise or salad dressing  
1/4 teaspoon salt

Mix apples with lemon juice in a large bowl. Add rest of ingredients. Mix lightly.

### **BAKED APPLES**

Makes 4 servings.

4 medium cooking apples  
1/3 cup sugar  
1/4 teaspoon cinnamon  
1 tablespoon margarine  
1/2 cup water

Core apples without cutting through bottom end. Place in baking pan. Mix sugar and cinnamon; fill centers of apples. Put margarine on top of filling.

Pour water into bottom of pan. Bake at 350° F (moderate oven) about 45 minutes to 1 hour until apples are tender. If apples seem dry, spoon liquid in pan over top during cooking.

## **BAKED PICNIC SHOULDER (cured pork)**

Makes 4 servings, plus meat for later use (see Note).

3-1/4 pounds cook-before-eating cured picnic shoulder, with bone

Place meat, with fat side up, on a rack in a baking pan. Do not add water; do not cover. Bake at 325° F (slow oven) for 2 hours. Remove skin when meat is nearly done.

Note: Save about 3 cups cooked, cut-up pork plus bone to be used for other meals. Refrigerate promptly.

## **BEEF-MACARONI SOUP**

Makes 4 servings; about 6 cups.

2 stalks celery, with leaves  
1 medium carrot  
1-1/4 quarts (5 cups) water  
3 beef bouillon cubes

About 1 cup cut-up, cooked beef (left from Beef Pot Roast)  
1 cup uncooked elbow macaroni  
Salt and pepper, as desired

Cut celery in thin 1-inch pieces. Finely chop carrot. Heat water to boiling. Add vegetables. Cover and cook about 5 minutes. Add rest of ingredients. Boil gently about 15 minutes until vegetables and macaroni are tender.

## **BEEF PATTIES**

Makes 4 servings.

2 slices bread, finely crumbled  
1/4 cup water  
1 small onion, finely chopped  
2/3 pound ground beef  
1/2 teaspoon salt  
Pepper, as desired

Put bread and water in a bowl. Add rest of ingredients. Mix well and shape into four 1/2-inch thick patties. Cook in greased fry pan over medium heat, turning once to brown both sides.

## **BEEF PIE WITH VEGETABLES**

Makes 4 servings; about 4-1/2 cups.

3-1/2 cups beef stew (left from Beef Stew I)

4 refrigerator biscuits

Put stew in baking pan. Thin sauce with a little water, if desired. Put biscuits on top. Bake at 400° F (hot oven) about 30 minutes until biscuits are browned.

## **BEEF POT ROAST**

Makes 4 servings, plus meat for later use (see Note).

1/3 cup flour

1-1/2 teaspoons salt

1/4 teaspoon pepper

4 pounds lean chuck, with bone

2 tablespoons fat or oil

About 1/2 cup water

Mix flour, salt, and pepper. Coat meat with mixture. Heat fat in fry pan. Brown meat on all sides. Add water as needed to prevent over-browning. Cover tightly. Cook over low heat about 2-1/2 to 3-1/2 hours until meat is tender.

Note: Save about 4-1/2 cups cooked cut-up meat for other meals. Refrigerate promptly.

## **BEEF STEW I WITH VEGETABLES**

Makes 4 servings; about 4 cups, plus

stew for Beef Pie (see Note).

3-1/3 cups water

About 3-1/2 cups cut-up, cooked beef (left from Beef Pot Roast)

Beef drippings, if available

2 medium onions, cut up

2 medium carrots, cut up

4 medium potatoes, cut up

2 stalks celery with leaves, cut up

Salt and pepper, as desired

1/3 cup flour

Heat 3 cups water to boiling. Add meat, meat drippings (if used), vegetables, salt, and pepper. Cover and boil gently about 30 minutes until vegetables are tender. Mix 1/3 cup water and the flour until smooth. Slowly pour and stir flour mixture into stew. Cook and stir over medium heat until thickened.

Note: Save 3-1/2 cups stew for Beef Pie with Vegetables. Refrigerate promptly.

## **BEEF STEW II WITH VEGETABLES**

Makes 4 servings; about 4-2/3 cups.

3/4 pound boneless beef chuck steak

1/4 cup flour

Salt and pepper, as desired

- 2-3/4 cups water
- 1 medium onion, cut up
- 4 medium potatoes, cut up
- 2 medium carrots, cut up

Trim excess fat from meat. Heat in a large pan to get fat for frying meat. Remove pieces. Cut meat in small pieces. Dip in flour. (Save leftover flour.) Brown meat on all sides; pour off excess fat. Sprinkle meat with salt and pepper, add 2-1/2 cups water. Cover tightly and cook slowly about 1-1/2 hours until meat is almost tender. Add vegetables. Sprinkle with salt. Cover and boil gently about 25 minutes until vegetables are tender, stirring only to keep from sticking. Mix leftover flour and 1/4 cup water. Stir gently into mixture. Cook until thickened.

## **BISCUITS**

Makes 8 servings.

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/3 cup shortening
- About 3/4 cup reconstituted nonfat dry milk

Mix dry ingredients thoroughly. Mix in

fat only until mixture is crumbly. Add most of the milk and stir to mix. Add more milk as needed to make a dough that is soft but not too sticky to knead. Knead dough gently on a lightly floured surface 10 to 12 times. Form into a ball. Pat or roll dough to 1/2- to 3/4-inch thickness. Cut with a floured biscuit cutter or cut into squares with a knife. Place on an ungreased baking sheet — 1 inch apart for crusty biscuits; together for softer biscuits. Bake at 450° F (very hot oven) 12 to 15 minutes, or until golden brown.

## **BOUILLON GRAVY**

Makes about 3/4 cup.

1 tablespoon margarine  
2 tablespoons flour  
1 cup water  
1 beef bouillon cube  
Salt and pepper, if desired.

Melt fat in fry pan. Remove from heat. Stir in flour. Stir in water and add crumbled bouillon cube and seasonings. Cook and stir until smooth and thickened.

## **BRAISED CHICKEN WITH VEGETABLES**

Makes 4 servings.

2-1/4-pound chicken, cut-up  
About 1/3 cup flour  
1-1/2 teaspoons salt  
Pepper, as desired  
2 tablespoons fat or oil (or pieces of fat cut  
from chicken)  
3/4 cup water  
1 medium carrot, sliced  
1 stalk celery, sliced  
1 medium onion, chopped

Coat chicken with a mixture of the flour, salt and pepper. Heat fat to cover bottom of fry pan. Brown chicken over medium heat. Drain off fat. Add water, cover tightly and boil gently about 30 minutes until chicken is almost tender. Add vegetables and cook about 20 minutes until carrots are tender. Add a little water during cooking, if needed.

## **BREAD STICKS**

Makes 4 servings.

6 slices bread  
2 tablespoons softened margarine  
1/2 teaspoon garlic salt, if desired

Sprinkle of pepper

Spread slices of bread with margarine. Sprinkle with garlic salt (if used) and pepper. Stack bread and slice into sticks about 1/2 inch thick. Spread in baking pan. Bake at 300° F (slow oven) about 25 minutes until crisp and lightly browned.

## **CHEESE MEATLOAF**

Makes 4 servings.

1 small onion, finely chopped  
2/3 pound ground beef  
1/2 cup reconstituted nonfat dry milk  
1 egg  
3/4 teaspoon salt  
2 slices bread, crumbled  
1/3 cup cut-up cheese

Mix all ingredients well. Shape in a loaf in a baking pan. Bake at 350° F (moderate oven) about 50 minutes until well done.

## **CHEESE RAREBIT**

Makes 4 servings; about 1-2/3 cups sauce.

2 egg yolks (see Note)  
3/4 cup reconstituted nonfat dry milk

2 cups (about 8 ounces) cut-up or shredded cheese  
1 teaspoon prepared mustard  
1/2 teaspoon worcestershire sauce  
Sprinkle of oregano, if desired  
6 slices toast

Beat egg yolks and milk in saucepan. Add rest of ingredients, except toast. Cook and stir over low heat until cheese is melted. Serve on toast.

Note: Save egg whites for Meringue Pie.

## **CHICKEN PIE WITH VEGETABLES**

Makes 4 servings; about 6 cups

### **Filling**

1/4 cup flour  
1 cup reconstituted nonfat dry milk  
1 cup chicken broth  
10-ounce package frozen, mixed vegetables  
About 1-1/2 cups cut-up, cooked chicken (see Note)  
2 tablespoons margarine or chicken fat  
Salt and pepper, as desired  
1/4 teaspoon oregano, if desired

### **Drop biscuit topping**

1 cup flour

1-1/2 teaspoons baking powder  
1/2 teaspoon salt  
3 tablespoons shortening  
1/3 cup reconstituted nonfat dry milk

*To make filling* — Mix flour and about 1/4 cup of the milk in a saucepan until smooth. Add rest of milk and broth. Cook and stir until thickened. Cook frozen vegetables until almost tender. Drain. Add vegetables, chicken, fat, and seasonings to sauce. Put in baking pan, about 9 inches square.

*For biscuit dough* — Mix flour, baking powder, and salt in a bowl. Mix in fat with a fork until crumbly. Add milk. Stir enough to wet dry ingredients. Drop from a tablespoon onto filling in pan to make 8 biscuits. Bake at 400° F (hot oven) about 30 minutes until browned.

Note: Stew a 2-1/2 pound chicken in 2 cups water. Use half of chicken and broth for this recipe; save half for Creamed Chicken. Refrigerate promptly.

## **CHILI CON CARNE WITH BEANS AND MACARONI**

Makes 4 servings; about 4-1/2 cups.

1 tablespoon fat or oil

- 1/2 pound ground beef
- 1 small onion, chopped
- 2 cups canned tomatoes
- 16-ounce can kidney beans, drained (save liquid)
- 1 cup bean liquid and water
- 2 or 3 teaspoons chili powder
- 1 teaspoon salt
- 3/4 cup uncooked elbow macaroni

Heat fat in a large fry pan. Add meat and onion. Cook and stir until lightly browned. Drain off fat. Add rest of ingredients. Boil gently about 20 minutes until macaroni is tender. Stir only to keep from sticking. Add a little water during cooking, if desired.

## **CHINESE-STYLE DINNER WITH CABBAGE AND RICE**

Makes 4 servings; about 3 cups meat mixture and 2 cups rice.

- 1 tablespoon fat or oil
- 3 stalks celery, cut in thin 1-in strips
- 1 small onion, thinly sliced
- 2 tablespoons cornstarch
- 1-1/2 cups water
- 1/4 cup soy sauce
- 1/2 small head cabbage, chopped
- About 1-1/2 cups cut-up, cooked fresh pork (left from Pork Shoulder Roast)
- About 2 cups cooked rice (2/3 cup uncooked)

Heat fat in a large pan. Add celery and onion and cook until lightly browned. Mix cornstarch, water, and soy sauce. Pour into pan with celery and onion. Cook and stir until thickened and clear. Stir in cabbage and meat. Cover and cook about 3 minutes, leaving cabbage crisp. Serve on rice.

## **COFFEE CAKE**

Makes 8 servings.

### **Cake Batter**

1-1/2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup sugar  
1/4 cup margarine or shortening  
1 egg  
1/2 cup reconstituted nonfat dry milk

### **Topping**

1/4 cup brown sugar, packed  
1 tablespoon flour  
1 teaspoon cinnamon  
1 tablespoon margarine

*For cake batter* — Mix flour, baking powder, and salt. Set aside. Mix sugar, fat, and egg. Beat well. Add milk and

flour mixture all at once. Stir just until mixed. Put in a greased 8- or 9-inch square baking pan.

*For topping* — Mix all ingredients and sprinkle over cake batter. Bake 400° F (hot oven) 25 to 30 minutes until cake springs back when lightly touched near center.

## **COLE SLAW**

Makes 4 servings; about 2 cups.

1/2 small head cabbage, shredded or chopped

Sprinkle of salt

About 1/4 cup mayonnaise or salad dressing

1 or 2 teaspoons sugar, if desired

1 or 2 teaspoons vinegar, if desired

Mix all ingredients. Add sugar and vinegar in equal amounts, if used.

## **CREAMED CHICKEN**

Makes 4 servings; about 2-2/3 cups.

1/4 cup flour

1 cup reconstituted nonfat dry milk

1 cup chicken broth

1 chicken bouillon cube

About 1-1/2 cups cut-up, cooked chicken

(left from stewed chicken used in  
Chicken Pie)

2 tablespoons margarine or chicken fat  
Salt and pepper, as desired  
1/4 teaspoon oregano, if desired  
1 hard-cooked egg, cut up

Mix flour and about 1/4 cup of the milk  
in saucepan until smooth. Add rest of  
liquids, bouillon cube, chicken, and  
fat. Cook and stir until thickened. Stir  
in seasonings. Add egg; do not stir.

## **CREAMED CHIPPED BEEF**

Makes 4 servings; about 2-1/2 cups.

3 tablespoons margarine  
3 tablespoons flour  
2 cups reconstituted nonfat dry milk  
3-ounce package dried beef, cut up  
1 hard-cooked egg, cut up

Melt margarine. Remove from heat.  
Stir in flour. Gradually stir in milk. Add  
beef. Cook and stir until thickened.  
Add egg. Do not stir.

## **CRISPY FRIED FISH**

Makes 4 servings.

1 pound frozen fish fillets  
Fat for frying

1/3 cup cornmeal  
1/2 teaspoon salt  
Pepper, as desired

Thaw frozen fish. Wash and drain. Heat fat in fry pan. Dip fish in a mixture of cornmeal and seasonings. Fry over medium heat 4 to 5 minutes until browned on one side. Turn gently and fry fish 4 to 5 minutes longer until browned on other side and fish flakes easily when tested with a fork. Drain well.

## **FRANKFURTER-BEAN SOUP**

Makes 4 servings; about 4-2/3 cups.

3/4 cup small dry lima beans  
4 cups water  
1 medium onion, chopped  
3/4 teaspoon salt  
1/2 pound frankfurters

Wash and drain beans. Put beans and water in a pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Add onion and salt. Cover and boil gently about 1 hour until beans are tender. Mash beans slightly. Chop frankfurters and lightly brown in a fry pan. Add to soup.

## **FRENCH TOAST**

Makes 4 servings.

3 eggs, beaten

1/2 cup reconstituted nonfat dry milk

1/4 teaspoon salt

Margarine or shortening for browning

8 slices bread

Mix eggs, milk, and salt. Spread a little fat in heated fry pan. Dip bread in egg mixture and put in fry pan over medium heat. Brown bread on one side. Turn bread, putting a little more fat under each slice. Brown other side.

## **FRIED APPLE RINGS**

Makes 4 servings.

2 small apples

2 tablespoons margarine

2 tablespoons sugar

1 tablespoon lemon juice, if desired

Core apples and cut each in 4 circles. Melt fat in a fry pan. Add sugar and lemon juice (if used). Add apple slices and cook slowly about 10 to 15 minutes until tender. Turn as needed to brown.

## **FRIED CHICKEN**

Makes 4 servings.

2-1/4 pound chicken, cut up

About 1/3 cup flour

1 teaspoon salt

Pepper, as desired

1/4 cup fat or oil

Coat chicken with a mixture of the flour, salt and pepper. Heat fat in fry pan. Cook chicken over medium heat turning once to brown both sides. Cook slowly a little longer until tender. allow about 40 to 45 minutes to cook chicken.

## **HAM (cured pork), CHEESE, AND RICE**

Makes 4 servings; about 4 cups.

1 medium onion, sliced

1 tablespoon fat or oil

1-3/4 cups water

3/4 cup uncooked rice

About 1-1/2 cups cut-up, cooked cured  
pork (left from Baked Picnic Shoulder)

1/4 teaspoon salt

1/2 cup reconstituted nonfat dry milk

2/3 cup cut-up cheese

Cook onion in fat in medium saucepan until lightly browned. Add water and heat to boiling. Stir in rice, pork, and salt. Return to boiling. Cover and cook over low heat about 25 minutes until rice is tender. Gently stir in milk and cheese. Heat until cheese is melted.

## **HAM (cured pork) HASH**

Makes 4 servings; about 4 cups.

3 tablespoons fat or oil

4 medium potatoes, finely chopped

2 medium carrots, finely chopped or shredded

1/2 small onion, finely chopped

About 1-1/2 cups finely chopped, cooked cured pork (left from Baked Picnic Shoulder)

Salt, as desired

Heat fat in a large fry pan. Add potatoes, and cook over low to medium heat until browned on bottom. Turn potatoes. Cover with carrots and onion, then with pork. Cook about 8 minutes longer until potatoes are browned on bottom and are tender. Sprinkle with salt, if needed.

## **LIMA BEANS IN TOMATO SAUCE**

Makes 4 servings; about 2-1/3 cups.

- 1 cup dry baby lima beans
- 3 cups water
- 1 teaspoon salt
- 1/4 cup brown sugar, packed
- 1/3 cup tomato sauce
- 1 tablespoon margarine or meat fat drippings
- 1 tablespoon prepared mustard
- 4 teaspoons vinegar
- Salt, as desired

Wash beans. Put beans and water in a large pan and bring to boiling. Boil 2 minutes. Let stand 1 hour. Add 1 teaspoon salt, and heat to boiling. Cover when most of foam is gone. Boil beans gently about 1 hour until tender. Pour off most of bean liquid (save). Add rest of ingredients to beans. Cover and boil gently about 30 minutes to blend flavors. Add more bean liquid, as needed.

## **LIVER AND ONIONS**

Makes 4 servings.

- 2 tablespoons fat or oil
- 2/3 pound sliced beef or pork liver

About 3 tablespoons flour  
3/4 teaspoon salt  
Pepper, as desired  
1 large onion, sliced  
3 tablespoons water

Heat fat in fry pan. Coat liver with flour and put in pan. Cook until browned on one side. Turn liver. Sprinkle with salt and pepper. Place onion on top. Add water. Cover pan tightly and cook liver over low heat about 20 minutes until tender. Add a little water during cooking, if needed.

## **LIVER IN BARBECUE SAUCE**

Makes 4 servings.

1 tablespoon fat or oil  
2/3 pound sliced beef or pork liver  
About 3 tablespoons flour  
3/4 teaspoon salt  
Pepper, as desired  
2 tablespoons brown sugar, packed  
1 teaspoon worcestershire sauce  
1 tablespoon vinegar  
1/4 cup catsup  
1/3 cup water

Heat fat in fry pan over medium heat. Coat liver with flour and brown on both sides. Mix rest of ingredients and pour

over liver. Cover and cook slowly about 20 minutes until liver is tender. Add a little water to thin sauce, if needed.

## **MACARONI SALAD**

Makes 8 servings; about 3-1/2 cups.

1 stalk celery, chopped  
1/2 small onion, chopped  
1/3 cup mayonnaise or salad dressing  
1 tablespoon vinegar  
1 tablespoon sugar  
1 teaspoon prepared mustard  
3/4 teaspoon salt  
Pepper, as desired  
About 3 cups cooled, drained, cooked macaroni (1-1/2 cups uncooked)  
1 hard-cooked egg, cut up

Mix all ingredients, except macaroni and egg, in a large bowl. Add macaroni and egg. Mix lightly. Chill before serving.

## **MEATBALLS IN POTATO CUPS**

Makes 4 servings.

2 cups seasoned, mashed potatoes  
1 egg  
1/2 small onion, finely chopped  
1 stalk celery, finely chopped

2/3 pound ground beef  
1/2 cup uncooked, quick rolled oats  
1/3 cup reconstituted nonfat dry milk  
1/2 teaspoon salt  
Pepper, as desired  
Bouillon Gravy (see recipe)

Mix potatoes and egg. Make 8 mounds on large greased baking pan. Mix rest of ingredients, except gravy. Shape into 8 meatballs. Press a meatball part way into center of each potato mound. Bake at 350° F (moderate oven) about 40 minutes until meat and potatoes are browned. Serve with Bouillon Gravy.

## **MERINGUE PIE**

Makes 8 servings

### *Pie Crust*

1 cup flour  
1/2 teaspoon salt  
1/3 cup shortening  
About 2 tablespoons water

### *Filling*

4-ounce package pudding and pie filling mix, any flavor (not instant)

## *Meringue*

2 egg whites (left from making Cheese Rarebit)

1/4 teaspoon salt

1/4 cup sugar

*For pie crust* — Mix flour and salt. Mix in shortening with a fork or pastry blender until crumbled. Sprinkle 2 tablespoons water over mixture. Mix lightly with fork. Add a little more water, if needed, to make dough into a ball, stirring as little as possible. Roll out dough on lightly floured surface. Put in 8-inch pie pan. Stick dough all over with fork. Bake at 425° F (hot oven) 10 to 12 minutes until browned.

*To make filling* — Follow package directions.

*For meringue* — Beat egg whites with a beater or mixer until foamy. Add salt and beat until soft peaks form. Add sugar a little at a time and beat until soft peaks form. Spread meringue gently on warm pie filling. Bake at 350° F (moderate oven) 15 to 20 minutes until browned.

## **MINI-PIZZAS**

Makes 4 servings.

8-ounce package refrigerator biscuits

6-ounce can tomato paste

1 tablespoon water

1 teaspoon oregano

1 small onion (if desired), finely chopped

1 cup shredded or finely chopped cheese

Roll out or pat biscuits into 4-inch circles on a greased baking pan. Mix tomato paste, water, and oregano. Cover biscuits with mixture. Sprinkle with onion (if used) and cheese. Bake at 425° F (very hot oven) about 8 or 9 minutes until lightly browned. Quickly loosen pizzas from pan.

## **MIXED FRUIT SALAD**

Makes 4 servings; about 2 cups.

1 medium apple, cut up

1 medium orange, cut up

1 medium banana, sliced

Salad dressing, if desired

Mix the fruits. Stir in salad dressing or serve on top of fruit, if desired.

## **MOLASSES - GLAZED BEANS**

Makes 8 servings; about 5 cups.

2 cups dry great northern or pea (navy) beans

5 cups water

1-1/2 teaspoons salt

1/2 small onion, chopped

1/4 cup brown sugar, packed

1 teaspoon dry mustard

1/2 cup molasses

2 tablespoons margarine or meat fat drippings

Wash and drain beans. Put beans and water in large pan and heat to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Add salt. Cover and boil gently about 1-1/2 hours until beans are tender. Add rest of ingredients and more water if needed for cooking. Stir gently to mix. Cover and boil gently about 1 hour to blend flavors. Uncover toward end of cooking, if needed, to thicken liquid.

**THIS BOOK INCLUDES  
DELICIOUS ECONOMICAL RECIPES  
AND INFORMATION ON:  
FAMILY FOOD NEEDS  
AND  
CUTTING FOOD COSTS**

**By Blu Star Creations**

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**No. 1**