

What's Cooking?

Beef goulash, pork chop recipes offered

BY SARA SEWELL.
Pork chops have been a good buy in the market recently. You might like to try the following recipe.

BARBECUED PORK CHOPS
6 (1 in. thick) pork chops
Salt and pepper
1 (8 oz.) can seasoned tomato sauce
½ cup catsup
1 teaspoon Worcestershire sauce
½ teaspoon liquid smoke
½ teaspoon onion salt
Brown pork chops in heavy skillet. Season with salt and pepper. Combine remaining ingredients and pour over pork chops; simmer until tender or about 1 hour. Turn occasionally. Serves 4-6. —From the files of Jeane Greene, The Dalles.

If you're looking for a different way to prepare round steak, try this recipe.

BEEF GOULASH
2 lbs. round steak, cut in 1¼ in. cubes
3 Tablespoons vegetable oil
1 cup chopped onion
1 clove garlic, mashed
½ lb. fresh mushrooms, sliced
1 (8 oz.) can tomato sauce
1 cup water
1 Tablespoon Worcestershire sauce
1½ teaspoons salt
1/8 teaspoon pepper
1 cup dried celery
2 Tablespoons flour
1 cup dairy sour cream
2 cups cooked peas
Hot cooked noodles

Brown meat in oil in large skillet; remove. Sauté onion, garlic and mushrooms in remaining oil in pan. Add tomato sauce, salt and pepper and mix well. Add meat. Cover. Simmer 1 hour and 15 minutes. Add celery; simmer 15 minutes. Mix flour to a smooth paste with a small amount of cold water. Stir into goulash; simmer until thickened. Stir in sour cream and peas; heat, but do not boil. Serve on cooked noodles. Serves 6. —From the files of Jeane Greene, The Dalles.

IMPOSSIBLE CHEESEBURGER PIE
1 lb. ground beef
1½ cups chopped onion
½ teaspoon salt
¼ teaspoon pepper
1 cup cheddar cheese, shredded
1½ cups milk
¾ cup Bisquick baking mix

3 eggs
Heat oven to 400 degrees. Lightly grease pie plate 10x½". Cook and stir ground beef and onion until beef is brown. Drain. Stir in salt and pepper. Spread beef in pie plate. Sprinkle with cheese. Beat milk, eggs and Bisquick until smooth. (In blender, 15 seconds on high speed, 1 minute with portable hand mixer.) Pour over beef and cheese. Bake until golden brown and knife in center comes out clean, about 30 minutes. Let stand 5 minutes before cutting. Refrigerate leftovers. If using a 9" pie plate, decrease milk to 1 cup; eggs to 2, and Bisquick mix to ½ cup. Serves 4-6. —From the files of Pat Kane, Portland.

VEGETABLE DIP
1 cup cottage cheese
1 cup mayonnaise
1½ teaspoon dill weed
1½ teaspoons dry onion
2 teaspoons grated fresh

onion
½ teaspoon celery salt

Mix well. This is very good served with sliced tur-

nips, raw cauliflower, celery and carrot sticks.

—From the files of Velma Cassidy, Sandy.

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Vegetables help stretch dollars

Don't sell the potato or other familiar vegetables short. They are low in calories, inexpensive and nutritious.

As money gets tight and the food dollar shrinks, remember that the old standby vegetables are still the best buy. Clackamas County extension agent Marilyn Lunner said.

Potatoes, carrots and cabbage store well. They also are relatively inexpensive and supply vitamins, minerals and fiber in the diet. Choosing these vegetables over the more exotic, or out-of-season vegetables can help keep the food budget under control without sacrificing good nutrition.

When fresh greens are most expensive, try coleslaw or grated cabbage and carrot salad to add crunch and flavor to winter meals, Lunner suggests. A tasty hot vegetable dish can be stir-fried using onions, cabbage and carrots.

Slice the vegetables thinly, coat a heavy frying pan with oil, add the vegetables and stir-fry until tender crisp.

"Winter squash and sweet potatoes may not be glamorous, but they are appealing, full of vitamin A and fairly inexpensive," adds Margaret Bakke, Oregon State University extension nutrition specialist. Bake them, boil them or use them in casserole dishes.

And, don't forget to try potatoes other than baked, boiled or fried, says Bakke. Try potatoes and cheese instead of macaroni and cheese. Add leftover meat to scalloped potatoes and you have an inexpensive main dish.

Use your imagination to create good meals from the less expensive vegetables.

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