

The Sandy Post Home & Garden

Sausage upside-down cornbread recipe given

by SARA SEWELL

Cabbage-Sausage Bake
 1 lb. Polish sausage
 3 cups shredded cabbage
 1 cup sliced celery
 1/4 cup chopped onion
 2 (10 3/4 oz.) cans mushroom soup
 Heat oven to 350 degrees. Cut sausage into 1 inch pieces. Combine all ingredients. Place in 2 quart casserole. Bake, covered for 50 minutes. Serves 6. From the files of Linda Marvel, The Dalles.
Bulk sausage and frozen packages of sausage are frequently on sale in the market these days. It can be used as a good budget stretcher and in the following recipe both the protein

and bread requirements are met for the family diet.
Sausage Upside-down Cornbread
 1 lb bulk pork sausage
 1 cup chopped onion
 One-third chopped green pepper
 2 tablespoons flour
 1 can (6 oz.) tomato paste
 1 teaspoon salt
 1 teaspoon chili powder
 One-eighth teaspoon pepper
 4 ounces cheddar cheese in 1/2 inch cubes
 1/2 cup sliced ripe olives
 2 packages (8 1/2 oz. ea.) corn muffin mix
 Preheat oven to 400 degrees. Cook sausage, onion and pepper in a skillet until sausage is

brown and crumbly. Stir in flour, mix in next four ingredients. Remove from heat; stir in cheese and olives. Spread evenly in 9-inch square pan. Prepare corn bread mix according to package directions; spread over sausage. Bake 30-35 minutes. Let stand in pan 5 minutes. Loosen edges. Invert over plate or platter. Serve immediately. Serves 6. Given to me by the American Dairy Association.
Crock-pot Baked Beans
 1 1/2 lbs dry navy beans
 9 cups water
 1 medium onion, chopped
 1 cut ketchup
 1 cup brown sugar
 1 additional cup water

2 teaspoons dry mustard
 2 tablespoons dark molasses
 1 tablespoon salt
 1/4 lb salt pork or bacon
 Cook dry beans in water until softened. Drain and put into crock pot. Add all remaining ingredients; mix well. Cover and cook on low 10 to 12 hours (high, 4 to 6 hours, stirring occasionally). Serves 10-12. From the files of Anne Turner, The Dalles.
 Here is another good recipe that can cook in the oven while you are away.
Delicious Oven-baked Chicken
 3 lbs chicken plus 4 or 5 legs
 Small bottle Russian dressing

1 cup apricot jam
 1 package dry onion soup
 Put chicken pieces in pan or pans. Mix last three ingredients together and spread over top of chicken. Bake 1 hour at 350 or 375 degrees, uncovered. Serves 8. From the files of Effie Weaver, Salem.
Danish Coffee Cake
 1 cup flour, sifted
 1/2 cup butter or margarine
 2 tablespoons water
 1/2 teaspoon salt
 Sift flour and salt. Cut in butter and add water. Mix with fork.
 Round into a ball and divide in half. Pat dough in two long strips 12 x 3 inches

on an ungreased cookie sheet. Mix topping: 1/2 cup margarine, 1/2 cup sugar and 1 cup water.
 Bring to boil. Add 1 teaspoon almond flavoring. Remove from heat. Add 1 cup flour quickly. Add 3 eggs, one at a time, beating after each.
 Divide in half and spread over the 3 strips. Bake about 35 to 40 minutes or until brown at 350 degrees.
 Frost with icing and nuts. Lemon icing is good. Cut into bars. Best when eaten the same day. Serves 8. From the files of Edna Haneberg, Sandy. These are so good!

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