

## Soul food festival: Recipe ideas for a week

You can't feed the family on \$5.00 a week any more, but you can economize and still serve dynamite meals at the same time. Here are a week of good ideas for you to try this week.

### SUNDAY CHITLINS

5 pounds fresh chitlins  
2 hog maws  
2 medium potatoes, peeled  
1 cup coarsely chopped celery  
2 carrots, halved  
3 teaspoons thyme  
3 teaspoons sweet basil  
2 cloves garlic  
2 teaspoons seasoned salt  
Tabasco

Clean chitlins and maws and cut into small pieces. Put chitlins, maws, potatoes, celery and carrots into a large pot. Add 3 cheesecloth bags of thyme, basil and garlic cloves to pot. Add seasoned salt. Cover with water and bring to a boil. Cover and simmer 3 hours or until tender. Serve with Tabasco. Garnish with small baked yams and green onions. Makes 4 to 6 servings.

### MONDAY CHILI CHEESE DOGS

Prepare Chili Seasoning Mix according to package directions. Serve over a hot dog weiner and bun; top with shredded cheese.

### TUESDAY FAMILY STEAK

Beef Marinade is perfect for an economical steak dinner. Marinate a round of chuck steak according to package directions and you'll be serving a tender, flavorful steak for a fraction of the cost of fillets.

### WEDNESDAY ALONIA'S FRIED CHICKEN AND COUNTRY GRAVY

2½-3 lb. fryer, cut up  
Seasoned Salt  
Seasoned Pepper  
Milk  
Flour  
Shortening or oil  
2 cloves garlic

Sprinkle chicken with Seasoned Salt and Seasoned Pepper. Put into a bowl, cover with milk and let stand in refrigerator for 3 hours. Remove chicken from milk; dip in flour; fry in skillet of hot oil with garlic cloves. Brown one side, covered, and the other side, uncovered. Drain on paper towels and keep warm at a low temperature. To make gravy:

3 tablespoons drippings from fried chicken pan  
2 tablespoons flour  
1 cup milk  
1 teaspoon Worcestershire sauce  
Seasoned Salt  
½ small onion, grated

Measure 3 tablespoons drippings from pan; discard the rest. Return drippings to pan; heat and add flour and mix. Add milk, Worcestershire sauce and grated onion. Cook for about 2 minutes. If necessary, use more milk for thinner gravy. Salt to taste with Seasoned Salt. Makes 4 to 6 servings.

### THURSDAY MEATLOAF AND BROWN GRAVY

Prepare Meatloaf Seasoning Mix according to package directions. Slice and serve with rich brown gravy.

### FRIDAY FRIED CHIX WINGS AND SPAGHETTI

Fry up a pan of wings seasoned with Seasoned Salt. Make spaghetti with Extra Rich and Thick Spaghetti Sauce Mix and serve over pasta.

### SATURDAY SLOPPY JOE

Prepare Sloppy Joe Seasoning Mix according to package directions and serve with a big green salad.

### ROASTED STUFFED PORK

4 to 5 pound pork roast (a loin or shoulder is best)  
½ teaspoon Seasoned Salt  
1 cup diced onion  
1 cup diced celery  
1 apple, cored and diced  
3 tablespoons butter  
1 tablespoon Garlic Spread Concentrate  
½ cup fresh bread crumbs  
2 tablespoons Garlic Spread Concentrate, melted.

Have butcher remove bone from roast. Sprinkle cavity with Seasoned Salt. Saute onion, celery and apple until tender and melt together butter and 1 tablespoon Garlic Spread Concentrate; add bread crumbs, blend well. Fill cavity with stuffing mixture. Brush roast on a rack in a roasting pan in a 400° oven for 30 minutes. Reduce heat to 350°F. and continue roasting approximately 30 minutes per pound or 185°F. on meat thermometer. Makes 8 servings. Note: It is possible that the roast may need to be skewered or tied to hold stuffing in.



Meat Loaf is a favorite economizer and can be prepared with any meat or poultry.

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BRAND SOFT DRINK MIX

**Frozen Suckers**

1 envelope KOOL-AID® Unsweetened Soft Drink Mix, any flavor  
2/3 cup sugar  
1 quart water

Dissolve soft drink mix and sugar in water. Pour into plastic ice-cube trays or small paper cups. Freeze until almost firm. Insert wooden stick or spoon into each. Freeze until firm. Makes about 20.

## Turkey Roast

USDA Grade "A" Gov't Inspected

SUPER SAVER

# 49¢

Lb.

## Rib Steak

Safety Quality Beef Small End Cut

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Northwest Lamb

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### OVENJOY

## Fresh Bread

White or Wheat  
22.5 oz. Limit 3

# 3 for \$1

### STEAK CUT

## French Fries

Tater Boy Frozen  
5-Pound Bag

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### JENO'S

## Pizzas

Canadian Bacon, Combination or  
Pepperoni 12 to 12.5-Ounce

# 79¢

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### RAMEN

## Noodles

Town House Asst.,  
3-Oz. Package

# 6 for 99¢

American Cheese Borden's Single Slices, 12 oz. \$1.59

Cut Corn or Peas Flav-R-Pac Frozen in Poly Bag, 20 oz. 79¢

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Doz.

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## 59¢

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for