

How To Be A Good Cook



Sundown Skillet is easily prepared at the campsite.

Campsite Cooking

Camping is a seasonless activity and can be fun any time of the year. Here are a few tips to make that get-away-from-it-all weekend a success. Plan the menus in advance. Menus that require minimum utensils, cooking fuel and ingredients, and non-perishable foods that are easily transported.

Remember knives, can openers, matches, multiple-use lightweight cooking utensils, fuel for camp stove, plates, cups, silverware.

This single saucepan meal can be made in less than 20 minutes. The secret of its quick cooking and satisfying flavor is chunky old-fashioned vegetable beef soup.

Sundown Skillet

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| 1 can (19 ounces) chunky old-fashioned vegetable beef soup | 1 pkg. (3 1/2 oz.) sliced pepperoni (about 1 cup), cut in half |
| 2 c. cooked elbow macaroni | Generous dash pepper |
| 1 c. shredded Cheddar cheese | |

In saucepan, combine ingredients. Heat, stir occasionally. Makes about 4 cups.

Try This Trio Of Olive Kabobs

Snacks are a big part of our modern way of life, perfect for parties, between-meal appetites and as small meals for people on the go.

This trio of olive kabobs and special dips can be prepared ahead and kept waiting in the refrigerator until serving time. The Big Dipper, for example, is a tasty combination of pitted ripe olives, ham cubes and cherry tomatoes skewered on long cocktail kabobs. The crunchy sour cream based dip is made extra special with the addition of water chestnuts, sesame seeds and green onion.

Olive Kabobs and Creamy Italian Dip are reminiscent of delicious antipasto trays served in Italian restaurants. Provolone cheese, salami and anchovy-stuffed ripe olives give these kabobs their distinctive flavor. Dill Dip Delicious is a more subtle combination of ripe olives, cooked shrimp and cucumber wedges, ready to dip into a dill weed sour cream sauce.

The Big Dipper

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/4 cup finely chopped parsley
- 1/4 cup finely chopped water chestnuts
- 1/4 cup toasted sesame seeds
- 1/4 cup chopped green onions, green tops included
- Salt
- 15 pitted California ripe olives
- 15 cubes of ham
- 15 cherry tomatoes

Mix together sour cream, mayonnaise, parsley, water chestnuts, sesame seeds, green onions and salt to taste. Thread olives, ham and cherry tomatoes on wooden skewers. Serve with dip.



Creamy Italian Dip With Olive Kabobs

- 1 cup sour cream
 - 2 teaspoons Italian salad dressing mix (packaged)
 - 15 pitted California ripe olives, stuffed with anchovies
 - 15 cubes of Provolone cheese
 - 15 small chunks of salami
- Combine sour cream and Italian salad dressing mix. Thread anchovy-stuffed ripe olives, cheese and salami on wooden skewers. Serve with dip.

Dill Dip Delicious

- 1/2 cup sour cream
 - 1/2 cup mayonnaise
 - 1 teaspoon dill weed
 - 1/2 teaspoon beau monde seasoning
 - 15 pitted California ripe olives
 - 15 medium cooked shrimp (peeled and deveined)
 - 15 cucumber wedges
- Mix together sour cream, mayonnaise, dill weed and beau monde seasoning. Thread olives, shrimp and cucumber wedges on wooden skewers. Serve with dip.

A Super Salad For Summer Suppers



Summer appetites seem to crave salads. So celebrate the coming of warmer weather by serving a deliciously different salad for dinner. Nothing is more satisfying or tasty than the current craze of pasta salads.

For a quick and easy treat, try this recipe for Chili Tomatoes. The ground beef and macaroni salad is spiced with chili and tomato flavors. Stuffed into a garden-fresh tomato and topped with grated Parmesan cheese and dried basil, it's an attractive dinner idea. And the best part is it can be prepared in less than 30 minutes!

Chili Tomatoes

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| 1 pound ground beef | 1/2 teaspoon chili powder |
| 1 package Hamburger Helper® mix for chili tomato | 5 large tomatoes |
| 3 cups hot water | 1/4 cup grated Parmesan cheese |
| | Dried basil leaves |

Cook and stir ground beef in 10-inch skillet until brown; drain. Stir in Macaroni, Sauce Mix, water and chili powder. Heat to boiling, stirring constantly. Reduce heat; cover and simmer, stirring occasionally, 10 minutes. Cut stem ends from tomatoes. Place tomatoes cut sides down; cut each into sixths to within 1/2 inch of bottom. Carefully spread out sections, forming a "flower." Fill each with about 1 cup beef mixture. Sprinkle with cheese and basil leaves. Serve immediately. 5 servings.

High Altitude Directions (3500 to 6500 feet): Increase hot water to 3 1/4 cups and simmer time to 15 minutes.

A free recipe booklet with Chili Tomatoes and nine other delicious pasta salad ideas is available by writing Supper Salads, Box 5401, Department 821, Minneapolis, MN 55460. (This four-color booklet contains ten perforated recipe cards.) Offer expires June, 1983.

Nutritional foods

All in a box of barley



If barley is new to you, it will be exciting to use your first box.

You'll be in the company of people throughout the ages when you try wholesome barley in Basic Barley Vegetable Soup. Not only will you and your family take in the natural nutrients in fresh carrots, beans, onions, and green peppers; you'll also gain the benefit of the protein, phosphorous and iron in the barley. To create a heartier, main dish soup add chopped chicken, beef or pork (amount determined by personal preference) during the final 40 minutes.

BASIC BARLEY VEGETABLE SOUP

- 5 cups water
- One 16-oz. can whole tomatoes, undrained
- 3 beef bouillon cubes
- 1/2 cup regular barley*
- 1 cup carrot slices
- 1 cup chopped white turnip
- 1 cup fresh green beans, cut into 1-inch pieces
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 bay leaf
- 1 to 2 teaspoons sugar
- 1/4 teaspoon basil leaves, crushed

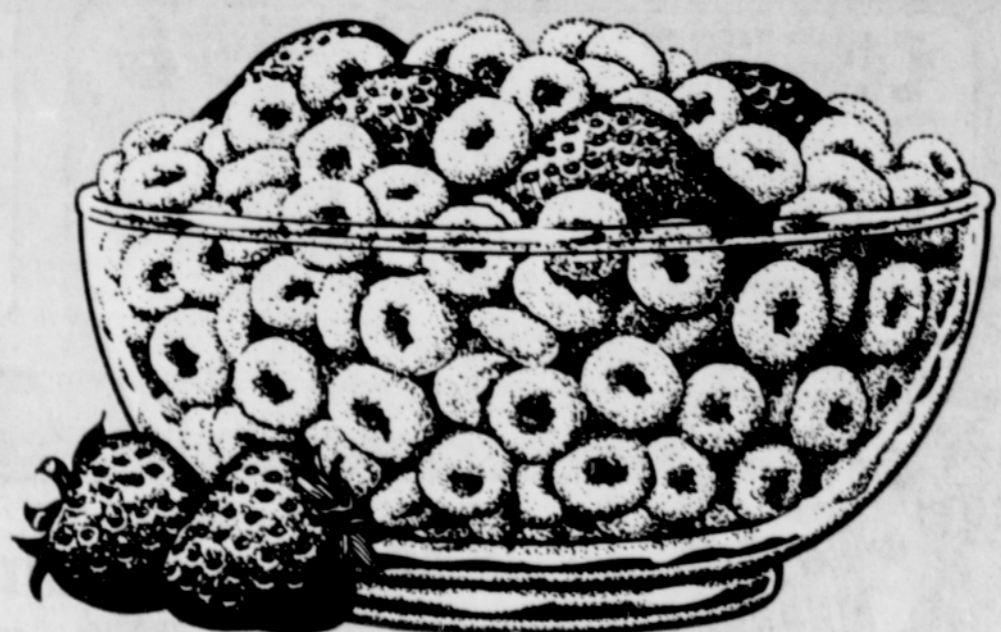
Combine water, tomatoes and bouillon cubes in 4-qt. Dutch oven. Bring to a boil, stirring occasionally, until bouillon cubes are dissolved. Cut tomatoes into bite-sized pieces with wooden spoon. Stir in barley. Reduce heat. Cover; simmer about 20 minutes. Stir in remaining ingredients. Cover; simmer about 40 minutes or until vegetables are tender. Makes 3 quarts of soup.

*Note: Substitute 1 cup quick barley for regular barley, if desired. Cook water, tomatoes and bouillon cubes as recipe directs. Stir in remaining ingredients except quick barley. Reduce heat. Cover; simmer about 20 minutes. Stir in quick barley. Continue simmering about 20 minutes or until vegetables and barley are tender.

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