

Creole style stew for chilly evenings

Ole for Chili Beef Skillet! It's a tangy medley of vegetables, beef and rice with south-of-the-border flare. This chunky vegetable-laden skillet dish has the advantage of being quick to make with the help of convenient packaged enriched pre-cooked rice. When served as the main course for family dinner, this chili-flavored skillet special warms up a cold winter night.

And, from this side of the border, try Creole-style limas simmered in a savory tomato sauce. A great accompaniment for simple entrees, this wholesome, old-fashioned Southern flavor side dish can be a busy cook's best friend. Because it fits into the fast food fixin's category so popular today, it's perfect for casual weekday meals.

Peanuts, another tradition from

America's southern region, and a favorite of most youngsters, add their distinctive flavor to a nut-topped pudding that's sure to bring cheers.

So, wake up winter appetites with these delicious regional traditions, now made quick and easy.

CHILI BEEF SKILLET

- 1 package (10 oz.) mixed vegetables
- 1 pound ground beef
- 1/2 cup chopped onion
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups water

- 1 can (8 oz.) tomato sauce
- 1 1/2 cups Minute rice

Prepare vegetables as directed on package; drain. Brown ground beef in skillet with onion, leaving meat in large chunks. Sprinkle with chili powder, salt and pepper. Add water, tomato sauce and vegetables; bring to a boil. Stir in rice. Cover; remove from heat and let stand 10 minutes. Fluff with fork. makes 4 servings.

FLUFFY PEANUT BUTTER PUDDING

- 2 cups cold milk

- 1/2 cup chunky peanut butter
- 1 package (4-serving) instant pudding, butterscotch, chocolate, chocolate fudge or vanilla flavor
- 1 cup thawed whipped topping

Gradually blend milk into peanut butter in a bowl. Add pudding mix. Beat slowly with rotary beater or at lowest speed of electric mixer until well blended, about 2 minutes. Fold in whipped topping and spoon into individual dessert dishes. Garnish with additional whipped topping and chopped peanuts, if desired. Makes 6 servings.



Bud's ball: open house or asylum?

by Bobby Foucher

The place was so packed, it was difficult to decide whether to move around to talk to people or stand in one spot and just grab a member of the next herd passing by.

This was the feeling one had upon entering the Memorial Coliseum Friday, January 4th, for "Bud's Ball," the inaugural party for Bud Clark, Portland's new Mayor. Our Man of the Hour was the happy recipient of support from an audience ranging from tuxedo-ites to punk rockers. The atmosphere was so festive at one point, I thought perhaps this was really a scene from some Mardi Gras movie I remember from the Sixties — or this is an open house to an insane asylum.

I moved through the crowd looking for a quote from an innocent bystander, and looking for a few notables from our community in attendance. Paul and Geneva Knauls, Ken Adair, Harold Johnson from the Olympian Fitness Center were there. I also saw Thara Memory, but he was so busy talking that I just gave him my best, "Hi, how you doin'?" wave, as I did Rick Mitchell and Commissioner Margaret Strahan.

As the evening rocked on, my feet told me they were ready to take a break. Unlike the Elliot Breakers, who did their thing at one of the entertainment areas out on the concourse, my goal was to find a seat.

Our timing was perfect: I sat right next to Starr Waters, a Northeast resident. She was sipping a soft drink while waiting for her husband Sunni, of the Street Corner Singers, who had just finished performing on the concourse. I asked Starr what she thought of the night's happenings. She said, "I've been having a lot of fun, and he (Clark) appears to be a friendly, open person. If the next year is anything like the party, we're in for a lot of changes for the better."

But as the fireworks ended the fund-raising affair, the foremost thought in my mind was if the next bus was going to be on time and that I should look up the word 'concourse.'



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