

## Down-home cooking

Called "the food of the people" and "the soul of the land," Southern down-home cooking is becoming increasingly popular. This down-to-earth method of cooking has spawned such cuisines as Creole, Cajun and soul food. The common denominator is a lavish use of spices that turns homely ingredients into tantalizing dishes often containing a tomato sauce base.

Unfortunately, when traditionally prepared, many Southern food favorites are time-consuming and contain high amounts of salt. But there's no need to pass up mouth-watering Southern dishes because they take too long or require too much salt — not if you cook with No Salt Added Spaghetti Sauce.

This homemade-tasting sauce with its flavorful blend of herbs and spices enhances favorite Southern foods such as pork, chicken and okra. It can be used as a base for stews or as a sauce for meats, vegetables and starches.

The use of a pig, from snout to tail, is common in Southern cooking. One of the choicest cuts, pork loin, is the main ingredient in this recipe for Pork and Okra. Brown pork and add to the spaghetti sauce, low sodium chicken broth and okra. Season with chopped onion, garlic and cayenne pepper. Simmer, and serve over rice or in a bowl with a plate of cornbread to sop up the sauce.

Fiery Beefwiches are a spicy, easy-to-prepare alternative to Sloppy Joes. Simply brown ground beef with onions, green pepper and chili powder, and stir in sauce, pepper and garlic powder. Spoon over hamburger buns for a savory snack.

For a surprising blend of flavors and textures, try Peppery Primavera. Boned, cooked chicken is stirred into Prego sauce, sliced zucchini and sliced, fresh mushrooms. Red wine vinegar, sugar and hot pepper sauce add real pizzazz to this quick-to-prepare sauce that can be served over rigatoni or any favorite pasta.

½ teaspoon red wine vinegar  
¼ teaspoon hot pepper sauce  
Hot cooked rigatoni macaroni

In 10-inch skillet over medium heat, in hot oil, cook chicken until browned; spoon off fat. Add remaining ingredients except rigatoni. Heat to boiling; reduce heat to low. Cover and simmer 15 minutes or until done, stirring occasionally.

Serve over hot cooked rigatoni. Makes 4 cups or 5 servings.



Pork and Okra is homemade-tasting dish that's fast and low in salt.

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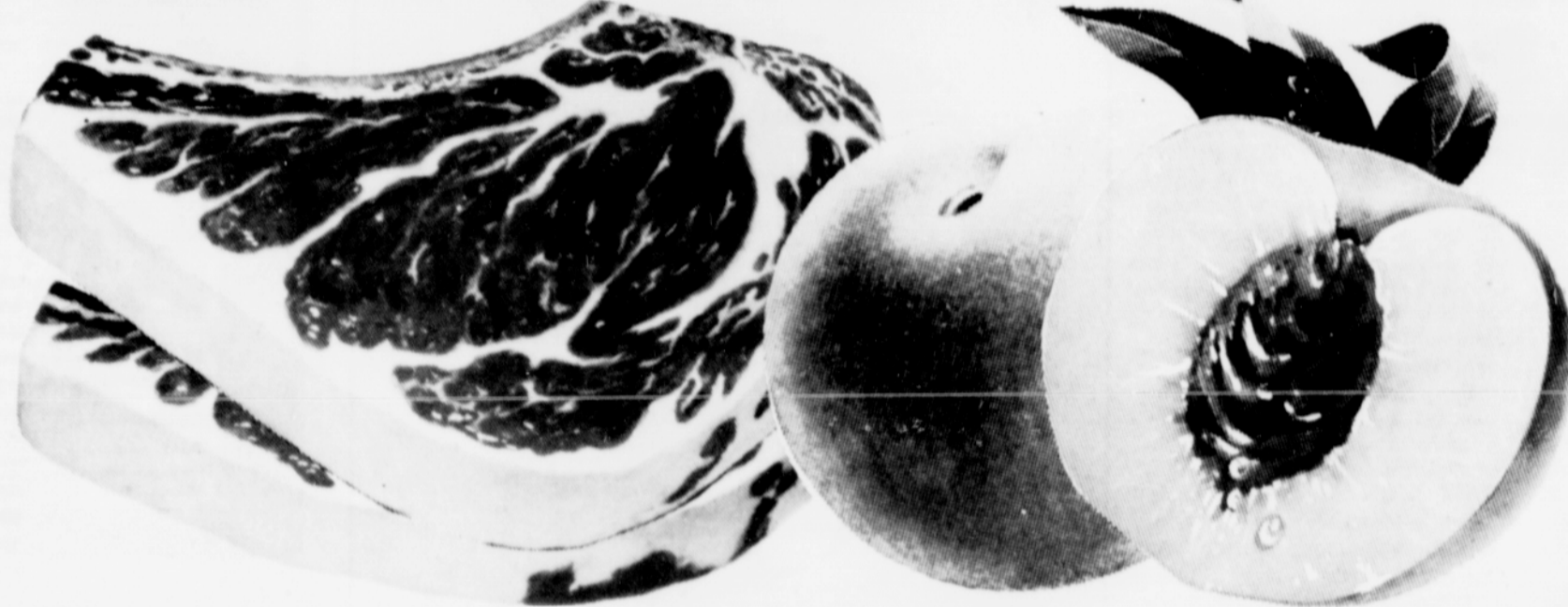
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#### PORK AND OKRA

2 tablespoons salad oil  
1 pound boneless pork loin, cut in ¼-inch cubes  
1 jar (15¼ ounces) No Salt Added Spaghetti Sauce (1¼ cups)  
1 can (10½ ounces) ready to serve low-sodium chicken broth  
½ cup chopped onion  
1 medium clove garlic, minced  
¼ teaspoon cayenne pepper  
1 package (10 ounces) frozen sliced okra  
Hot cooked rice

In 5-quart heavy pan over medium heat, in hot oil, cook pork until browned; spoon off fat. Add sauce, broth, onion, garlic and cayenne. Reduce heat to low. Cover, simmer 30 minutes.

Add okra. Simmer 10 minutes more or until okra is tender. Serve over rice. Makes 4 servings.

#### FIERY BEEFWICHES

1 pound ground beef  
½ cup chopped onion  
½ cup chopped green pepper  
2 tablespoons chili powder  
1 jar (15¼ ounces) No Salt Added Spaghetti Sauce (1¼ cups)  
1/8 teaspoon pepper  
Generous dash garlic powder  
4 Hamburger buns

In 10-inch skillet over medium heat, cook beef, onion and green pepper with chili powder until beef is browned and vegetables are tender; spoon off fat. Stir in sauce, pepper and garlic powder.

Reduce heat to low. Cover; simmer 10 minutes, stirring occasionally. Serve on hamburger buns. Makes 3 cups or 4 sandwiches.

#### PEPPERY PRIMAVERA

2 tablespoons salad oil  
4 whole chicken thighs, boned and cut in 1-inch pieces (1 pound boneless)  
1 jar (15¼ ounces) No Salt Added Spaghetti Sauce (1¼ cups)  
2 cups sliced zucchini  
1 cup sliced fresh mushrooms  
½ teaspoon sugar

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