

OLD FASHIONED BEEF STEW IS A GREAT WINTER COMFORT FOOD

An easy to make "comfort food" for guests or family is Old Fashioned Beef Stew. It simmers for an hour and a half in flavorful Franco-American beef gravy with garlic, thyme and hearty vegetables. Each serving is also a good source of potassium and vitamin A and provides more than 50 percent of the U.S. RDA of protein. If you want to cut down on fat omit the bacon and brown the beef in a teflon pan.

OLD FASHIONED BEEF STEW

- 4 slices bacon
 - 1 1/2 pounds beef for stew, cut into 1-inch chunks
 - 2 cans (10 1/4 ounces each) Franco-American Beef Gravy
 - 2 large cloves garlic, minced
 - 1/4 teaspoon dried thyme leaves, crushed
 - 1/8 teaspoon pepper
 - 1/2 pound small whole onions (about 30)
 - 2 cups sliced mushrooms
 - 1 cup sliced carrots
 - Hot cooked noodles or mashed potatoes
 - Chopped fresh parsley for garnish
1. In 5-quart Dutch oven over medium heat, cook bacon until crisp. Remove bacon to paper towel to drain; crumble and set aside. Spoon off all but 2 tablespoons drippings.
 2. In hot drippings over medium heat, brown beef, a few pieces at a time. With slotted spoon, remove beef to bowl.
 3. In drippings, stir gravy, garlic, thyme and pepper. Return beef to Dutch oven.
 4. Reduce heat to low. Cover; simmer 30 minutes. Stir in onions, mushrooms, carrots and bacon. Cover; simmer 1 hour more or until beef and vegetables are fork-tender.
 5. Serve over noodles or potatoes. Garnish with parsley. Makes about 6 cups or 6 servings.



Old Fashioned Beef Stew provides good nutrition and is easy to make.



Whipping cream, packaged cookies and ready-to-spread frosting are the ingredients in these luscious treats. Double Vanilla Rainbow Dessert (left) and Nutty Rocky Road Dessert.

New Frostings Work Cookie Jar Magic

Company's coming unexpectedly. Your cupboard is bare. How can you whip up a delicious dessert using just the ingredients you have on hand?

With a little imagination, even plain packaged cookies can be transformed into guest-pleasing goodies.

Two easy recipes use vanilla wafers or chocolate sandwich cookies, whipping cream and new Betty Crocker MiniMorsels ready-to-spread frostings.

Double Vanilla Rainbow Dessert combines crumbled vanilla wafers, whipping cream and Rainbow Chip frosting, a white frosting premixed with confetti-colored vanilla chips.

Nutty Rocky Road Dessert is a yummy concoction of chocolate sandwich cookies, whipping cream and Rocky Road chocolate frosting laden with tidbits of mini-marshmallows and walnuts.

Double Vanilla Rainbow Dessert

- 1 tub Betty Crocker MiniMorsels Rainbow Chip ready-to-spread frosting
- 1 pint whipping cream
- 40 vanilla wafers, slightly crumbled

Beat frosting and whipping cream in large bowl on high speed until soft peaks form. Fold in wafers. Spread in square pan, 9x9x2 inches. Refrigerate until firm, at least 8 hours. 9 servings.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

Nutty Rocky Road Dessert

- 18 chocolate sandwich cookies, finely crushed
- 1/4 cup margarine or butter, melted
- 1 tub Betty Crocker MiniMorsels Rocky Road ready-to-spread frosting
- 1/2 cup whipping cream
- 1 cup chopped walnuts

Heat oven to 350°. Mix cookie crumbs and margarine. Press in square pan, 9x9x2 inches. Bake 8 to 10 minutes; cool completely.

Beat frosting and whipping cream in medium bowl on high speed until soft peaks form. Fold in walnuts. Spread over crust. Sprinkle with additional chopped walnuts if desired. Refrigerate until firm, at least 2 hours. 9 servings.

High Altitude Directions (3500 to 6500 feet): Bake 10 to 12 minutes. Refrigerate at least 4 hours.

PCC Offers Class In Basics of Selling Your Home

"Selling Your Home . . . the Basics" will be offered for six weeks this spring by Portland Community College at Cleveland High School.

Terry Johnson, a real estate sales associate, will cover the essential considerations of a sale: a choice of cashout, long-term income or contract; ways to sell; what price to ask and what terms to offer; whether to hire a realtor or do the selling oneself; and factors to weigh in whether to sell or not to sell.

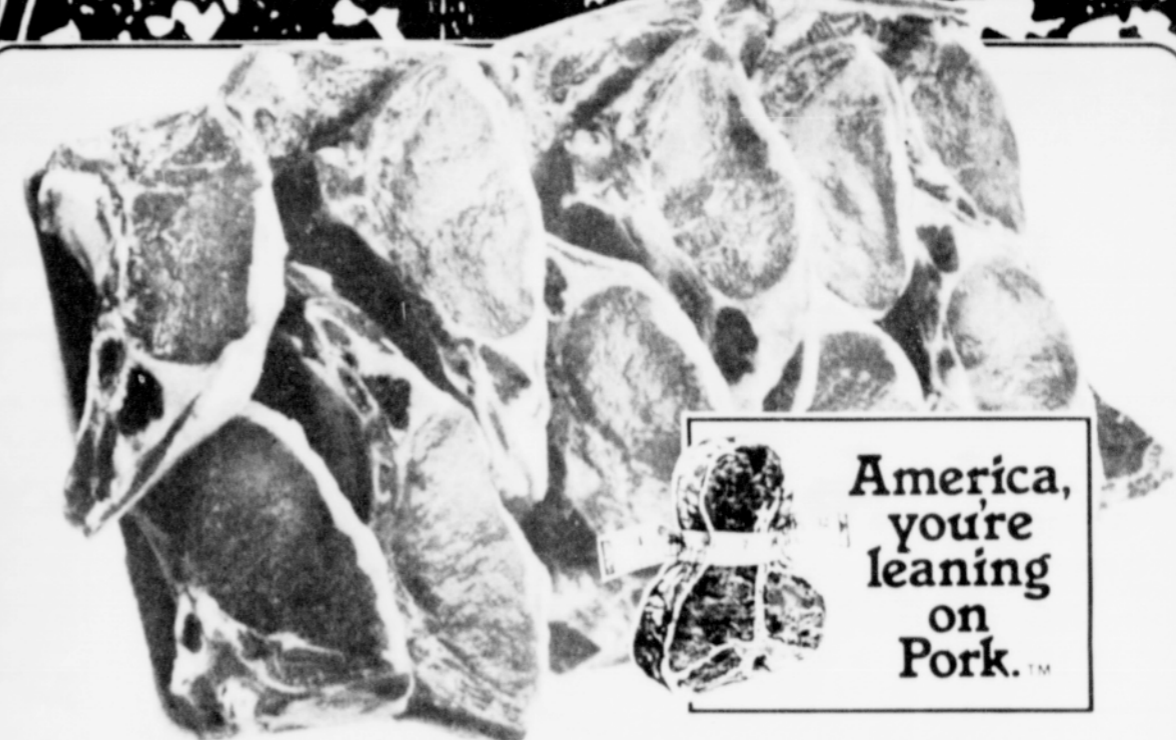
The class will meet on Mondays, starting March 30, from 7 to 9 p.m. in Room 387 at Cleveland High, 3400 S.E. 26th Ave. Cost will be \$21.

Further information and registration are available from PCC Southeast Community Education, 777-6904.

If you smoke or know someone who does, you may want to send smoke signals that it's time to quit.

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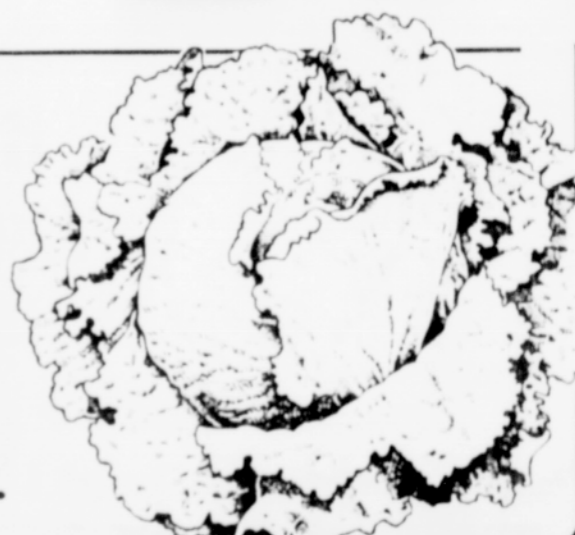
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