

**Army Beans**

**GI Cook Claims Modern Army Fare Utilizes Leftovers in Good Dishes**

By Maxine Buren

A recent reference to the GI chef's publicity releases which I have been getting, brought forth considerable interest from Statesman readers. I warned that there would be others, so here's one in its entirety.

Frankly, I can't decide whether the recipes are something to boast about or not, as they have not been tried out in a kitchen with which I'm personally acquainted.

Here's the GI story: Chilly? Try chile, suggests the army chef.

A good warmer-upper for these brisk autumn days, chile is a favorite on the army menu. What's more, it can be the main dish made fresh from the start or using leftovers.

Great ones for utilizing every bit of food, army cooks point with pride to the small percentage of food lost through wastage. At an average post in the ninth service command, a mess hall serving 100 men three meals a day will lose only five pounds through waste. Waste—that's bits of food left on a plate, food that might have spoiled, gristle, etc.

In fact, conservation is spelled with capital letters in the "Gee-Eye" cook's life.

About 70 per cent of the food consumed by the armed forces in the United States is perishable, such as fresh vegetable, meat and fruits—that's a matter of fact. So, conserving food is more than just chalking up a good record. It's a necessity!

Meat, so precious it must be rationed, can be part of delectable dishes that allow the use of trimmings and portions that don't see their way onto someone's plate.

So, chile con carne is one of the many uses the army chef finds for leftover meat. Another leftover that can go into the steaming bowl is baked beans to replace the chile beans. Yes, the soldier-chef is a man of ingenuity!

And as a tip to the ladies, whispers the government issue marvel, the money you save can be used for that new lipstick or exotic perfume. Of course, that's not the army's use for savings, he hastens to add. Military kitchen profits go right into more food.

Truly a valuable dish in times when meat is scarce, here is the leftover palate pleaser. Preparation is the important element.

**Chile Con Carne**  
2 pounds meat scraps—fresh preferred (about 4 cups)  
1/2 tablespoon chile peppers, ground  
1/2 lb. chile beans (small, red)  
1/4 clove garlic  
1/4 tablespoon chile powder  
1 pint beef stock  
5 ounces tomatoes (about 1 cup)

Simmer the beans until soft; run two-thirds through food grinder. Trim and chop meat into 1/2 inch cubes, fry, cover

with about 1 inch beef stock. Add ground chile pepper, chile powder and salt to taste. Mix with the ground beans and add remaining beans, garlic and tomatoes. While cooking it may be necessary to add beef stock to replace that lost through evaporation. When ready to serve there should be sufficient beef stock to cover the food. Serves six.

A delicious food for picnics or on the dinner table at home, chile con carne is made any of a dozen ways. However, the best method for preparing it from foods other than leftovers, takes a little time, warns the army chef—little effort, and it's worth the time, he says. This is the recipe he suggests in the event you have no leftovers.

**Chile Con Carne**  
3 No. 2 cans tomatoes  
1 1/2 pounds hamburger (which is not rationed)  
9 large onions (less can be used if desired)  
3 cups kidney beans  
Chile powder to taste  
Soak beans overnight. Cook over a low fire until very soft. (About 4 hours). Brown onions. Add hamburger and stir with fork until brown. Add tomatoes. Season while cooking. Allow to simmer 15 minutes. Add cooked beans and allow food to heat thoroughly until it reaches the desired consistency. Serves six.

**Today's Menu**

Sliced oranges will make a refreshing meal's beginning for a fish dinner.

Sliced orange salad  
Creamed salmon on toast  
Baked squash  
Baked onions  
Chocolate soufflé

**CHOCOLATE SOUFFLE**  
2 tablespoons butter  
1/4 cup milk  
2 squares chocolate  
2 tablespoons flour  
1/4 cup sugar  
2 tablespoons hot water  
3 eggs  
1/2 teaspoon vanilla

Melt butter. Blend in flour until smooth. Add milk gradually stirring constantly until thickened. Melt chocolate over hot water. Add sugar and water and mix until smooth. Combine the two mixtures. Add egg yolks, well beaten. Cool. Fold in egg whites beaten very stiff, and vanilla. Turn into greased baking dish and place this in a pan of hot water. Bake at 375 degrees about 45 minutes. Never open the oven door during the baking. Serve the soufflé with cream.

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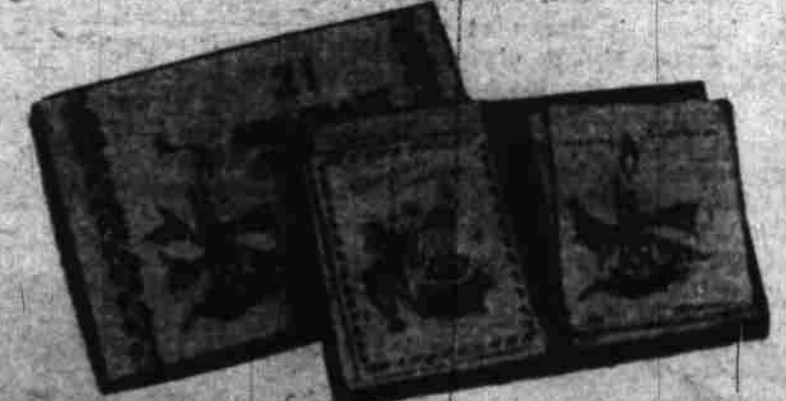
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