



Contemporary sandwich



Beef Sandwiches

CONVENIENCE FOOD RECIPE

TO PREPARE: 25 MIN.

- 1/4 cup butter, softened
- 1 1/2 teaspoons prepared mustard
- 1/2 teaspoon lemon juice
- 1 12-oz. pkg. frozen beef sandwich steaks
- 1/4 cup French dressing
- 6 hamburger buns, split
- 11 large pimiento-stuffed olives, sliced
- 6 slices (6 oz.) process Swiss cheese

1. Blend together the softened butter, mustard, and lemon juice. Set aside.
2. Remove steaks from carton and brush with French dressing. Cook according to directions on package; brush occasionally with dressing during cooking.
3. Set temperature control of range at Broil (500°F or higher). Spread butter mixture on cut sides of buns. Arrange buttered buns on broiler rack 3 to 4 in. from source of heat. Toast buns about 3 min., or until lightly browned.
4. Arrange olive slices on bottom halves of buns. Place steaks on olive slices. Top each steak with a slice of cheese. Return

to broiler and broil 3 min., or until cheese is melted and tinged with brown. Top with other halves of buns and serve immediately. 6 sandwiches

Chilled Blender Pea Soup

CONVENIENCE FOOD RECIPE

TO PREPARE: 12 MIN. TO CHILL: 3-4 HRS.

Crumbled bacon as a garnish adds a touch of crispness, color, and flavor.

- 2 cups (1-lb. can) peas (do not drain)
- 1 cup milk
- 2 tablespoons butter or margarine
- 2 teaspoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon Accent
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon sugar
- 1 small onion, quartered
- 1/2 cup milk

1. Put into blender container, in order, the 1 cup milk, butter, flour, salt, pepper, Accent, nutmeg, sugar, and onion. Cover and blend. Continue to blend while gradually adding one-half of the peas. Use

rubber spatula to scrape down sides of container so ingredients will become evenly mixed. Blend until contents are thoroughly mixed, about 1 to 1 1/2 min. Empty contents of container into a 1 1/2-qt. saucepan.

2. Put the 1/2 cup milk into blender container. Blend while gradually adding remaining peas. Stir contents into mixture in saucepan, bring to boiling; stir occasionally. Cool. Chill thoroughly in refrigerator. Pour into chilled bowls.

4 servings

Creamy Sardine Dip

TO PREPARE: 15 MIN.

- 1 1/2 cups canned sardines in tomato sauce
- 3/4 cup thick sour cream
- 1 1/2 teaspoons grated onion
- 1 teaspoon seasoned salt

1. Remove any bones from the sardines.
2. Blend together in a bowl the sardines, sour cream, onion, and seasoned salt. Chill thoroughly in refrigerator.
3. Garnish with parsley and paprika. Serve as a dip with assorted crisp crackers or potato chips. About 2 cups dip

Longbow Scalloped

TO PREPARE: 35 MIN.

- 1 medium-size green pepper
- 1 medium-size red pepper
- 1 small onion, cleaned, sliced, and separated into rings
- 1 1/2 tablespoons butter or margarine
- 1 1/2 lbs. veal slices
- 1/2 cup Italian-style dressing
- 1 loaf French bread (about 12 in. long)
- 1/4 cup butter, softened
- 1/4 teaspoon chili powder

1. Rinse both peppers and cut a thin slice from top of each. Carefully remove all white fiber and seeds; rinse cavity; drain. Cut crosswise into rings.
2. Heat 1 1/2 tablespoons butter in a skillet over low heat. Add the onion and pepper rings. Cook until just tender, occasionally moving and turning with a spoon. Remove from skillet.
3. Cut veal into serving-size pieces. Dip veal slices in the dressing. Put into skillet and cook over medium heat until lightly browned. Add more butter to skillet, if necessary. Brush veal slices occasionally with dressing. When browned, turn veal and brown other side, brushing with more dressing. Cook until veal is tender when pierced with a fork.
4. Meanwhile, slice bread in half lengthwise. Blend together the softened butter and chili powder. Spread the cut sides of the bread evenly with chili-butter.
5. Set temperature control of range at Broil (500°F or higher). Arrange bread on broiler rack, cut side up, and put into broiler with tops about 3 in. from source of heat. Toast until lightly browned.
6. Arrange veal on bottom half of the toasted bread. Top with onion and pepper rings (see photo). Cover with other half of bread. Cut into three sections. Serve with pickles, olives, and radishes. 3 servings

Lemon Soda, Home-style

CONVENIENCE FOOD RECIPE

TO PREPARE: 6 MIN.

- 1 teaspoon lemon-flavored soft-drink powder
- 2 tablespoons sugar
- 1/2 cup cold milk
- 1/2 cup chilled sparkling water
- 2 scoops softened vanilla ice cream

1. Mix together in a tall glass the soft-drink powder and sugar. Add milk gradually, stirring until soft-drink powder and sugar are dissolved.
 2. Add sparkling water and one scoop of ice cream; stir until mixed. Float remaining scoop of ice cream in soda mixture. Serve immediately. Accompany with a colorful straw and long-handled spoon. Garnish with a thin slice of lemon and a mint sprig. 1 serving
- Note: One package of soft-drink powder is enough for six servings.