

Ranch Style To Please Men

Blazing sun, freezing temperatures, demanding work — none of these seem to affect a man's hearty appetite. He still expects a substantial meal at the end of the day.

No one knows this better than a rancher's wife. And she knows how to satisfy that he-man appetite too.

Enchiladas, tacos, hearty casseroles — each is a favorite that she serves often. If you've traveled in the southwestern states you have probably eaten some of these favorite dishes and enjoyed them.

Your husband might not be a rancher, but still you would like to serve him these same hearty foods. Just too much work? There are ways to simplify the preparation of such dishes without sacrificing flavor, and we have tried to pass on the secret in these recipes.

Arizona Enchiladas are tortillas rolled around a savory meat, lettuce and cheese filling. The tortillas are dipped in an orange-spiced sauce before they are rolled around the filling; then baked with more of the well-seasoned tomato sauce for top-

ping. They are served toasty warm.

Traditionally, seasonings for the sauce are hot with chili powder. Perhaps too much so for your taste. In that case you'll like the milder seasoning of this enchilada sauce. Of course, you may make it as hot as you prefer. That's the joy of creative cooking.

Take a short cut in creating the sauce — use tomato soup. A real time saver, and it is delicious.

You may prepare your own tortillas; but did you know that tortillas come in cans, or frozen? They only need heating before eating.

The sauce and tortillas may be prepared during the morning and reheated at meal time to cut down last-minute preparation time.

ARIZONA ENCHILADAS
1-3 cups Arizona Enchilada Sauce
3 tortillas
½ pound ground beef chuck
1 teaspoon shortening
½ teaspoon salt
Dash pepper
Dash garlic salt
1-3 cup chopped onion

1-3 cup grated sharp cheese
¾ cup chopped lettuce

Heat oven to 30 degrees F. Sauté meat in shortening; season with salt, pepper and garlic salt. Heat Enchilada Sauce; while simmering dip tortillas into sauce one at a time until softened. Remove and fill each tortilla with meat, 1½ teaspoons onion, 2 teaspoons cheese and 1 tablespoon lettuce; roll and secure with toothpicks, if necessary. Arrange rolls in greased baking dish (11½" x 7½" x 1½").

Seam side down; pour any remaining sauce over top; bake 25 minutes. Remove from oven; sprinkle remaining cheese over top of casserole and bake an additional 5 minutes. Makes 8 enchiladas.

ARIZONA ENCHILADA SAUCE
1 can (10½ ounces) Heinz Condensed Tomato Soup, undiluted
¼ teaspoon garlic salt or 1 clove garlic, minced
¼ teaspoon cayenne pepper per
¼ cup water
¼ teaspoon oregano leaves
Dash salt
Combine ingredients; simmer 10 minutes, stirring occasionally. Makes 1-3 cups.

For hotter sauce, increase cayenne to ½ teaspoon.

FLOUR TORTILLAS

Combine 2 cups sifted all-purpose flour with 1 teaspoon salt. Cut in ¼ cup shortening with pastry blender until consistency of corn meal. Add ½ cup lukewarm water; mix until dry ingredients are moistened. Knead on lightly floured board about 30 times. Divide into 8 balls; cover with cloth; let stand 15 minutes. Roll dough into 8 7-inch rounds. Fry on hot, ungreased skillet or griddle until browned in spots; turn brown other side. Makes 8 tortillas.

A robust dinner-in-a-skillet is Mexican Rice. Combining a little of the Spanish style of cooking with truly American flavor, it features rice browned to a golden color. The rice is combined with juicy red tomatoes in this dish. For extra flavor, a generous touch of Heinz Ketchup is stirred in with chili powder and some minced garlic.

This dish can be made in advance and reheated.

MEXICAN RICE

1 cup uncooked rice
2 cup chopped onion
1 clove garlic, minced
3 tablespoons shortening
1 pound ground beef chuck
1 can (1 pound) tomatoes
1 cup water
½ cup Heinz Tomato Ketchup

1 tablespoon chili powder
2 teaspoons salt
Generous dash cayenne pepper

In large skillet lightly brown rice, onion and garlic in shortening, stirring frequently. Add meat; cook, stirring constantly, until browned. Stir in tomatoes and remaining ingredients. Cover; simmer 30 minutes, stirring occasionally, or until rice is tender and liquid is absorbed. Makes 4-6 servings (6½ cups).

Hot ketchup may be substituted.

Dutch Kitchen

SWEET MAYONNAISE

2 egg yolks
salt, pepper
3 teaspoons prepared mustard
3 teaspoons red currant jelly
Olive oil
Red wine

Beat yolks until thick and light-colored. Add seasoning, mustard and jelly. Mix well. Add oil, while beating, drop by drop, at first, then faster as sauce thickens. When very thick, thin to taste with red wine. Serve with cold meats and cold fowl.

NEW TASTE

If you like scrambled eggs try this variation. Cook the eggs in top of double boiler over hot water, stirring constantly. When the eggs start to thicken, stir in some cottage cheese—about one tablespoon for two eggs. Continue cooking, stirring eggs gently, until they are done.

to please any cat...



all tuna
liver'n meat
chicken
fish
meaty mix
kidney'n meat

6 Dr. Ross CAT FOODS



NO FOOLIN' — Arizona enchiladas are tortillas filled with ground beef and a savory sauce of tomato soup and cheese. Feature them in a ranch-style meal designed to satisfy the heartiest appetites.



FOR A LIGHT MEAL — Suddenly you find you are tired of the same menus and wish for something different. Skillet Ham and Potato Salad is a suggestion to please you.

Keep In Tune With Busy Times

Besides being easy to prepare and pretty, Skillet Ham and Potato Salad will use up those bits of ham in the refrigerator that you don't quite know what to do about. The luscious dressing is a combination of canned condensed cream of celery soup, sour cream, chopped pimiento, pepper and dill seed. Canned soup is a great short-cut. It will give you more time

to enjoy the gold of the aspen trees and the wedges of wild geese against the blue sky.

Accompany this hearty main dish salad with oil and vinegar marinated green beans served in crisp lettuce cups.

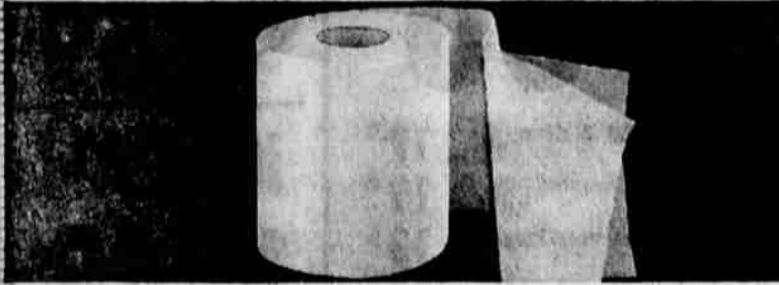
Local strawberries are still delicious. Pop one on each bit of whipped cream that tops your chocolate pudding.

SKILLET HAM AND POTATO SALAD
1 cup cubed cooked ham
½ cup chopped green onion
2 tablespoons butter or mar-

garine
1 can (10½ ounces) condensed cream of celery soup
¼ cup sour cream
2 tablespoons chopped pimiento
¼ teaspoon pepper
Generous dash dill seed
3 cups cubed, cooked potatoes

In skillet, cook ham and onion in butter until onion is tender. Blend in soup, sour cream, pimiento, pepper, and dill; add potatoes. Heat, stirring lightly.

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