


# easy on the budget main dishes and desserts



AGRICULTURE CANADA  
CODE 21/02/84 NO.

LIBRARY/BIBLIOTHEQUE OTTAWA K1A OC5

630.4  
C212  
P 1549  
1981  
c.3



**Agriculture  
Canada**

PUBLICATION 1549/E

**PUBLICATION 1549**, available from  
Information Services, Agriculture Canada, K1A 0C7

©Minister of Supply and Services Canada 1981  
Cat. No. A73-1549/1981E ISBN 0-662-11374-8  
Printed 1978 Revised 1981 45M—8:81

Aussi disponible en français

# easy on the budget

## main dishes and desserts

Food Advisory Division  
Agriculture Canada

### CONTENTS

Main Dishes	6
Meat extended	6
Eggs and cheese	9
Beans, peas and lentils	14
Desserts	17
Baked goods	20
Index to recipes	23

---

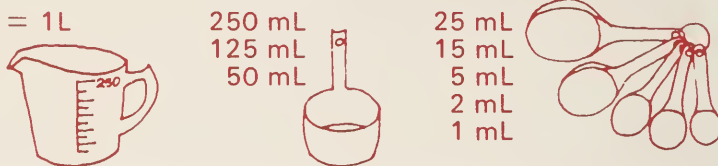
# KITCHEN METRICS

---

## VOLUME

Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

1000 mL = 1L	250 mL	25 mL
500 mL	125 mL	15 mL
250 mL	50 mL	5 mL
		2 mL
		1 mL



---

## TEMPERATURE

Most commonly used oven temperatures

°C replaces	°F	°C replaces	°F
100	200	190	375
150	300	200	400
160	325	220	425
180	350	230	450

Refrigerator temperature: 4°C replaces 40°F

Freezer temperature: -18°C replaces 0°F

---

## MASS

1 kg (1000 g) is slightly more than 2 pounds

30 g is about 1 ounce

---

## LENGTH

1 cm (10 mm) is slightly less than 1/2 inch

5 cm is about 2 inches

---

## PRESSURE

Pressure for pressure cookers and canners is measured in kilopascals (kPa) instead of pounds per square inch (PSI).

kPa replaces	PSI
35	5
70	10
100	15





Each trip to the supermarket is a challenge to find foods that provide nutritious yet economical meals. The recipes in this publication will add variety to your daily menus at a comparatively low cost.

Choosing the main dish is the first step in meal planning and requires the answers to two questions:

**1. WHAT FOODS WILL BE FEATURED IN THE MAIN DISH?**

Canada's Food Guide helps provide the answer with the recommendation that two servings of meat or meat alternates be served every day. Examples of one serving of meat are 60 to 90 g cooked lean meat, poultry, liver or fish. Examples of one serving of meat alternates are 60 mL peanut butter, 250 mL cooked dried peas, beans or lentils, 60 g of cheddar cheese, or 2 eggs. Each of these foods provides some of the daily protein requirement. The use of meat alternates increases variety and can reduce the cost of main dishes.

**2. WHAT RECIPE CONTAINING THIS PROTEIN INGREDIENT SHALL I CHOOSE?**

Select recipes such as the ones in this publication or change those you already have to make them less expensive. The following tips can help keep food costs down.

Adjust the size of each recipe so that it provides enough for a family meal with no leftovers.

If meat is to be the protein source, choose one that can be extended with a sauce, stuffing or some other food.

Select the least expensive form of an ingredient. For example, use fresh fruits and vegetables in season when they are most economical; otherwise substitute frozen or canned.

Don't buy expensive herbs and spices that you may use in only a few recipes. Omit unnecessary ones or substitute those on hand. Often the seasoning of main dishes comes from vegetables and meats which contribute their own natural flavors.

Use skim milk powder and water to replace fluid milk in cooking and baking.

Substitute cheddar or processed cheese for higher-priced speciality cheese.

Use a less expensive margarine or dairy spread in place of butter.

Desserts, including baked goods such as tea biscuits with jam, can also be an inexpensive addition to a meal. Many of the tips for adjusting main dish recipes also apply to reducing the cost of desserts.

# main dishes

## MEAT EXTENDED

---

More servings can be obtained from meats such as ground meat, cooked leftovers and variety meats by extending them with rice, noodles, macaroni or potatoes.

### BEEF VEGETABLE SOUP

250 g ground beef	5 mL salt
250 mL chopped onion	1 mL pepper
1 can (796 mL) tomatoes	0.5 mL thyme
1 can (398 mL) mixed vegetables	250 mL skim milk powder
	500 mL cold water

Cook beef until fat coats pan. Add onion and sauté until transparent. Add tomatoes, vegetables and seasonings. Combine skim milk powder and water. Add slowly to soup. Heat to serving temperature. 6 servings.

### CHICKEN OR TURKEY RICE SALAD

500 mL diced cooked chicken or turkey	5 mL prepared mustard
175 mL cooked rice	3 mL salt
50 mL chopped onion	0.5 mL pepper
125 mL diced celery	100 mL mayonnaise or salad dressing

Combine all ingredients except salad dressing or mayonnaise. Add dressing and toss. Chill. Serve in lettuce cups, if desired. 6 servings.

### PORK CHOW MEIN

2 pork shoulder chops, 6 cm thick (about 500 g)	30 mL water
25 mL fat	350 mL chicken bouillon
375 mL coarsely chopped onion	30 mL soy sauce
30 mL cornstarch	250 mL diagonally sliced celery
15 mL sugar	1 can (796 mL) bean sprouts, drained
5 mL salt	OR 500 mL fresh
	750 mL cooked rice

Trim fat from chops and remove bones. Cut meat in thin strips. Brown in fat 2 min. Add onion and cook 2 min more. Blend cornstarch, sugar and salt with water. Add bouillon and soy sauce to pan. Gradually add cornstarch mixture. Stir and cook until thick and clear. Add celery and bean sprouts. Continue cooking 5 min more. Serve with rice. 6 servings.

TOURTIÈRE

- 500 g ground pork

50 mL chopped onion

3 mL salt

2 mL garlic salt

2 mL allspice
- 2 mL pepper

50 mL boiling water

250 mL mashed potato

Pastry for 2 crust, 1 L pie (23 cm)

Combine pork, onion, seasonings and water. Simmer, uncovered, stirring occasionally until meat is cooked (about 25 min). Cool and skim off fat. Stir in potato. Line pie plate with half the pastry. Fill with pork mixture. Cover with remaining pastry, seal edges and cut steam vents. Bake 10 min at 230°C; reduce heat to 180°C and bake until crust is golden brown (about 30 min more). 6 servings.

SWEDISH MEAT BALLS

*Meat balls*

- 50 mL water

75 mL skim milk powder

1 egg

5 mL salt

1 mL pepper
- 125 mL dry bread crumbs

75 mL finely chopped onion

250 g ground beef

250 g ground pork

25 mL fat

Combine water and skim milk powder. Beat in egg and seasonings. Mix with bread crumbs, onion and meat. Shape in 3 cm balls and brown in fat. Remove meat balls from pan. Drain off excess fat; reserve 15 mL fat.

*Sauce*

- 40 mL flour

15 mL reserved fat

250 mL cold water

175 mL skim milk powder
- 250 mL beef bouillon

2 mL salt

2 mL allspice

Blend flour with reserved fat. Gradually add combined water and skim milk powder. Combine remaining ingredients, then gradually add to sauce. Stir and cook until smooth and thick. Add meat balls and simmer 3 min. 6 servings.

POTATO BEEF CASSEROLE

- 125 mL chopped onion

125 mL diced celery

1 garlic clove, crushed

15 mL fat

500 g ground beef

2 mL salt

1 mL pepper
- 1 can (284 mL) condensed cream of mushroom soup

500 mL hot mashed potato (about 4 medium)\*

15 mL margarine

Salt and pepper

15 mL melted margarine

Sauté onion, celery and garlic in fat until onion is transparent. Add beef and brown. Drain off excess fat. Add seasonings and soup. Turn into greased 2 L baking dish. Combine potato, 15 mL margarine and seasonings. Spread potato over meat mixture and brush with melted margarine. Bake 30 min at 190°C. 6 servings.

\*Boiled potatoes mashed without margarine or liquid.



## SPAGHETTI WITH MEAT SAUCE

250 mL chopped onion	7 mL salt
1 clove garlic, crushed	5 mL oregano
25 mL fat	1 mL pepper
500 g ground beef	2 L cooked spaghetti
1 can (796 mL) tomatoes	(500 g uncooked)
1 can (156 mL) tomato paste	

Sauté onion and garlic in fat until onion is transparent. Add beef and brown. Drain off excess fat. Add remaining ingredients except spaghetti. Simmer, uncovered 1 h, stirring occasionally. Serve over hot spaghetti. 6 servings.

## BEEF MACARONI CASSEROLE

500 g ground beef	1 mL pepper
250 mL chopped onion	2 mL oregano
25 mL flour	10 mL Worcestershire sauce
1 can (796 mL) tomatoes	1 L cooked macaroni
5 mL salt	(500 mL uncooked)

Cook beef until fat coats pan. Add onion and cook until beef is brown and onion is transparent. Stir in flour. Add tomatoes and seasonings. Bring to boil. Combine with macaroni and turn into 3 L greased baking dish. Bake at 180°C until bubbly (35 to 40 min). 6 servings.

## CABBAGE ROLLS

1 cabbage (about 2 kg)	2 mL pepper
250 mL finely chopped onion	5 mL oregano
25 mL fat	1 bay leaf
500 g ground beef	250 mL uncooked rice
15 mL salt	1 can (540 mL) tomato juice

Core cabbage. Remove and save coarse outer leaves. Almost cover cabbage with boiling water. Cover and simmer until leaves are soft and almost transparent (about 20 min). Remove whole leaves and if necessary continue simmering until all leaves can be easily removed. Sauté onion in fat until transparent. Add meat and seasonings and brown. Combine with rice. Place 75 mL filling on each cabbage leaf. Fold rib side of cabbage over filling, fold ends over and roll to enclose filling. Place some coarse leaves on bottom of baking dish followed by layer of cabbage rolls. Pour tomato juice over cabbage rolls and cover with remaining coarse leaves. Cover and bake at 180°C until cabbage is tender and rice is cooked (1½ to 2 h). Makes 12 cabbage rolls.



CHICKEN LIVERS WITH RICE

- 500 g chicken livers
- 250 mL chopped onion
- 50 mL fat
- 1 can (284 mL) condensed cream of chicken soup
- 125 mL water
- 2 mL salt
- 1 mL pepper
- 50 mL skim milk powder
- 500 mL cooked peas
- 500 mL cooked rice

Remove membranes from livers and cut in bite-size pieces. Sauté onion in fat until transparent. Add liver and brown. Combine remaining ingredients. Add to liver mixture. Cover and simmer 5 min more. 6 servings.

LUNCHEON CASSEROLE

- 125 mL sliced onion
- 25 mL fat
- 1 can (284 mL) condensed tomato soup
- 250 mL (100 g) grated cheddar cheese
- 1 can (340 g) luncheon meat, cubed
- 500 mL cooked noodles (120 g uncooked)
- 250 mL bread cubes

Sauté onion in fat until transparent. Combine with remaining ingredients except bread cubes. Turn into greased 2 L baking dish and bake 20 min at 180°C. Top with bread cubes and bake 10 min more. 6 servings.

EGGS AND CHEESE

For good nutrition at a reduced cost select main dishes containing eggs or cheese instead of or to supplement meat.

SMALL CHINESE OMELETS

- 250 mL sliced onion
- 125 mL diced celery
- 50 mL fat
- 250 mL canned or fresh bean sprouts, drained
- 250 mL diced cooked chicken
- 6 eggs
- 50 mL skim milk powder
- 125 mL water
- 5 mL salt
- Dash pepper
- 15 mL margarine

Sauté onion and celery in fat until onion is transparent. Add bean sprouts and chicken, then sauté 1 min more. Beat eggs slightly. Combine skim milk powder and water, add to eggs, then add seasonings. Stir vegetables and chicken into egg mixture. Melt margarine in frypan. Use 50 mL egg mixture for each omelet. Cook over medium heat about 2 min each side. Makes 12 omelets. 6 servings.

## PANCAKES WITH COTTAGE CHEESE FILLING

### *Pancakes*

500 mL all-purpose flour	2 beaten eggs
15 mL baking powder	500 mL water
5 mL salt	25 mL melted margarine
175 mL skim milk powder	

Blend dry ingredients. Combine eggs, water and margarine. Add to dry ingredients and stir only enough to moisten. For each pancake drop 50 mL batter on well-greased hot frypan. Cook until bubbles form on surface (2 to 3 min). Turn and brown other side (about 2 min more). Makes about 20 pancakes.

### *Filling*

250 mL cottage cheese, sieved	Dash salt
50 mL brown sugar	2 mL cinnamon

Combine ingredients. Stack 3 pancakes per serving, spreading 20 mL filling between each layer. 6 servings.

## COTTAGE CORN PUDDING

3 beaten eggs	5 mL salt
500 mL cottage cheese	1 mL pepper
1 can (340 mL) corn niblets	15 mL sugar
50 mL skim milk powder	125 mL (50 g) grated processed cheese
50 mL flour	
125 mL liquid from corn (or liquid plus water)	

Combine eggs and cottage cheese. Drain corn; reserve liquid. Combine skim milk powder and flour and blend in liquid from corn. Add with corn to cottage cheese mixture. Blend in seasonings and sugar. Turn into greased 2 L baking dish. Bake at 180°C until set (50 to 55 min). Sprinkle with cheese, return to oven and bake 5 min more. 6 servings.

## EGG CASSEROLE

50 mL chopped onion	175 mL skim milk powder
25 mL fat	500 mL water
25 mL flour	250 mL (100 g) grated cheddar cheese
4 mL dry mustard	8 sliced hard-cooked eggs
3 mL salt	
Dash pepper	

Sauté onion in fat until transparent. Blend in flour, seasonings and skim milk powder. Gradually add water. Stir and cook until smooth and thick. Add cheese and stir until melted. Spread 200 mL sauce in greased 2 L baking dish. Cover with half the egg slices. Repeat layers ending with sauce. Bake at 180°C until bubbly (about 20 min). 6 servings.

## GREEN BEANS AND EGGS

1 can (540 mL) green beans	75 mL skim milk powder
50 mL margarine	250 mL water
50 mL flour	125 mL liquid from beans (or liquid plus water)
2 mL salt	4 hard-cooked eggs, cut in eighths
1 mL pepper	4 slices bread, toasted
1 mL paprika	

Drain beans; reserve 125 mL liquid. Melt margarine. Blend in flour, seasonings and skim milk powder. Gradually add water and liquid from beans. Stir and cook until smooth and thick. Add beans and eggs. Heat and serve on toast. 4 servings.

## RICE CARROT LOAF

500 mL cooked rice	50 mL milk
4 beaten eggs	10 mL Worcestershire sauce
500 mL finely grated carrot	7 mL salt
500 mL (200 g) grated cheddar cheese	5 mL dry mustard
125 mL chopped onion	Dash pepper

Combine ingredients and turn into 2 L loaf pan (23x13x7 cm). Bake at 180°C until set (about 1 h). 6 servings.

## CHEESE AND NOODLE PIE

### *Crust*

175 mL all-purpose flour	250 mL (100 g) grated mild cheddar cheese
2 mL salt	50 mL margarine, melted
1 mL dry mustard	

Sift together flour, salt and dry mustard. Stir in cheese and margarine. Press evenly over bottom and sides of 1 L pie plate (23 cm).

### *Filling*

250 mL chopped onion	2 mL salt
25 mL margarine	Dash pepper
250 mL cooked noodles (500 mL uncooked)	250 mL (100 g) grated mild cheddar cheese
250 mL hot milk	2 beaten eggs

Sauté onion in margarine until transparent. Stir in noodles, then spread over crust. Slowly add milk, seasonings and cheese to beaten eggs. Pour over noodles. Bake 35 to 40 min at 160°C. 6 servings.

## EGG PATTIES

75 mL finely chopped onion	50 mL skim milk powder
15 mL fat	6 chopped hard-cooked eggs
500 mL soft bread crumbs	250 mL (100 g) grated cheddar cheese
5 mL salt	15 mL flour
0.5 mL pepper	15 mL paprika
50 mL water	15 mL fat

Sauté onion in first 15 mL fat until transparent. Stir in bread crumbs, seasonings, water, and skim milk powder. Remove from heat. Add eggs and cheese. Cool and shape in 6 patties. Sprinkle lightly with flour and paprika. Brown 2 min each side in remaining 15 mL fat. Serve with catsup, if desired. 6 servings.

## ONION QUICHE

175 mL (75 g) grated medium cheddar cheese	3 beaten eggs
15 mL flour	175 mL water
1 baked 1 L pie shell (23 cm)	50 mL skim milk powder
300 mL sliced, halved onion	2 mL salt
25 mL fat	0.5 mL pepper
	25 mL grated medium cheddar cheese

Mix 175 mL cheese with flour and sprinkle on bottom of pie shell. Sauté onion in fat until transparent. Spread onion over cheese mixture. Combine eggs, water, skim milk powder and seasonings. Pour into pie shell. Top with 25 mL cheese. Bake at 180°C until custard is set (about 30 min). 6 servings.

## EGGS IN POTATO NESTS

500 mL mashed potato (about 4 medium)*	25 mL chopped green onion
0.5 mL pepper	15 mL milk
2 mL salt	6 eggs
15 mL margarine	Salt and pepper
	100 mL grated processed cheese

Blend together potato, seasonings, margarine, onion and milk. Divide mixture into 6 equal portions. Form each portion in shape of nest on baking sheet or in small custard cups. Break an egg into each cup and season with salt and pepper. Bake at 160°C until eggs are firm (about 30 min). Sprinkle each serving with 15 mL cheese 10 min before end of baking time. 6 servings.

\*Boiled potatoes mashed without margarine or liquid.

## OVEN CHEESE OMELET

6 beaten eggs	175 mL (75 g) grated processed cheese
75 mL skim milk powder	10 mL melted margarine
250 mL water	1 mL salt
250 mL soft bread crumbs	

Combine ingredients. Pour into greased 2 L baking dish (20 cm square). Bake at 160°C until knife inserted in center comes out clean (25 to 30 min). Serve immediately. 6 servings.



CHEESE RAREBIT

- |                  |  |
|------------------|--|
| 50 mL margarine  | 125 mL skim milk powder                |
| 50 mL flour      | 350 mL water                           |
| 2 mL dry mustard | 375 mL (150 g) grated processed cheese |
| 1 mL salt        | 12 slices bread, toasted               |

Melt margarine. Blend in flour, seasonings and skim milk powder. Gradually add water. Stir and cook until smooth and thick. Add cheese and stir until melted. Serve on toast. 6 servings.

MACARONI CELERY CHEESE CASSEROLE

- |   |  |
|---|--|
| 50 mL chopped onion                           | 75 mL skim milk powder                 |
| 125 mL chopped celery                         | 5 mL salt                              |
| 25 mL fat                                     | 1 mL pepper                            |
| 1 can (284 mL) condensed cream of celery soup | 375 mL (150 g) grated processed cheese |
| 175 mL water                                  | 1 L cooked macaroni (500 mL uncooked)  |

Sauté onion and celery in fat until onion is transparent. Add soup, water, skim milk powder and seasonings. Add cheese and stir until melted. Combine with macaroni and turn into greased baking dish. Bake 30 to 40 min at 180°C. 6 servings.

SCALLOPED POTATOES WITH COTTAGE CHEESE

- |                        |                               |
|------------------------|-------------------------------|
| 25 mL margarine        | 125 mL water                  |
| 25 mL flour            | 375 mL (300 g) cottage cheese |
| 10 mL salt             | 1.5 L thinly sliced potato    |
| 1 mL pepper            | 125 mL chopped onion          |
| 50 mL skim milk powder |                               |

Melt margarine. Blend in flour, seasonings and skim milk powder. Gradually add water and cottage cheese. Stir and cook until smooth and thick. Add potato and onion, then bring to boil. Turn into greased 3 L baking dish. Cover and bake at 180°C until sauce returns to boil (about 45 min). Uncover and bake until potatoes are tender (about 45 min more). 6 servings.

MACARONI AND CHEESE

- |                  |  |
|------------------|--|
| 50 mL margarine  | 125 mL skim milk powder                |
| 50 mL flour      | 500 mL water                           |
| 5 mL salt        | 375 mL (150 g) grated processed cheese |
| 1 mL pepper      | 1 L cooked macaroni (500 mL uncooked)  |
| 2 mL dry mustard |  |

Melt margarine. Blend in flour, seasonings and skim milk powder. Gradually add water. Stir and cook until smooth and thick. Add cheese and stir until melted. Combine with macaroni and turn into 2 L greased baking dish. Bake at 180°C until lightly browned (20 to 25 min). 6 servings.

## BEANS, PEAS AND LENTILS

Vegetable protein is not as high quality as animal protein. However, when combined with small amounts of animal protein or with breads, cereals or nuts the quality is greatly improved.

Always soak beans and whole peas before cooking. Split peas and lentils may be cooked without soaking.

**TO SOAK** For each 250 mL of beans or whole peas, add 600 to 750 mL of water. Let stand 12 h or overnight. Or for quick soak, slowly bring to a boil and boil gently for 2 min. Remove from heat and let stand 1 h.

**TO COOK** For each 250 mL use 600 to 750 mL of fresh water and 5 mL salt.

To simmer, bring to boil, reduce heat, cover and simmer for the time given below.

To pressure cook, add 15 mL fat for each 250 mL legumes to reduce foaming. The times suggested below are to be used once the pressure has reached 100 kPa.

	SIMMER	PRESSURE COOK	MINIMUM COOKED VOLUME FROM 250 mL DRY LEGUME
Kidney beans	2 h	not recommended	600 mL
Lentils, green	55 min	not recommended	600 mL
Lentils, red	10 min	not recommended	500 mL
Lima beans, large	30 min	3 min	600 mL
Lima beans, small	45 min	not recommended	550 mL
Navy (pea) beans	1½ to 2 h	7 min	600 mL
Peas, green or yellow split	50 min	not recommended	500 mL
Peas, green or yellow whole	1½ h	3 min	600 mL
Soybeans	3½ h	15 min	750 mL

After boiling, these vegetables may be seasoned and eaten without further cooking, or they may be combined with other ingredients in recipes calling for cooked peas, beans and lentils.

### SOYBEAN CHILI

175 mL dry soybeans (550 mL cooked)	1 mL pepper
250 g ground beef	1 can (796 mL) tomatoes
25 mL chopped onion	1 can (156 mL) tomato paste
10 mL chili powder	15 mL sugar
5 mL salt	

Soak and cook soybeans as above. Drain. Brown beef until fat coats pan. Drain off excess fat. Add remaining ingredients except soybeans and simmer 30 min, stirring occasionally. Add soybeans and cook 15 min more, stirring occasionally. 6 servings.

## SOYBEAN MACEDOINE

250 mL dry soybeans (750 mL cooked)	1 can (284 mL) condensed cream of tomato soup
1 can (540 mL) mixed vegetables	25 mL finely chopped onion
50 mL liquid from vegetables	5 mL salt
125 mL (50 g) grated medium cheddar cheese	125 mL soft bread crumbs

Soak and cook soybeans as on page 14. Drain. Drain vegetables; reserve 50 mL liquid. Combine soybeans and vegetables with remaining ingredients except crumbs. Turn into 2 L greased baking dish. Top with crumbs. Bake 30 min at 180°C. 6 servings.

## BAKED SOYBEANS

375 mL dry soybeans (1 L cooked)	5 mL dry mustard
50 mL water	10 mL Worcestershire sauce
125 mL chopped onion	3 mL salt
50 mL molasses	1 mL pepper
50 mL catsup	25 mL fat

Soak and cook soybeans as on page 14. Drain. Combine all ingredients. Turn into 2 L baking dish. Cover and bake 30 min at 150°C, uncover and bake until sauce is thick (about 45 min more), stirring occasionally. 6 servings.

## HEARTY LENTIL SOUP

250 mL green lentils	375 mL chopped onion
1.25 L chicken bouillon	3 mL salt
500 mL water	1 mL pepper
250 g diced wieners	25 mL flour
375 mL diced potato	25 mL cold water

Wash lentils. Add bouillon and water. Bring to boil. Reduce heat, cover and simmer 30 min. Add wieners and vegetables. Simmer 30 min more. Blend together seasonings, flour and water. Gradually add to soup. Stir and cook until thickened (about 5 min more). 6 to 8 servings.

## ZESTY BAKED BEANS

1 can (540 mL) baked beans	25 mL brown sugar
75 mL catsup	50 mL finely chopped onion
50 mL molasses	Dash salt and pepper

Combine ingredients. Turn into greased 1 L baking dish. Bake, uncovered, 30 min at 180°C. 6 servings.

## LENTIL CHOWDER

375 mL green lentils

1 L water

10 mL salt

175 mL chopped onion

125 mL chopped celery

25 mL fat

1 can (796 mL) tomatoes

500 mL diced potato

Wash lentils. Add water and salt. Bring to boil. Reduce heat, cover and simmer 30 min. Sauté onion and celery in fat until onion is transparent. Add to lentils with remaining ingredients. Cover and simmer 30 min more. 6 to 8 servings.

## SOYBEAN CHOWDER

250 mL dry soybeans

(750 mL cooked)

1.2 L water

15 mL salt

2 mL pepper

1 bay leaf

1 can (796 mL) tomatoes

500 mL diced potato

500 mL chopped carrot

250 mL chopped onion

125 mL chopped green pepper

100 mL skim milk powder

250 mL water

Soak soybeans as on page 14. Drain. Combine beans, water, seasonings and tomatoes. Cover and cook until beans are tender (about 2 h). Add vegetables and continue cooking until vegetables are tender (about 30 min more). Remove bay leaf. Combine skim milk powder and water, add to chowder and heat thoroughly. 10 servings.

## SPLIT PEA SOUP

500 mL dry split peas

2 L water

1 ham bone with meat

250 mL chopped onion

125 mL chopped celery

7 mL salt

2 mL pepper

1 mL savory

250 mL finely diced carrot

Combine all ingredients except carrot. Cover and bring to boil. Boil gently until peas are tender (about 2 h). Add carrot and cook until tender (about 30 min more). Remove ham bone and dice meat finely. Sieve soup or purée in blender, if desired. Add meat to soup and heat thoroughly. 6 to 8 servings.



# desserts

## EASY FRUIT SNOW

Half 85 g package fruit-flavoured jelly powder	15 mL lemon juice
250 mL boiling water	175 mL skim milk powder
125 mL cold water	Dash salt
	50 mL sugar

Dissolve jelly powder in boiling water. Chill until partially set. Combine cold water, lemon juice, skim milk powder and salt. Beat until stiff peaks form (about 5 min). Gradually beat in sugar. Beat jelly until foamy, then fold in whipped mixture. Turn into jelly mold or individual dishes and chill until firm (about 1 h). Unmold, if desired. 6 servings.

## PUDDING MIX

400 mL cornstarch	5 mL salt
500 mL sugar	2 L skim milk powder

Combine all ingredients and sift 3 times. Store in tightly covered container. Makes 2.5 L.

**VANILLA PUDDING** Combine 500 mL pudding mix and 750 mL water. Stir and cook until thickened (10 to 15 min). Stir in 25 mL butter. Cool slightly and add 15 mL vanilla. 6 servings.

**CHOCOLATE PUDDING** Make as vanilla pudding but add 50 mL cocoa and 50 mL sugar to pudding mix before adding water. 6 servings.

**COCONUT PUDDING** Make as vanilla pudding, then stir in 125 mL coconut. 6 servings.

**FRUIT PUDDING** Make as vanilla pudding but add 1 can (284 mL) peach halves, drained and chopped, to cooled pudding. 6 servings.

**PIE FILLING** Make as any pudding variation, then blend a small amount of hot mixture into 2 beaten egg yolks. Stir egg into remaining hot mixture and cook until thickened (1 to 2 min more). Pour into a baked 1 L pie shell (23 cm). Makes 950 mL filling.

## CHOCOLATE PIE WITH WHIPPED TOPPING

50 mL cornstarch	550 mL water
75 mL sugar	1 beaten egg
1 mL salt	50 mL margarine
250 mL skim milk powder	1 baked 1 L pie shell (23 cm)
50 mL cocoa	

Combine cornstarch, sugar, salt, skim milk powder and cocoa. Blend in water. Stir and cook until thickened (about 15 min). Blend small amount of hot mixture into egg, then stir egg into remaining hot mixture. Stir and cook until slightly thickened (1 to 2 min). Stir in margarine. Pour into pie shell. Chill. 6 servings.

### *Whipped topping*

125 mL cold water	Dash salt
15 mL lemon juice	50 mL sugar
175 mL skim milk powder	1 mL vanilla

Combine water, lemon juice, skim milk powder and salt. Beat until stiff peaks form (about 5 min). Gradually beat in sugar, then vanilla. Spread over chilled pie. Makes about 750 mL.

## BAKED CUSTARD

4 beaten eggs	125 mL cold water
75 mL sugar	625 mL hot water
1 mL salt	2 mL vanilla
250 mL skim milk powder	

Combine eggs, sugar, salt and skim milk powder. Blend in cold water. Gradually add hot water and stir in vanilla. Pour into 1.5 L baking dish or individual custard cups. Place in pan of hot water and bake at 180°C until custard is firm and knife inserted in center comes out clean (60 min for large; 30 min for small). Makes 1 L.

## SELF-SAUCING CHOCOLATE PUDDING

### *Base*

250 mL sifted all-purpose flour	250 mL sugar
25 mL cocoa	1 egg
5 mL baking powder	5 mL vanilla
50 mL skim milk powder	75 mL water
50 mL melted margarine	

Sift together dry ingredients. Combine margarine and sugar. Blend in egg and vanilla. Add dry ingredients alternately with water to sugar mixture. Spread in greased 2 L cake pan (20 cm square).

### *Sauce*

175 mL sugar	450 mL boiling water
65 mL cocoa	

Sift together sugar and cocoa. Add boiling water. Pour over batter. Bake at 180°C until set (about 45 min). 6 servings.

## GOLDEN BREAD PUDDING

6 slices bread	500 mL water
25 mL margarine, softened	1 mL salt
175 mL skim milk powder	5 mL vanilla
2 beaten eggs	125 mL brown sugar

Spread each slice of bread with margarine and cut in quarters. Place bread, margarine side up in greased 2 L baking dish (20 cm square). Combine remaining ingredients and pour over bread. Press down lightly. Bake at 180°C until center is set (30 to 40 min). 6 servings.

## RHUBARB BREAD PUDDING

4 slices bread	750 g fresh rhubarb cut in 3 cm pieces, or frozen cut rhubarb, thawed
25 mL margarine	25 mL margarine
250 mL sugar	
3 mL cinnamon	

Spread each bread slice with 5 mL margarine and cut each slice in 2 cm cubes. Combine sugar and cinnamon. Arrange half the rhubarb on bottom of greased 2 L baking dish (20 cm square). Top with half the bread cubes and half the sugar mixture. Repeat. Dot with 25 mL margarine. Cover and bake 20 min at 190°C, uncover and bake until lightly browned (20 to 25 min more). Serve with milk, if desired. 6 servings.

## APPLE TURNOVERS

### *Pastry*

375 mL sifted all-purpose flour	125 mL shortening
2 mL salt	50 to 60 mL ice water

Sift together flour and salt. Cut in half of the shortening until mixture resembles coarse bread crumbs. Cut in remaining shortening until pieces are about the size of small peas. Sprinkle with water and toss lightly. Shape in ball and chill. Roll pastry in rectangle 3 mm thick. Cut in 6 squares (about 15 cm each) large enough to enclose 6 to 8 apple slices.

### *Filling*

3 to 5 medium apples peeled, cored and sliced	1 mL cinnamon
15 mL melted margarine	50 to 75 mL brown sugar*

Place 6 to 8 apple slices on each square of pastry. Combine margarine, cinnamon and brown sugar. Sprinkle over apple slices. Moisten edges of pastry, then fold diagonally in half. Seal edges and prick pastry. Place on greased baking sheet. Bake at 220°C until pastry is golden and apples are tender (25 to 40 min depending on variety of apple used). 6 servings.

\*Amount of sugar depends on tartness of apples.



# baked goods

## TEA BISCUITS

500 mL sifted all-purpose flour	75 mL skim milk powder
20 mL baking powder	100 mL shortening
3 mL salt	175 mL water

Sift together flour, baking powder and salt. Add skim milk powder and stir until thoroughly mixed. Cut in shortening until mixture resembles fine bread crumbs. Stir in water to make soft dough. Turn out on floured board and knead gently for 30 seconds. Roll 2 cm thick. Cut in 5 cm rounds. Bake 10 min at 230°C or 15 min at 220°C. Makes about 12 biscuits.

## BISCUIT MIX

1750 mL sifted all-purpose flour	250 mL skim milk powder
75 mL baking powder	375 mL shortening
10 mL salt	

Sift together flour, baking powder and salt. Add skim milk powder and stir until thoroughly mixed. Cut in shortening until mixture resembles fine bread crumbs. Store in covered container in refrigerator or other cool place. Makes about 2.5 L.

**TEA BISCUITS** Combine 750 mL biscuit mix and 175 mL water. Turn out on floured board and knead gently for 30 seconds. Roll 2 cm thick. Cut in 5 cm rounds. Bake 10 min at 230°C or 15 min at 220°C. Makes about 16 biscuits.

## BUTTERSCOTCH PINWHEELS

750 mL biscuit mix	75 mL brown sugar
50 mL sugar	10 mL cinnamon
175 mL water	15 mL margarine
15 mL margarine	50 mL brown sugar

Combine biscuit mix and sugar. Stir in water to make soft dough. Turn out on floured board and knead gently for 30 seconds. Roll dough in rectangle 1 cm thick. Spread with 15 mL margarine. Sprinkle with 75 mL brown sugar and cinnamon. Roll starting at longer side. Slice in 2 cm thick slices. Melt 15 mL margarine in 2.5 L baking pan (23 cm square) and blend in brown sugar. Place pinwheels close together in pan. Bake 15 to 18 min at 220°C. Makes about 20 pinwheels.

## LEMON MUFFINS

750 mL biscuit mix	1 beaten egg
75 mL sugar	250 mL water
5 mL finely grated lemon rind	15 mL juice from lemon

Combine first three ingredients. Mix egg, water and juice from lemon. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake at 190°C until lightly browned (15 to 20 min). Makes 12 muffins.



### SPICE MUFFINS

750 mL biscuit mix	1 beaten egg
25 mL sugar	250 mL water
5 mL cinnamon	25 mL molasses
4 mL ground cloves	

Combine first four ingredients. Mix egg, water and molasses. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake at 190°C until lightly browned (15 to 18 min). Makes 12 muffins.

### DATE BREAD

250 mL boiling water	2 mL salt
500 mL chopped dates	125 mL brown sugar
375 mL sifted all-purpose flour	2 beaten eggs
7 mL baking soda	50 mL melted fat
5 mL baking powder	5 mL vanilla

Pour boiling water over dates and let stand until cool (about 20 min). Sift together dry ingredients. Combine dates with egg, fat and vanilla. Add to dry ingredients, stirring only enough to moisten. Turn into greased 2 L loaf pan (24x13x7 cm). Bake at 180°C until skewer inserted in center comes out clean (50 to 55 min). Makes 1 loaf.

### BUTTERSCOTCH NUT BREAD

500 mL sifted all-purpose flour	250 mL brown sugar
15 mL baking powder	25 mL melted margarine
1 mL salt	10 mL finely grated lemon rind
75 mL skim milk powder	250 mL water
1 beaten egg	125 mL chopped walnuts

Sift together dry ingredients. Add skim milk powder and stir until thoroughly mixed. Combine egg, sugar, margarine and lemon rind. Add dry ingredients alternately with water, stirring only enough to moisten. Fold in walnuts. Turn into greased 2 L loaf pan (24x13x7 cm). Bake at 180°C until skewer inserted in center comes out clean (60 to 65 min). Makes 1 loaf.

### CINNAMON TOAST

6 slices bread	25 mL sugar
25 mL margarine	5 mL cinnamon

Toast bread. Spread each slice with 5 mL margarine. Combine sugar and cinnamon and sprinkle on toast. May be held for 5 min in warm oven. 6 servings.

## PEANUT BUTTER COOKIES

300 mL sifted all-purpose flour	125 mL shortening
2 mL baking soda	250 mL brown sugar
1 mL salt	1 beaten egg
175 mL peanut butter	

Sift together dry ingredients. Cream peanut butter, shortening and sugar. Beat in egg. Stir in dry ingredients. Shape in 2 cm balls and place on greased cookie sheet. Flatten with floured fork to 5 mm thickness. Bake at 180°C until lightly browned (6 to 8 min). Makes about 6 dozen.

## GINGER COOKIES

500 mL all-purpose flour	175 mL shortening
10 mL baking soda	250 mL brown sugar
5 mL ginger	50 mL molasses
5 mL cinnamon	1 beaten egg
2 mL salt	White sugar

Sift together dry ingredients. Cream shortening, sugar and molasses. Beat in egg. Stir in dry ingredients. Shape in 2 cm balls. Roll in white sugar and place on greased cookie sheet. Bake at 180°C until lightly browned (8 to 10 min). Makes about 5 dozen.

## OATMEAL MIX

500 mL sifted all-purpose flour	1 L rolled oats
20 mL baking powder	500 mL brown sugar
15 mL salt	375 mL shortening

Combine dry ingredients. Cut in shortening until mixture resembles fine bread crumbs. Store in airtight container about 1 month at room temperature. Makes 2.5 L.

**OATMEAL COOKIES** Combine 750 mL oatmeal mix, 1 beaten egg, 50 mL milk and 5 mL vanilla. Drop by 5 mL measure, 2 cm apart, on greased cookie sheet. Bake at 160°C until lightly browned (13 to 15 min). Makes about 2 dozen.

# index to recipes

## MAIN DISHES

Baked soybeans 15  
Beef macaroni casserole 8  
Beef vegetable soup 6  
Cabbage rolls 8  
Cheese and noodle pie 11  
Cheese rarebit 13  
Chicken livers with rice 9  
Chicken or turkey rice salad 6  
Cottage corn pudding 10  
Egg casserole 10  
Egg patties 12  
Eggs in potato nests 12  
Green beans and eggs 11  
Hearty lentil soup 15  
Lentil chowder 16  
Luncheon casserole 9  
Macaroni and cheese 13  
Macaroni celery cheese casserole 13  
Onion quiche 12  
Oven cheese omelet 12  
Pancakes with cottage cheese filling 10  
Pork chow mein 6  
Potato beef casserole 7  
Rice carrot loaf 11  
Scalloped potatoes with cottage cheese 13  
Small chinese omelets 9  
Soybean chili 14  
Soybean chowder 16  
Soybean macedoine 15  
Spaghetti with meat sauce 8  
Split pea soup 16

Swedish meat balls 7  
Tourtière 7  
Zesty baked beans 15

## DESSERTS

Apple turnovers 19  
Baked custard 18  
Chocolate pie with whipped topping 18  
Chocolate pudding 17  
Coconut pudding 17  
Easy fruit snow 17  
Fruit pudding 17  
Golden bread pudding 19  
Pie filling 17  
Pudding mix 17  
Rhubarb bread pudding 19  
Self-saucing chocolate pudding 18  
Vanilla pudding 17

## BAKED GOODS

Biscuit mix 20  
Butterscotch nut bread 21  
Butterscotch pinwheels 20  
Cinnamon toast 21  
Date bread 21  
Ginger cookies 22  
Lemon muffins 20  
Oatmeal cookies 22  
Oatmeal mix 22  
Peanut butter cookies 22  
Spice muffins 21  
Tea biscuits 20

LIBRARY / BIBLIOTHEQUE



AGRICULTURE CANADA OTTAWA K1A 0C5

3 9073 00025177 9

