

Muslim Cookbook

NEW LIFE FOR MEAT & SPUDS

Of all the vegetables known and used today, none can claim a more prominent place on the dinner table than the potato. Ever since it was first discovered growing high in the Andes mountains of Peru, Ecuador and Chile way back in the 16th century, its popularity has steadily increased around the world.

Twentieth century homemakers who enjoy the benefit of technical and processing advances buy them in their most modern, convenient dress—frozen. In fact, more packages of frozen French fries are plucked from the frozen food cabinets of food markets than any other vegetable. And it's no wonder! The tasty tricks you can do with them are endless.

Here is a new meal which is a double-barreled combination of two all-time favorites . . . individual meat loaves and frozen French fries. The new twist is a savory chili sauce that flavors both the meat and the potatoes.

First prepare a basic meat loaf recipe with ground beef, ground lamb, rolled oats, milk, onions, salt and pepper. Shape the meat mixture into six stacks or cones. Place them in a shallow two-quart casserole. Next, mix beef bullion with tomato sauce, and spice the two with onions and chili powder. Pour the sauce over the beef cones and bake them in a moderate oven for one hour. During the last fifteen minutes of baking, brown two packages of frozen French fries on bak-

ing sheets. When you're ready to serve, add the browned French fries to the sauce in the baking dish.

Frozen green peas with mushrooms and a creamy cole slaw go well with this casserole. But do serve a light dessert. It's a filling dish and don't be surprised if everyone wants double-barreled helpings.

CHILI BEEF STACKS

- 1½ pounds ground beef
- ½ pound ground lamb
- ¾ cup rolled oats, quick or regular
- 1 cup milk
- 1½ teaspoons salt
- 1 chopped onion
- 1½ teaspoon pepper
- 2 beef bouillon cubes
- 1 cup hot water
- 2 can (8 ounces each) tomato sauce
- 2 teaspoons chili powder
- 2 packages (9 ounces each) frozen French fries

Combine meat, oats, milk, one-third chopped onion, salt and pepper. Mix well. Shape into 6 stacks or cones. Place in shallow 2-quart casserole (11 x 7 x 1½ inches). Dissolve bouillon cubes in water. Add tomato sauce, remaining two-thirds cup chopped onion and chili powder; pour over meat. Bake in moderate oven (350 degrees F.) until meat is done, about 1 hour. Spoon French fries on baking sheets; season as desired with salt and pepper and heat in oven with meat during the last 20 minutes of baking time. To serve, add potatoes to sauce in baking dish. Yield: 6 servings.