

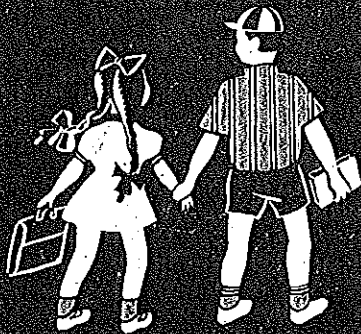


school lunch

RECIPES

using canned foods

25-50 servings



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WASHINGTON 6, D. C.

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School Lunches
Atlanta, Georgia
March, 1941*

PEOPLE of the United States are becoming increasingly aware of the importance of a healthy population. Health must begin in childhood, and an important phase of improved health of children is the serving of a nutritious lunch. The past few years have seen the development of the School Lunch Program accelerated throughout the country. Whether schools operate under the Government's program of assistance for school lunches or under their own plans, the same principles of nutrition are applicable to the food service for the millions of children who eat lunch at school.

The recipes included in this booklet have taken into consideration all kinds of school lunch service. Each recipe clearly states the amount of protein, vegetable and/or fruit furnished in each portion. The food service manager will find this information an aid and time-saver in planning menus.

Following are the descriptions of the Type A and Type B lunches as given by the Production and Marketing Administration, U. S. Department of Agriculture:

TYPE A LUNCH

This is a complete lunch, sufficient to provide one-third to one-half of the child's daily diet requirements. This Type A meal, which may be served hot or cold, as a plate or tray lunch, contains at least these five meats:

1. One-half pint of whole milk to drink.
2. Two ounces of meat, poultry, cheese or fish, or one egg, or one-half cup of dry peas, beans, or soybeans, or 4 tablespoons of peanut butter.
3. Three-fourths of a cup of vegetables and/or fruit.
4. One or more slices of bread or muffins or other hot bread made of whole-grain cereal or enriched flour.
5. Two teaspoons of butter or fortified margarine.

It is permissible to meet the protein requirement in item 2 by serving one-half the quantities of each of two proteins.

TYPE B LUNCH

This is an incomplete lunch suitable for schools which have limited cooking and serving facilities and where the meal may be supplemented by food brought from home. The Type B lunch, which may be served hot or cold, must contain at least:

1. Soup, stew, salad or other combination dish, plus one or more slices of bread or muffins or other hot bread made of whole-grain cereal or enriched flour, one teaspoon of butter or fortified margarine, and one-half pint of whole milk as a beverage.
- The soup, stew, salad, or other dish should contain at least one ounce of meat, poultry, fish, or cheese, or one-fourth cup of dry peas, beans or soybeans, and one-half cup of vegetable and/or fruit.

or

2. Sandwich of whole-grain or enriched bread, containing one ounce of meat, poultry, fish, or cheese, or one-half egg, or two tablespoons of peanut butter and one teaspoon of butter or fortified margarine. With this must be served one-half cup of vegetables and/or fruit, one-half pint of whole milk to drink.

Pattern Menus

For the convenience of schools with a minimum of equipment, the Type B lunch may be built around a one-cup serving of a main dish, such as thick soup, chowder, stew, or a casserole mixture. It may be served in the form of a plate lunch or as a nourishing sandwich with milk and a fruit or vegetable.

MENU PLANNING

It is important to appetite appeal, also to successful menu planning, that there be a contrast of flavor, of texture, of color, and of shape in foods served in the same meal.

There are two schools of thought about serving foods which are nutritious but not generally liked by children. Strong-flavored vegetables furnish a good example of this. Many authorities feel that such foods should be served occasionally so that the child's taste will become educated to an acceptance and even a liking for them. In this respect it is often possible to combine them with popular foods. It is well to remember, also, that by proper cooking the strong vegetables are much milder in flavor, as well as more nutritious.

Use of canned foods in the menu will cut down the labor necessary, because the initial work of preparation has already been done. Consider canned foods as cooked foods. One would expect that foods high in certain vitamins or minerals when raw would also be high in those same values when canned, and recent research has shown this to be the case. So, in selecting canned foods, the same rules are followed, so far as vitamins, minerals, and other food values are concerned, as if market foods were being selected for cooking.

PREPARATION OF FOODS

The old hit-and-miss method of preparing foods is a thing of the past. To get the best foods with uniform results only tested recipes should be used. The menu planner should make sure that recipes are available for the foods she places on the menu.

Caution should be used in the preparation of canned vegetables to see that they are not over-cooked. They should be prepared in small quantities, just as best practices recommend for the preparation of market vegetables, and should not be held for long periods on the steam table. Care should be practiced in skillful seasoning, and excess liquid should be saved for the stock pot or for other uses.

In addition to serving nourishing, well-prepared and appetizing lunches it is important that the child eat in clean, pleasant surroundings, because happiness and good health are closely allied.

WAYS TO USE THE LIQUID FROM CANNED FOODS

Vegetable Liquid	Fruit Syrup	Fish Liquid and Oil
Gelatin salads	Gelatin salads	Baked fishes (sauce)
Creamed foods (sauce)	On cereal	Creamed foods (sauce)
Baked foods (sauce)	In beverages	Oil in French dressing
With tomato juice	Sweeten market fruits	Season rice to serve
Thin condensed soups	Sharpets	With fish
Thin evaporated milk	With citrus juices	With lemon juice to marinate salad ingredients
Liquid in cooked salad dressings	Dessert sauces	
	Paste ham for baking	

*Baked Beans on Meat Layer

*Jelled Vegetable Tomato Salad

Enriched or Whole Grain Bread

Butter or Fortified Margarine

*Apricot Tapioca Cream

Milk

* * *

*Encore Asparagus Beef Medley

Crisp Relishes

Enriched or Rye Bread

Butter or Fortified Margarine

*Pineapple Ice Box Pudding

Milk

* * *

*Vegetable Soup with Sausage Balls

*Baked Bean Cheese "Burgers"

Sliced Tomatoes

*Cherry Pie

Milk

* * *

*Savory Meat Loaf

*Peas and Turnips Paprika

Enriched or Whole Grain Bread

Butter or Fortified Margarine

Apple

Milk

* * *

*Macaroni and Cheese with Vegetables

Enriched or Whole Grain Bread

Butter or Fortified Margarine

*Apple Sauce Whip

Milk

* * *

*Luncheon Meat Cheese Sandwich

*Cranberry Glazed Beets

*Peach Rice Pudding

Milk

* * *

*Hearty Meat and Sweetpotato Bake

Raw Turnips and Cauliflower

Enriched or Whole Grain Bread

Butter or Fortified Margarine

Milk

* * *

*Chop Suey

Corn Bread

Butter or Fortified Margarine

Fruit

Milk

* * *

*Cold Fruit Plate with Egg and Cheese

Enriched Muffin Honey

Butter or Fortified Margarine

Milk

* * *

Orange and Grapefruit Juice

*Salmon Shepherd's Pie

Crisp Celery and Carrot Sticks

Enriched or Whole Grain Bread

Butter or Fortified Margarine

Milk

* * *

* Recipes included in this book.

JUICES

Serve *Juices Hot or Cold*: Juices such as citrus, fruit juice nectars, pineapple, tomato, vegetable juice cocktail, and clam nectar add both nutrients and enjoyment to the school lunch. They may be served either chilled or heated.

SOUPS

The use of canned soups for all types of school food service can add variety as well as good nutrition to the menu. They contribute particularly to the small school with minimum equipment and to the school where the teacher must prepare the hot lunch in addition to classroom teaching. For the rural schools in which the children bring lunch the serving of a hot soup is highly recommended.

Larger cafeterias can add interest and variety to the soups served by adding a canned soup to the stock to give a different blended flavor. Serve canned soups alone or in combinations.

Here are some suggestions for soup combinations. Some are hearty and some are less hearty.

Cream of Tomato Soup and Corn Chowder	Ox Tail and Cream of Spinach	Black Bean Soup and Mushroom Broth
Chicken Gumbo and Cream of Mushroom	Chicken Noodle and Cream of Mushroom	Green Pea Soup and Consomme
Vegetable Beef and Cream of Asparagus	Green Pea and Tomato	Chicken Soup and Cream of Spinach
Bean Soup and Scotch Broth	Beef Noodle and Cream of Asparagus	Tomato Soup and Clam Chowder

To make a protein-rich serving, when only soup is served, sliced cooked egg may be added to cream soups such as asparagus and spinach. Cooked sausage balls, sliced cooked frankfurter rings, sliced Vienna sausage, minced clams, cubed cooked ham, deviled ham, or slivers of luncheon meat are also hearty additions for soups.

Serve a hearty soup and a sandwich to meet the total 2-ounce protein requirement of the Type A lunch.

Make servings of soup attractive by varying the garnish. Here is a list of garnishes suitable for different kinds of soup. Use a light hand in adding it to the serving of soup for too liberal a garnish will detract rather than appeal to the appetite.

Croûtons, plain or garlic flavored	Popcorn
Chopped crisp bacon	Grated cheese
Chopped hard cooked egg	Dash paprika
Chopped parsley	Whipped cream
Chopped green onion tops	Puffed and flaked cereals
Chopped chives	Herbs
Chopped watercress	Chopped celery leaves

ENTREES

CHOP SUEY

Each serving: approx. 1 cup {Furnishes: 2-oz. protein-rich food
3/4 cup vegetable

Pork, fresh shoulder.....	3 pounds	24 servings	6 pounds	48 servings
Soy sauce.....	1 cup		1 pint	
Celery, cut in strips.....	1 quart		2 quarts	
Green pepper, cut in strips...	1 cup		1 pint	
Onions, sliced.....	1 pint		1 quart	
Mushrooms, pieces and stems..	1 8-oz. can		2 8-oz. cans	
Bean sprouts.....	3 No. 2 cans		1 No. 10, and 1 No. 2 can	
Flour.....	1/2 cup		1 cup	
Beans, green or wax.....	2 No. 2 cans		1 No. 10 can	
Rice, cooked.....	3 quarts		1 1/2 gallons	

1. Cut pork in thin strips. Braise in oven 1 hour, add soy sauce, celery, green pepper, onions and mushrooms with liquid. Bake 30 minutes.
2. Make a paste of liquid drained from bean sprouts and flour. Stir into vegetables and liquid in pan. Cook until thickened, stirring.
3. Add bean sprouts and green beans (save liquid for other uses). Mix thoroughly and cook gently until well blended.
4. Serve over hot cooked rice or fried noodles.

ENCORE ASPARAGUS BEEF MEDLEY

Each serving: approx. 3/4 cup {Furnishes: 2-oz. protein-rich food
1/2 cup vegetable

Beef, round.....	2 1/2 pounds	24 servings	5 pounds	48 servings
Beef, dried, chipped.....	1/2 pound		1 pound	
Fat.....	1 1/2 cups		3 cups	
Flour.....	1 1/2 cups		3 cups	
Asparagus cuts.....	1 No. 10 can		2 No. 10 cans	
Liquid from asparagus and water.....	2 quarts		1 gallon	
Milk, evaporated.....	2 quarts		1 gallon	
Salt.....	1/2 teaspoon		1 teaspoon	
Worcestershire sauce.....	1 tablespoon		2 tablespoons	
Tabasco sauce.....	1 1/2 teaspoons		1 tablespoon	

1. Cut beef in 1/2-inch cubes; add with dried beef to the fat and cook, stirring, until meat starts to crisp. Add flour and cook until flour starts to brown, stirring constantly.
2. Combine liquid from the asparagus, water, and evaporated milk.
3. Add liquid to beef and cook until thickened, stirring. Add salt, Worcestershire and tabasco sauce, mix and add asparagus. Simmer about 10 minutes, stirring frequently.
4. Serve at once on toast cubes, rice, or baked potatoes.

EASY TO MAKE BEEF STEW

Each serving: approx. 1 cup..... {Furnishes: 2-oz. protein-rich food
3/4 cup vegetable

	25 servings	50 servings
Beef, chuck, neck, or shank.....	3 1/2 pounds	7 pounds
Flour.....	1 cup	1 pint
Salt.....	1 1/2 tablespoons	3 tablespoons
Pepper.....	1 1/2 teaspoons	1 teaspoon
Fat.....	3/4 cup	1 1/2 cups
Liquid.....	1 1/2 quarts	3 quarts
Onions.....	2 medium size	4 medium size
Bay leaves (optional).....	4	8
Potatoes, canned.....	4 No. 2 cans	No. 10, and 2 No. 2 cans
Beans, green or wax.....	2 No. 2 cans	1 No. 10 can
Peas.....	1 No. 2 can	2 No. 2 cans
Water, cold.....	1 pint	1 quart
Tomatoes.....	1 No. 2 1/2 can	2 No. 2 1/2 cans

1. Cut meat into 1 or 2 inch cubes.
2. Mix flour, salt and pepper. Dredge meat in flour mixture. (Save remaining flour for gravy.)
3. Cook meat in fat until brown, stirring.
4. Drain liquid from canned beans and peas and add enough water to make quantity given above. Add liquid, sliced onion, and bay leaves to meat. Let simmer gently 2 1/2 to 3 hours.
5. Mix remaining seasoned flour with cold water to make a smooth paste. Add to meat and cook until thickened, stirring occasionally.
6. Add vegetables and simmer 15 or 20 minutes, to blend flavors. Serve.

SAVORY MEAT LOAF

Each serving: Slice, 4 x 3 1/2 inches,.... {Furnishes: 2-oz. protein-rich food
3/4 inch thick

	25 servings	50 servings
Beef, ground.....	3 pounds	6 pounds
Salt.....	1 tablespoon	2 tablespoons
Onion.....	1 medium size	2 medium size
Bread crumbs, coarse.....	1 1/2 quarts	3 quarts
Eggs.....	3	6
Milk.....	1 pint	1 quart
Tomato paste, canned.....	1 cup	1 pint

1. Mix meat, salt, chopped onion and bread crumbs. Add beaten eggs to milk and combine with tomato paste. Add meat and mix well.
 2. Form into loaves of 1 1/2 pounds each and place in greased baking pans.
 3. Bake in a moderate oven (350° F) 2 hours.
- VARIATION: Canned tomato sauce, puree, or catsup may be used instead of tomato paste.

CORN GOLIASH MADE WITH MEAT BALLS

Each serving: 2/3 cup..... {Furnishes: 2-oz. protein-rich food
3 meat balls 1/2 cup vegetable

	25 servings	50 servings
Noodles.....	1 pound	2 pounds
Beef, ground.....	3 1/2 pounds	7 pounds
Salt pork, ground.....	1/2 pound	1 pound
Bread crumbs, coarse.....	1 pint	1 quart
Milk.....	1 cup	1 pint
Salt.....	1 tablespoon	2 tablespoons
Pepper.....	1/2 teaspoon	1 teaspoon
Poultry seasonings.....	1/2 teaspoon	1 teaspoon
Fat.....	1/2 cup	1 cup
Onions, chopped.....	1 pint	1 quart
Tomatoes.....	1 No. 2 1/2 can	2 No. 2 1/2 cans
Tomato paste, canned.....	1 pint	1 quart
Corn, whole kernel.....	2 No. 2 cans	4 No. 2 cans
Salt.....	1 tablespoon	2 tablespoons

1. Cook the noodles in boiling, salted water until tender (about 10 minutes). Drain into a colander and rinse with boiling water.
2. Mix together the beef, salt pork, bread crumbs, milk, and seasonings. Shape into balls the size of a large walnut. Brown in fat. Remove to pan and cook onion in the fat until tender, but not brown.
3. Combine meat balls, onion, tomatoes, tomato paste and salt in a large kettle. Simmer gently for about 15 minutes.
4. Add the noodles and corn. Mix and simmer gently for about a half hour so that flavors will blend.

VARIATION: Canned tomato sauce, puree, or catsup may be used instead of tomato paste.

HEARTY MEAT AND SWEETPOTATO BAKE

Each serving: approx. 1 cup..... {Furnishes: 2-oz. protein-rich food
3/4 cup vegetable and fruit

	24 servings	48 servings
Sweetpotatoes.....	1 No. 10 can	2 No. 10 cans
Butter, or fortified margarine, melted.....	1 cup	2 cups
Brown sugar.....	1 pound	2 pounds
Mace.....	1/2 teaspoon	1 teaspoon
Apples.....	2 No. 2 cans	1 No. 10 can
Luncheon meat, sliced.....	4 12-oz. cans	1 6-lb. can

1. Arrange sweetpotatoes in a greased shallow baking pan.
2. Mix butter, sugar and mace and spread half of the mixture over the sweetpotatoes.
3. Cover with a layer of apples and top with slices of luncheon meat.
4. Spread meat slices with remaining sugar mixture. Bake in a moderate oven (375° F) 45 minutes.

CREAMED HAM AND EGGS

Each serving: $\frac{3}{4}$ cup. {Furnishes: 2-oz. protein-rich food
 $\frac{1}{4}$ cup vegetable

Milk.....	2	quarts	1	gallon
Flour.....	$1\frac{1}{4}$	cups	$2\frac{1}{2}$	cups
Fat.....	$\frac{3}{4}$	cup	$1\frac{1}{2}$	cups
Salt.....	1	tablespoon	2	tablespoons
Mustard, dry.....	1	teaspoon	2	teaspoons
Worcestershire sauce.....	2	teaspoons	$1\frac{1}{2}$	tablespoons
Ham, cooked, or canned.....	2	pounds	4	pounds
Lima beans, green.....	3	No. 2 cans	1	No. 10, and 1 No. 2 can
Eggs, hard cooked.....	12		24	slices
Toast (enriched bread).....	25	slices	50	slices

1. Make a cream sauce of the milk, flour, fat, and seasonings.
2. Cut the ham in strips and add with the lima beans and liquid to the cream sauce.
3. Cut the eggs in slices or quarters and add to the mixture.
4. Heat thoroughly and allow to simmer a few minutes to blend flavors.
5. Serve over toast, or over a third cup of puffed rice or wheat in a bowl.

VARIATION I: Canned peas, corn, green or wax beans, or carrots may be used instead of the lima beans.

VARIATION II: Canned luncheon meat may be used instead of ham.

MACARONI AND CHEESE WITH VEGETABLES

Each serving: $\frac{3}{4}$ cup. {Furnishes: 2-oz. protein-rich food
 $\frac{1}{4}$ cup vegetable

Macaroni.....	$\frac{3}{4}$	pound	$1\frac{1}{2}$	pounds
Carrots, diced.....	2	No. 2 cans	4	No. 2 cans
Corn, cream style.....	2	No. 2 cans	4	No. 2 cans
Milk.....	1	quart	2	quarts
Liquid from carrots.....	1	pint	1	quart
Flour.....	1	cup	1	pint
Fat.....	$\frac{1}{2}$	cup	1	cup
Salt.....	1	tablespoon	2	tablespoons
Paprika.....	1	tablespoon	2	tablespoons
Mustard, dry.....	1	teaspoon	2	teaspoons
Cheese, processed cheddar.....	$1\frac{1}{2}$	pounds	3	pounds
Eggs, hard cooked.....	12		24	

1. Cook macaroni in boiling salted water until tender (about 10 minutes). Drain into a colander and rinse with boiling water.
2. Drain carrots (saving liquid for cream sauce) and add with the corn to the macaroni.
3. Make a cream sauce of the milk, liquid from carrots, flour, fat and seasonings. Add grated cheese, eggs, and macaroni mixture.
4. Put into a shallow baking pan and bake in a moderate oven (350° F) about an hour.

SCALLOPED FISH, EGGS, AND VEGETABLES

Each serving: approx. $\frac{3}{4}$ cup. {Furnishes: 2-oz. protein-rich food
 $\frac{1}{4}$ cup vegetable

Peas and Carrots.....	3	No. 2 cans	1	No. 10, and 1 No. 2 can
Milk.....	2	quarts	1	gallon
Fat.....	$\frac{3}{4}$	cup	$1\frac{1}{2}$	cups
Onion, chopped.....	$\frac{1}{2}$	cup	1	cup
Flour.....	$1\frac{1}{2}$	cups	3	cups
Salt.....	1	tablespoon	2	tablespoons
Pepper.....	$\frac{1}{4}$	teaspoon	$\frac{1}{2}$	teaspoon
Parsley flakes.....	1	tablespoon	2	tablespoons
Worcestershire sauce.....	1	tablespoon	2	tablespoons
Flaked fish.....	2	14-oz. cans	4	14-oz. cans
Eggs, hard cooked.....	12		24	
Bread crumbs, soft buttered.....	1	quart	2	quarts

1. Drain liquid from vegetable; add 3 cups (6 cups for 50 servings) to milk and heat.
2. Melt fat in large frying pan; add onion and cook until transparent, but not brown.
3. Add flour, salt, pepper; mix. Add hot milk; cook until thickened, stirring constantly. Add parsley flakes, Worcestershire sauce, drained vegetables, and fish that has been broken up; mix. Cut up eggs and add to mixture.
4. Bake in a moderate oven (350° F) for 45 minutes until thoroughly heated and well browned on top.

VARIATION: Salmon, tuna or mackerel may be used instead of flaked fish.

SCALLOPED SALMON

Each serving: approx. $\frac{2}{3}$ cup. {Furnishes: 2-oz. protein-rich food

Milk.....	2	quarts	1	gallon
Flour.....	$\frac{1}{2}$	cup	$\frac{1}{2}$	cup
Fat.....	$\frac{1}{2}$	cup	$\frac{3}{8}$	cup
Salt.....	$1\frac{1}{2}$	tablespoons	3	tablespoons
Paprika.....	$\frac{1}{2}$	teaspoon	1	teaspoon
Onion, minced.....	$\frac{1}{4}$	cup	$\frac{1}{2}$	cup
Parsley, chopped (optional).....	2	tablespoons	$\frac{1}{4}$	cup
Salmon.....	3	1-lb. cans	6	1-lb. cans
Bread cubes, toasted.....	1	quart	2	quarts
Eggs, hard cooked.....	6		12	

1. Make a cream sauce of the milk, flour, fat and seasonings.
2. Add onion, parsley, liquid and oil from salmon to sauce.
3. Break salmon in pieces and put a layer of half of it in a shallow baking pan. Add the toast cubes, the sliced eggs and the remaining salmon. Pour the cream sauce over the salmon.
4. Bake in a moderate oven (350° F) 30 or 40 minutes.

VARIATION: Canned tuna or mackerel may be used instead of salmon.

BAKED BEANS ON MEAT LAYER

Each serving: approx. ¾ cup. Furnishes: 2½-oz. protein-rich food

Onions, chopped	1 pint	25 servings	50 servings
Fat	1½ cup		
Beef, ground	2½ pounds		
Bread crumbs, coarse	1 quart		
Eggs	2		
Milk	1 cup		
Salt	1 tablespoon		
Baked beans, or pork and beans	1 No. 10 can	2	No. 10 cans

1. Cook the onion in fat until tender, but not brown.
2. Mix onion, meat, bread crumbs, eggs, milk, and salt. Place the meat in a layer in a greased baking pan.
3. Top with beans and bake in a moderate oven (375°F) for 1½ hours. Cut in squares to serve.

SAUERKRAUT AND FRANKFURTERS

*Each serving: ½ cup sauerkraut {Furnishes: 2-oz. protein-rich food
1 large frankfurter ½ cup vegetable*

Sauerkraut	1 No. 10 can	25 servings	50 servings
Frankfurters, canned	3½ pounds		
Bacon fat, melted	1 cup		
Pickles, dill, diced	1 cup		

1. Place sauerkraut in a shallow baking pan. Arrange frankfurters on top.
2. Pour fat over frankfurters. Sprinkle with pickles.
3. Bake in a moderate oven (375° F) about 40 minutes or until heated through.

SALMON SHEPHERD'S PIE

*Each serving: approx. 1 cup {Furnishes: 2-oz. protein-rich food
¾ cup vegetable*

Fat	1½ cup	24 servings	48 servings
Onion, chopped	1½ cup		
*Vegetable, canned	2 No. 2 cans		
Tomato soup, condensed	3 No. 1 picnic cans		
Salt	1 tablespoon		
Pepper	¼ teaspoon		
Salmon	3 1-lb. cans		
Potatoes, hot mashed	3 quarts		

1. Melt fat in large frying pan; add onion and cook until transparent, but not brown.
 2. Add drained vegetable (save liquid for other uses), tomato soup, salt and pepper. Mix well and heat.
 3. Break salmon into bite size pieces. Add oil and liquid from salmon, and the salmon to vegetable mixture. Mix gently.
 4. Pour into greased baking pan. Cover with mashed potatoes and bake in a moderate oven (375° F) about 30 minutes, or until lightly browned.
- * Almost any canned vegetable, or combination of vegetables, may be used.

VARIATION: Mackerel, tuna, or flaked fish may be used instead of salmon.

SANDWICHES

BAKED BEAN CHEESE "BURGER"

*Each serving: 3 tablespoons filling {Furnishes: 2-oz. protein-rich food
1 thin slice cheese*

Baked beans, or pork and beans	2 No. 2 cans	25 servings	50 servings
Hamburger buns	25		
Butter, or fortified margarine	1½ pound		
Mayonnaise, sharp	1½ cup		
Cheese, American, sliced	1¾ pounds		
Pickles	1 pint		

1. Mash beans with a potato masher.
2. Spread bottom half of bun with butter and top half with mayonnaise. Spread each half with 1½ tablespoons (No. 40 dipper) of beans. Cover each with half slice of cheese.
3. Bake or broil until cheese begins to melt. Serve open-face style, or place buns together. Garnish with pickle slice.

LUNCHEON MEAT CHEESE SANDWICHES

*Each serving: 1 slice luncheon meat {Furnishes: 2-oz. protein-rich food
1 tablespoon grated cheese}*

Luncheon meat, canned	24 slices (2½ lbs.)	24 servings	48 servings
Cheese, American, grated	1½ pound		
Mayonnaise, sharp	1½ cup		

1. Put the slices of luncheon meat in a shallow pan and heat in the oven until they start to curl.
2. Mix cheese and mayonnaise. Remove hot meat slices and spread each with grated cheese mixture.
3. Return to the oven and heat until cheese partly melts.
4. Use enriched buns or bread for the sandwiches; spread each with 2 teaspoons butter or fortified margarine. Catsup may be served.

TUNA SANDWICHES

Each serving: approx. 1/4 cup filling. Furnishes: 2-oz. protein-rich food

Eggs, hard cooked	12	25 servings	24	50 servings
Tuna, flaked	2	13-oz. cans	4	13-oz. cans
Lemon juice	2	tablespoons	1 1/4	cup
Onion, finely chopped	1/2	cup	1	cup
Celery, finely chopped	1	cup	1	pint
Mayonnaise, or cooked salad dressing	1	cup	1	pint

1. Combine chopped eggs with other ingredients.
2. Use enriched or whole wheat bread for sandwiches; spread each with 2 teaspoons butter or fortified margarine. Use 1/4 cup (No. 16 dipper) of filling for each sandwich. Lettuce may be added.

EGG-VEGETABLE SANDWICHES

Each serving: 2 1/2 tablespoons. Furnishes: 1-oz. protein-rich food

Eggs, hard cooked	12	24 servings	24	48 servings
Pickles, sweet, chopped	1	cup	1	pint
*Vegetables, canned	1	cup	1	pint
Salt	1	teaspoon	2	teaspoons
Mayonnaise, or cooked salad dressing	1	cup	1	pint

1. Chop hard cooked eggs and mix with remaining ingredients.
 2. Use enriched or whole wheat bread for sandwiches; spread each with 2 teaspoons butter or fortified margarine. Use 2 1/2 tablespoons (No. 24 dipper) of filling for each sandwich.
- * Almost any canned vegetable may be used.

VEGETABLES

BUTTERED CANNED VEGETABLES

Follow the best practices in preparing canned vegetables just as in preparing market vegetables:

1. Cook in small quantities.
2. Do not overcook. (Remember that canned vegetables are cooked during the canning process and so need be only heated through to serve.)
3. Do not hold for long periods on the steam table.

Following these three rules will result in foods of better appearance, flavor and nutritive value.

Part of the liquid may be drained from canned vegetables, but it should be saved for other uses. (See page 2). Empty vegetables in cooking pan, add butter, salt and pepper as needed. Heat, but do not overcook. 1 No. 10 can will make 25 servings of approximately 1/2 cup each. Three to four tablespoons of butter, or fortified margarine, and salt and pepper as needed, should be used for each No. 10 can.

VEGETABLES IN CREAM: Use 2 tablespoons butter, or fortified margarine, and 1 cup of cream to a No. 10 can of drained vegetables. Heat and serve.

COMBINE VEGETABLES: Two or more vegetables may be combined. See suggested combinations given at end of recipe for "Peas and Turnips Paprika" below.

CREAMED VEGETABLES

Each serving: 1/2 cup. Furnishes: 1/2 cup vegetable

Butter, or fortified margarine	1/2	cup	1	cup
Flour	1/2	cup	1	cup
*Vegetable	1	No. 10 can	2	No. 10 cans
Liquid (rich milk and liquid from vegetable)	1	quart	2	quarts
Salt	1 1/2	teaspoons	1	tablespoon

1. Make a cream sauce of butter, flour, liquid, and salt. Combine with vegetable. Heat and serve.

* Combinations of canned vegetables, or canned and market vegetables, may be used. See suggested combinations given at end of recipe for "Peas and Turnips Paprika" below.

Notes: Additional seasonings such as dry mustard, Worcestershire or tabasco sauce, or chopped onion or parsley may be added.

PEAS AND TURNIPS PAPRIKA

Each serving: 1/2 cup. Furnishes: 1/2 cup vegetable

Turnips	2	pounds	4	pounds
Peas	3	No. 2 cans	1	No. 10, and 1 No. 2 can
Cooking, or bacon fat	1/4	cup	1/2	cup
Salt	2	teaspoons	4	teaspoons
Paprika	1	teaspoon	2	teaspoons

1. Pare and cut turnips into half inch pieces. Put in a cooking pan and add the liquid drained from the peas.
2. Cook until tender (about 10 minutes). Avoid over-cooking which gives the turnips a strong flavor as well as darkening them.
3. Add peas, fat, and salt. Heat thoroughly. Serve at once, sprinkled with paprika.

VARIATION: Various canned vegetables combine well, as do canned and market vegetables. Here are some popular combinations:

Corn and onions	Potatoes and peas or green beans
Carrots, lima beans, and rutabagas	Beets and spinach or other leafy greens
Tomatoes and okra	Peas and celery
Tomatoes and onions	Asparagus and turnips
Tomatoes and celery	Peas, summer squash, and carrots

CRANBERRY GLAZED BEETS

Each serving: 1/2 cup.Furnishes: 1/2 cup vegetable

Vinegar.	1/2 cup	1	cup
Liquid drained from beets.	1/2 cup	1	cup
Beets, diced or julienne.	1	No. 10 can	2
Cooking oil.	1	tablespoon	2
Cloves, ground.	1	teaspoon	2
Salt.	1/2	teaspoon	1
Cranberry sauce, jellied.	2	No. 300 cans	4

1. Combine vinegar and beet liquid. Add drained beets, cooking oil, cloves, and salt. Simmer for 5 minutes.
2. Mash cranberry sauce and add to beets. Simmer 10-15 minutes.

STEWED TOMATOES

Each serving: 1/2 cup.Furnishes: 1/2 cup vegetable

Toast (enriched bread).	14	slices	28	slices
Tomatoes.	1	No. 10 can	2	No. 10 cans
Butter, or fortified margarine.	1/2	cup	1	cup
Sugar.	1/4	cup	1/2	cup
Salt.	1 1/2	teaspoons	1	tablespoon
Pepper.	1/4	teaspoon	1/2	teaspoon

1. Cut the toast in small cubes. Combine all ingredients and heat.

SALADS

VEGETABLE POTATO SALAD

Each serving: 1/2 cup.Furnishes: 1/2 cup vegetable

Potatoes, canned, diced.	3	No. 2 cans	1	No. 10, and 1 No. 2 can
Mayonnaise.	1 1/2	cups	3	cups
Salt.	1	tablespoon	2	tablespoons
Vinegar, mild.	1/4	cup	1/2	cup
Eggs, hard cooked, diced.	6		12	
Pimento, chopped.	1/4	cup	1/2	cup
Celery, chopped.	1	pint	1	quart
Onion, chopped.	1	cup	1	pint
*Vegetable, canned, drained.	2	No. 2 cans	1	No. 10 can

1. Marinate potatoes in mayonnaise, salt and vinegar for 2 hours.
 2. Add remaining ingredients and mix carefully. Serve on lettuce cups.
- * Use canned carrots, corn, green, wax or lima beans, or peas.

Sardine Cold Plate

Sardines
Veg. Potato Salad
Tomato Slices

Cheese Cold Plate

Cheese
Veg. Potato Salad
Fruit Cocktail

Sausage Cold Plate

Vienna Sausages
Veg. Potato Salad
Crisp Relishes

TUNA-SHRIMP SALAD

Each serving: approx. 2/3 cup.Furnishes: 2-oz. protein-rich food
1/2 cup vegetable

Mayonnaise.	1	pint	25	servings
Mustard, prepared.	2	tablespoons	1	quart
Tuna.	3	13-oz. cans	6	1/4 cup
Celery, chopped.	1	pint	1	quart
Onions, chopped.	1	cup	1	pint
Pickles, chopped.	1	pint	1	quart
Peas, drained.	3	No. 2 cans	1	No. 10, and 1 No. 2 can
Shrimp.	3	5-oz. cans	6	5-oz. cans
Lettuce.	3	heads	6	heads

1. Mix mayonnaise, mustard and oil drained from tuna.
 2. Combine all ingredients except tuna, shrimp and lettuce.
 3. Break tuna in bite size pieces and add to salad, with the shrimp. Mix gently.
 4. Chill and serve in lettuce cups.
- VARIATION: Salmon may be used in place of tuna.

MIXED VEGETABLE SALAD

Each serving: 1/2 cup.Furnishes: 1/2 cup vegetable

Mixed vegetables.	2	1-lb. cans	4	1-lb. cans
Onion, diced.	3/4	cup	1 1/2	cups
Mayonnaise.	1	cup	1	pint
Spinach leaves, shredded.	1	pint	1	quart
Lettuce, shredded.	1	quart	2	quarts
Carrots, shredded.	1	pint	1	quart
French dressing, sharp.	1	cup	1	pint
Salt.		as needed		as needed

1. Drain the liquid from the mixed vegetables, saving it for other uses.
2. Combine vegetables, onion, and mayonnaise and allow to chill for about an hour.
3. Combine mixed vegetables with remaining chilled ingredients, tossing lightly to keep the appearance attractive. Serve at once.

VARIATION: Almost any combination of canned vegetables such as peas, lima, green or wax beans, or carrots; and raw vegetables such as radishes, celery, tomatoes, cucumbers, cauliflower, cabbage, turnips or rutabagas; and a variety of salad greens may be used.

CRANBERRY SAUCE GARNISH

One No. 10 can of cranberry sauce will yield approximately 50 garnishes. One 1-lb. can will yield 8 garnishes. This furnishes 1/4 cup fruit per serving.

Vary the shape used. Sometimes use spoon to dip out, or cut in strips, squares, circles, doughnuts, balls, moons, or other shapes.

JELLIED VEGETABLE TOMATO SALAD

Each serving: Square 3 x 4 inches, 1 inch thick. *Furnishes: 1/2 cup vegetable*

	<i>24 servings</i>	<i>48 servings</i>
Gelatin, lemon flavored.....	2 1/4 cups (18-oz.)	4 1/2 cups (36-oz.)
Water.....	3 cups	3 pints
Tomato sauce, canned.....	3 cups	3 pints
Tomato juice.....	1 46-oz. can	2 46-oz. cans
Mixed vegetables.....	2 1-lb. cans	4 1-lb. cans
Liquid from mixed vegetables and water.....	1 pint	1 quart
Celery, sliced.....	1 pint	1 quart
Lettuce.....	2 heads	4 heads
Mayonnaise.....	1 1/2 cups	3 cups

1. Dissolve gelatin in hot water. Add tomato sauce, tomato juice, liquid from mixed vegetables and water.
2. Cool. When mixture starts to thicken, add celery and drained vegetables. Pour into shallow pans and cool until mixture sets.
3. Cut in squares and serve on shredded lettuce. Garnish with mayonnaise to which chopped chives or parsley have been added.

VARIATION: Canned tomato paste, puree, or catsup may be used instead of tomato sauce.

COLD FRUIT PLATE WITH EGG OR CHEESE

Each serving: approx. 1 cup..... *Furnishes: 2-oz. protein-rich food*

	<i>25 servings</i>	<i>50 servings</i>
Lettuce.....	3 heads	6 heads
Peaches.....	2 No. 2 1/2 cans	1 No. 10 can
Pineapple.....	3 No. 2 cans	1 No. 10, and 1 No. 2 can
Apples, unpeeled, sliced.....	3 pounds	6 pounds
Eggs, hard cooked.....	12	24
Cottage cheese.....	2 pounds	4 pounds
Mayonnaise.....	1 1/2 cups	3 cups
Walnuts, finely chopped.....	1 cup	2 cups

1. Arrange lettuce cups on plates. Drain fruit, (save syrup for other uses).
2. Arrange fruit on plate. Center half of the plates with a hard cooked egg (cut in half), and the other plates with a scoop of cottage cheese.
3. Garnish with mayonnaise and chopped nuts (or serve with Pimiento Lemon Dressing).

VARIATION I: Other combinations of fruit are:

(1)	(2)	(3)
Grapefruit sections	Apricots	Fruits for salad
Purple plums	Dark sweet cherries	Cranberry slices
Pears	Bananas	Melon cubes

VARIATION II: A 2-ounce serving of canned sliced chicken, turkey, or ham may be used instead of eggs or cheese.

CABBAGE BEAN SALAD

Each serving: 3/4 cup..... *Furnishes: 3/4 cup vegetable*

	<i>25 servings</i>	<i>50 servings</i>
Cabbage, shredded.....	3 quarts	6 quarts
Beans, green.....	3 No. 2 cans	1 No. 10, and 1 No. 2 can
Cooked salad dressing, or mayonnaise.....	3 cups	1 1/2 quarts
Salt.....	as needed	as needed

1. Combine all ingredients, stirring lightly to keep a nice appearance.
2. Chill. Serve plain, on lettuce, or garnish with watercress.

SALAD DRESSINGS

FRUIT DRESSING

Each serving: approx. 2 tablespoons

	<i>50 servings</i>
Cornstarch.....	1/2 cup
Sugar.....	1/2 cup
Sirup from canned fruit and water.....	1 1/2 quarts
Vinegar.....	1/2 cup
Lemon juice.....	1/4 cup

1. Combine cornstarch and sugar; add all liquids except lemon juice and cook until mixture is clear. Add lemon juice and chill.

PIMIENTO LEMON DRESSING

Each serving: approx. 2 tablespoons

	<i>30 servings</i>
Pimientos.....	1 pint
Lemon rind, grated.....	3/4 cup
Lemon juice.....	1 pint
Sugar.....	1 quart

1. Drain pimientos; chop fine. Add lemon rind, juice, and sugar. Boil until thick as honey. Chill. Serve over fruit salad.

DESSERTS

APPLE SAUCE WHIP

Each serving: approx. 1/2 cup..... *Furnishes: 1/4 cup fruit*

	<i>25 servings</i>	<i>50 servings</i>
Apple sauce.....	3 No. 2 cans	1 No. 10, and 1 No. 2 can
Egg whites.....	8	16
Salt.....	1/4 teaspoon	1/2 teaspoon
Sugar.....	3/4 cup	1 1/2 cups
Lemon juice.....	1/4 cup	1/2 cup
Soft custard.....	1 quart	2 quarts

1. Chill apple sauce.
2. Beat egg whites stiff; fold in salt, sugar, lemon juice, and apple sauce.
3. Chill and serve with soft custard.

APPLE DELIGHT

Each serving: 1/2 cup.Furnishes: 1/2 cup fruit

Apples.....	1	No. 10 can	2	No. 10 cans
Salt.....	1	teaspoon	2	teaspoons
Nutmeg.....	1	teaspoon	2	teaspoons
Honey.....	1	cup	2	cups
Orange marmalade.....	1	cup	2	cups
Nuts, sliced.....	1	1/2 cup	1	cup
Pastry cut-outs.....	25		50	

- Mix together all ingredients except the pastry.
- Pour into a shallow baking pan. Arrange pastry cut-outs (made in any desired shape from pastry rolled about a fourth of an inch thick) on top of the mixture.
- Bake in a moderately hot oven (400° F.) about 30 minutes, until the pastry is browned.
- Serve with top milk, light cream, pudding sauce, or vanilla milk.

BUTTERSCOTCH PEAR PUDDING

Each serving: 1/2 cup pudding and 1/2 pear.Furnishes: 1/2 cup fruit

Pears.....	1	No. 10 can	2	No. 10 cans
Liquid from pears.....	1	pint.	1	quart
Milk.....	2	quarts	1	gallon
Flour.....	1	cup	1	pint
Cornstarch.....	1/4	cup	1/2	cup
Sugar, brown.....	3	pints (2 lbs.)	3	quarts (4 lbs.)
Salt.....	1	tablespoon	2	tablespoons
Egg yolks.....	1	cup	1	pint
Fat.....	1	cup	1	pint
Vanilla.....	2	tablespoons	1/4	cup

- Combine liquid from pears with milk and heat to scalding.
- Mix flour, cornstarch, brown sugar and salt thoroughly, and add to the scalded milk, stirring constantly with a wire whip. Cook about 10 minutes, until thickened.
- Beat the egg yolks and mix with a small amount of the thickened mixture. Add fat and egg mixture to hot pudding, stirring. Cook a few minutes (about 5) and remove from heat. Add vanilla.
- Cool. Top each serving of pudding with a half or two quarters of pear. If desired, each serving may be garnished with whipped cream.

UPSIDE-DOWN CAKE TOPPING

Each serving: approx. 2 1/2 x 2 1/2 inches.Furnishes: 1/4 cup fruit

*Fruit.....	3	No. 2 cans	1	No. 10, and 1 No. 2 can
Butter.....	1/4	cup	1/2	cup
Sugar, brown.....	1 1/2	cups	3	cups

- Drain liquid from fruit; add butter and brown sugar.
 - Cook to make thick sirup (about 10 minutes).
 - Place fruit in the bottom of a shallow cake pan; add the sirup.
 - Pour a plain cake batter over the fruit mixture.
 - Bake in a moderate oven (350° F.) about 35 minutes.
- *Pineapple, fruits for salad, cranberry sauce, berries, pitted cherries, pears, peaches, apricots, or any desired combination of fruits may be used.

VARIATION: Gingerbread or spice cake batter may be used.

FRUIT COMPOTE

Each serving: 1/2 cup.Furnishes: 1/2 cup fruit

Apricot, halves.....	2	No. 2 1/2 cans	1	No. 10 can
Purple plums.....	1	No. 2 1/2 can	2	No. 2 1/2 cans
Fruit cocktail.....	1	No. 2 can	2	No. 2 cans
Coconut, shredded.....	1	cup	1	pint

- Combine fruits and chill. Sprinkle each serving with coconut.

VARIATION: Other combinations of fruit make good compotes.

(1)	(2)	(3)
Pineapple	Grapefruit & Orange Sections	Pears
Dark Sweet Cherries	Peaches	Raspberries

PEACH RICE PUDDING

Each serving: approx. 1/2 cup.Furnishes: 1/4 cup fruit

Peach halves, small.....	2	No. 2 1/2 cans	1	No. 10 can
Eggs.....	3		6	
Sugar.....	3/4	cup	1 1/2	cups
Cream.....	1 1/2	cups	3	cups
Lemon juice.....	2	tablespoons	1/4	cup
Lemon rind, grated.....	1	tablespoon	2	tablespoons
Rice, raw.....	1 1/2	cups	3	cups
Nutmegs.....	1/2	cup	1	cup
Butter.....	1/4	cup	1 1/2	cup
Sugar, powdered.....	3/4	cup	1 1/2	cups

- Drain peaches and combine 3 cups of peach sirup (6 cups for 50 servings) with beaten eggs, sugar, cream, lemon juice and rind.
 - Cook the rice in rapidly boiling water, and drain.
 - Add cooked rice to the creamed fruit juice mixture and pour into an oiled flat baking pan.
 - Arrange peach halves, cavity side up, on top of rice mixture.
 - Fill centers with mixture of nuts, butter and sugar.
 - Bake in a moderate oven (350° F) for 50 minutes, or until firm.
- VARIATION: Apricot or pear halves may be used instead of the peach halves.

FRUITED GELATIN

<i>Each serving: 1/2 cup</i>	<i>Furnishes: 1/2 cup fruit</i>
Pineapple, chunks or sliced.....	25 servings
Fruit cocktail.....	2
Grapefruit juice, canned.....	3
Water.....	1
Gelatin, raspberry flavor.....	1
Cream, whipping.....	1
	50 servings
	No. 2 1/2 can
	No. 2 1/2 cans
	No. 10 can
	3 pints
	1 quart
	1 1/2 pint

1. Drain the syrup from the fruit, add the grapefruit juice and enough water to make 2 quarts liquid for 25 servings (or 1 gallon for 50).
2. Heat liquid to boiling, remove from heat and stir in gelatin.
3. Cool until mixture starts to congeal; add the fruit (if sliced pineapple is used cut in bite size pieces). Chill until firm. Garnish with whipped cream (or whipped topping made from dry milk).

PINEAPPLE ICE BOX PUDDING

<i>Each serving: approx. 2 1/2 x 2 inches</i>	<i>Furnishes: 1/4 cup fruit</i>
	25 servings
Gelatin.....	1 oz. (or 1/4 cup)
Water.....	1 1/2 cup
Pineapple, crushed.....	3 No. 2 cans
	1
	No. 10, and 1 No. 2 can
Sugar.....	1 pint
Vanilla.....	1 1/2 teaspoons
Salt.....	1/4 teaspoon
Egg whites.....	6
Nuts.....	1 cup
Coloring, green.....	Few drops
	50 servings
	2 ozs. (or 1/2 cup)
	1 cup
	1 quart
	1 1/2 teaspoon
	12
	2 cups
	Few drops

1. Sprinkle gelatin over cold water and let stand 10 minutes.
2. Dissolve in hot pineapple syrup which has been drained from crushed pineapple.
3. Add sugar, vanilla, and salt; stir until sugar is dissolved.
4. Cool until mixture begins to congeal; beat until stiff.
5. Add to stiffly beaten egg whites.
6. Divide into two parts; color one part and pour into mold.
7. To other part, add pineapple and nuts and pour over colored portion.
8. Chill until firm, and serve with fruit or custard sauce.

SPICY FRUIT MEDLEY

<i>Each serving: 1/2 cup</i>	<i>Furnishes: 1/2 cup fruit</i>
	25 servings
Fruit cocktail.....	2
Nutmeg.....	1
Cinnamon.....	1/2 teaspoon
Sugar, brown.....	1/2 cup
Apples, red.....	3 medium size
Oranges.....	6
	50 servings
	No. 2 1/2 cans
	No. 10 can
	2 teaspoons
	1 teaspoon
	1 cup
	6 medium size
	12

1. Drain the syrup from the fruit cocktail and add nutmeg, cinnamon, and brown sugar. Simmer about 5 minutes to blend well.
2. Cut the apples in bite size pieces, leaving the peel on.
3. Peel the oranges and cut up.
4. Combine fruit cocktail, apples, and oranges. Pour the spiced syrup over the mixture and chill.

Note: Canned orange and grapefruit sections may be used instead of the market oranges.

APRICOT TAPIOCA CREAM

<i>Each serving: approx. 1/2 cup</i>	<i>Furnishes: 1/4 cup fruit</i>
	25 servings
Milk.....	2 1/2 quarts
Tapioca, granulated.....	3/4 cup
Sugar.....	1 cup
Salt.....	1 1/2 teaspoons
Eggs.....	3
Vanilla.....	2 tablespoons
Apricots, halves.....	2 No. 2 1/2 cans
	1 1/4 cup
	No. 10 can
	50 servings
	5 quarts
	1 1/2 cups
	1 pint
	1 tablespoon
	6

1. Heat milk in double boiler. Add tapioca, half the sugar, and salt; cook until transparent.
2. Combine beaten egg yolks with remaining sugar, and add to tapioca, stirring constantly. Cook 8 to 10 minutes; fold in stiffly beaten egg whites.
3. When slightly cool, add vanilla. Serve garnished with apricots.

VARIATION: Canned raspberries, blackberries, blueberries, cherries, strawberries, pineapple chunks, or sliced peaches may be used.

CHERRY PIE

<i>Serving: 6 cuts per pie</i>	<i>Furnishes: 1/2 cup fruit</i>
	4 (8-inch pies)
Cherries, pitted red, water pack.....	1 No. 10 can
Juice from cherries.....	3 cups
Cornstarch.....	3/4 cup
Sugar.....	3 cups
Salt.....	1 1/2 teaspoons
	8 (8-inch pies)
	2 No. 10 cans
	3 pints
	1 1/2 cups
	3 pints
	1 tablespoon

1. Drain cherries, save juice and measure out quantity given above.
 2. Mix a third of the cold juice and cornstarch and add to remaining juice which has been heated, stirring constantly.
 3. Cook until thickened; stir in sugar and salt. Add cherries; mix carefully.
 4. Pour into unbaked pie shells, cover with top crust and bake in a moderately hot oven (400° F) about 30 minutes, or until well browned.
- VARIATION:* Canned berries may be used instead of cherries. If syrup pack fruit is used reduce the sugar to half the amount.

APPLE PIE

Serving: 6 cuts per pie.

Apples, canned, solid pack	4 (8-inch pies)	8 (8-inch pies)
Sugar	1 No. 10 can	2 No. 10 cans
Nutmeg	3 cups	3 pints
Cinnamon	1 teaspoon	2 teaspoons
Lemon juice	1 1/2 cup	2 teaspoons
Butter	1/4 cup	1 cup
		1/2 cup

Furnishes: 1/2 cup fruit

1. Combine apples, sugar, spices and lemon juice.
2. Line pie pans with pastry. Put apples in each (about 3 1/2 cups), dot each pie filling with 1 tablespoon butter. Cover with top crust.
3. Bake in a moderately hot oven (400° F) about 45 minutes, or until well browned.

PUMPKIN PIE

Serving: 7 cuts per pie.

Eggs	4 (9-inch pies)	8 (9-inch pies)
Pumpkin	2 No. 2 1/2 cans	16
Cinnamon	2 teaspoons	4 teaspoons
Ginger	1 teaspoon	2 teaspoons
Nutmeg	2 teaspoons	4 teaspoons
Salt	2 teaspoons	4 teaspoons
Sugar, granulated	3 cups	3 pints
Rich milk	1 1/2 quarts	3 quarts

Furnishes: 1/4 cup vegetable

1. Beat eggs. Mix eggs, pumpkin, spices, salt, and sugar.
2. Scald milk and add hot to pumpkin mixture. Fill pastry lined pie shells.
3. Bake in a moderate oven (350° F) about an hour, or until the filling is firm and crust is well browned.

VARIATION I: Equal parts of honey and brown sugar may be used instead of granulated sugar.

VARIATION II: Canned squash or mashed sweetpotatoes can be used instead of pumpkin. With sweetpotatoes add a half teaspoon lemon extract for 4 9-inch pies.

PEACH OR APRICOT PIE

Serving: 6 cuts per pie.

Peaches, (or apricots) sliced,	4 (8-inch pies)	8 (8-inch pies)
Strap pack	1 No. 10 can	2 No. 10 cans
Syrup from fruit	5 cups	10 cups
Cornstarch	3/8 cup	1 1/8 cups
Sugar	1 cup	1 pint
Salt	1 1/2 teaspoons	1 tablespoon
Butter, or fortified margarine	1/4 cup	1 1/2 cup
Almond extract	1/4 teaspoon	1/2 teaspoon

Furnishes: 1/2 cup fruit

1. Drain strap from fruit and mix 1 cup (2 cups for 50 servings) with cornstarch. Heat remaining strap to boiling. Add cornstarch mixture to heated strap, stirring. Cook until thick and clear.
2. Stir in sugar, salt, butter and flavoring. Add fruit, mixing gently.
3. Fill pastry lined pie pans and cover with pastry.
4. Bake in a hot oven (425° F) about 30 minutes, or until well browned.

VARIATION: If water pack fruit is used, increase sugar to 3 cups for 4 pies, or 6 cups for 8 pies.



EVAPORATED MILK AND DRY MILK

In recipes using fluid milk either evaporated milk or dry milk may be used.

Evaporated Milk—Dilute 1 pint evaporated milk with 1 pint of water, or liquid drained from canned foods. This is the equivalent to 1 quart fluid milk.

Nonfat Dry Milk—To reconstitute nonfat dry milk, sprinkle 1 cup on top of 1 quart warm water and beat well with a rotary beater, whip, or power mixer. This equals about 1 quart fluid milk.

In recipes using a large amount of dry ingredients the dry skim milk may be mixed or sifted with the other dry ingredients and the water added separately.

DRIED WHOLE EGGS

In recipes using eggs, reconstituted dried eggs may be used. Mix thoroughly the dried eggs and water in the following proportions:

Dried Whole Eggs	Water	Equivalent
2 tablespoons	2 1/2 tablespoons	1 egg
1 cup	1 1/4 cups	8 eggs

In recipes using a large amount of dry ingredients the dried whole eggs may be mixed or sifted with the other dry ingredients and the water added with the other liquid.

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Read the **VARIATIONS** at the bottom of the recipes. There are 46 recipes in this booklet, but the variations greatly increase this number. This makes it possible to take advantage of available foods and to make changes in accordance with the market supply.

CAN SIZES

The labels of cans of identical size may show a net weight for one product that differs slightly from the net weight on the label of another product. This is due to a difference in the original weight of the food. For example, a cup of cream style corn would weigh more than a cup of green beans. Some of the representative cans with approximate contents are shown below:

FRUITS AND VEGETABLES		
Name of can	Approx. weight	Approx. cups
No. 1 tall	1 lb.	2
No. 303	1 lb.	2
No. 2	1 lb. 4 oz.	2½-2½
No. 2½	1 lb. 12 oz.	3¼-3½
No. 10	6 lbs. 2 oz. to 6 lbs. 12 oz.	12-13
JUICES		
Name of can	Approx. content	Approx. cups
No. 2	1 pt. 2 fl. oz.	2¼-2½
303 Cylinder	1 pt. 4 fl. oz.	2½
No. 2 Cylinder	1 pt. 8 fl. oz.	3
No. 3 Cylinder	1 qt. 14 fl. oz.	5¾
No. 10	3 qts.	12

Vegetables packed in glass will be found principally in No. 303 (1 pound) jars, and fruits for the most part in No. 2½ (28 oz.) jars. To compute the approximate number of cups in different sizes of cans divide the number of ounces (either weight or fluid) given on the can label by 8.

HOME ECONOMICS DIVISION
 NATIONAL CANNERS ASSOCIATION
 WASHINGTON 6, D. C.