MAKE THE MOST MEAT

By Virginia Felstehausen

HAM NOODLE CASSEROLE

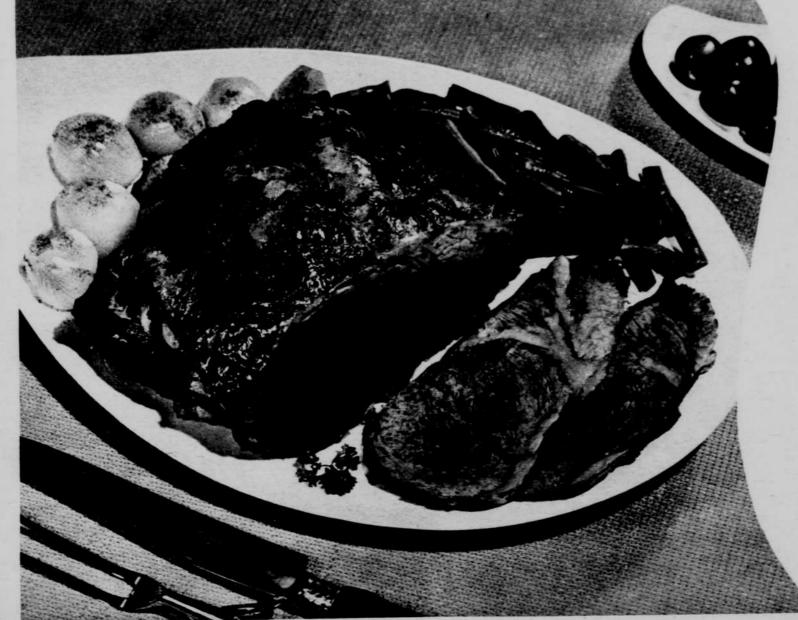
- 4 ounces noodles, cooked 2 cups cooked ham
- cup milk
- 101/2 ounce can cream of
- I teaspoon dry shredded green
- 2 teaspoons prepared mustard
- 1 cup cultured sour cream

Gradually add milk to cream of mushroom soup, stirring over low heat until smooth. Stir in dry shredded green onion and prepared mustard. Fold in cultured sour cream. Drain the cooked noodles. Thinly slice ham. In buttered casserole, arrange alternate layers of noodles, ham and sauce. Repeat layers. Garnish with toasted slivered almonds. Bake in 325° oven 25 minutes. Makes 6 servings.

Has your family ever sat down to the dinner table and said, "Oh, no, Mom not THIS again!" Leftovers from Sunday dinner needn't bring comments like this from the teenage daughter, the growing son, or the man of the house. They can be the makings of tasty dishes when you use imagination and planning.

Most of us hope to get more than one meal from Sunday's roast - be it beef, ham, veal or pork. It's more economical and can often save the homemaker precious minutes of preparation time later during the week. You'll have to agree, however, that a roast simply reheated and carved, meal after meal, can be tiresome by Tuesday. It needn't be! With inventiveness and a deft touch you can create "planned 'over" dishes that are even better than the original. A good rule of spoon is to remember to add something new to the leftover in preparing the main dish for another day's meal. The following recipes are designed to give you guideposts to new uses and ideas for MAKING THE MOST OF MEAT.





BONELESS CHUCK POT-ROAST

3 to 4-pound boneless

chuck pot-roast

Pepper

tablespoons lard or drippings

1/4 cup water

Brown meat on all sides in lard or drippings. Pour off drippings. Season. Add water. tightly and cook in a slow oven (300°F.) or on top of range for 3 to 4 hours, or until tender.

And here's an idea for that second meal:

BEEF STUFFED TOMATOES

2 cups coarsely ground

cooked beef

1/2 cup finely chopped

celery

1 tablespoon finely chopped onion

I tablespoon lemon juice

1/2 cup mayonnaise

1/2 teaspoon salt 6 medium tomatoes

3/4 cup crushed potato

Combine ground cooked beef, celery, onion, lemon juice, mayonnaise and salt. Remove slice from tops of tomatoes and scoop out centers. Stuff tomatoes with meat mixture and top with crushed potato chips. Bake in a moderate oven (375°F.) 20 to 25 minutes. 6 servings.

Green peppers may be substituted for tomatoes. To prepare green peppers for stuffing, remove slice from tops of peppers and scoop out seeds. Cook in boiling salted water 5 minutes.