

Casseroles easy, cheap

Apartment dwellers, are you already slipping into a hamburger-hotdog-bologna sandwich routine? Maybe for variation you occasionally have potato chips or pork and beans? For shame! What about all those resolutions you made to plan ahead and share the cooking? Abandoned already? Don't despair. This week Toothpicks will give you some suggestions for tasty, inexpensive meals which are actually good for you.

Even more exciting, you probably have a number of the ingredients needed just sitting in your refrigerator waiting to get moldy. These recipes are also adaptable to the various whims of the heart and pocket book. Try variations in casseroles. Instead of using the recipes as absolutes, experiment with them, use different spices and vegetables.

These recipes are difficult to ruin, so experiment to your heart's delight. They can be made ahead and refrigerated, then warmed in the oven.

The moderate cost of hamburger and sausage makes them a valuable source of protein for the typical undernourished student.

karen richardson toothpicks

SAUSAGE CASSEROLE

1 lb sausage
1 can cream style corn
1/2 green pepper, chopped
1 small onion, diced
3 eggs, beaten
1 c. hot milk
1 c. crumbs (crackers, bread, etc.)
Heat milk and pour over the sausage. Add rest of ingredients and mix. Put in greased casserole. Bake at 350°. Mix 1/4 cup catsup and 1/4 cup milk and pour over top when partially baked. Serves 6.

HAMBURGER AND SPAGHETTI MEAL

1 T. fat
1 small green onion, chopped
1/2 green pepper, chopped
2 lbs. ground beef
2 cans tomatoes
2 t. salt
3 heaping teaspoons chili powder
Dash of pepper
2 cups uncooked spaghetti
Melt fat in skillet; add onion, green pepper and beef. Brown lightly. Add tomatoes and seasonings; bring to a boil. Add spaghetti. Simmer, covered, for about 25 minutes.

LONGBOYS

2 lbs. hamburger, slightly browned
2 T. salt
1/2 t. pepper
1 doz. coney buns
1/2 c. catsup
1 c. cornflake crumbs
1 c. evaporated milk
Sliced American cheese
Mix ingredients and spoon on open buns. Bake at 375° for 15 min. Remove from oven and put cheese on top. Bake for 5 minutes or until cheese melts.

If you live alone, reduce the last two recipes a bit. They are designed to feed family-sized armies.

Maybe these suggestions will defer a hunger-stricken trip or two to McDonalds.



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