



MENU

Heinz Condensed Cream of Green Pea Soup
Liver Fricassee²
Enriched White Bread Butter
Raisin Cup Cakes Ice Cream
Coffee or Tea

***LIVER FRICASSEE**—Remove membrane from 1 lb. beef liver. Cut in strips. Dredge in flour. Brown in 3 tbs. fat. Add salt. Combine 3 cups water, ½ cup Heinz Tomato Ketchup, 2 tsp. salt. Add to liver. Bring to boil. Add 2 cups potatoes, diced, 1 ¼ cups carrots, diced, 1 onion, chopped, 4 stalks celery, chopped. Cover. Cook 30 min. Serves 6.

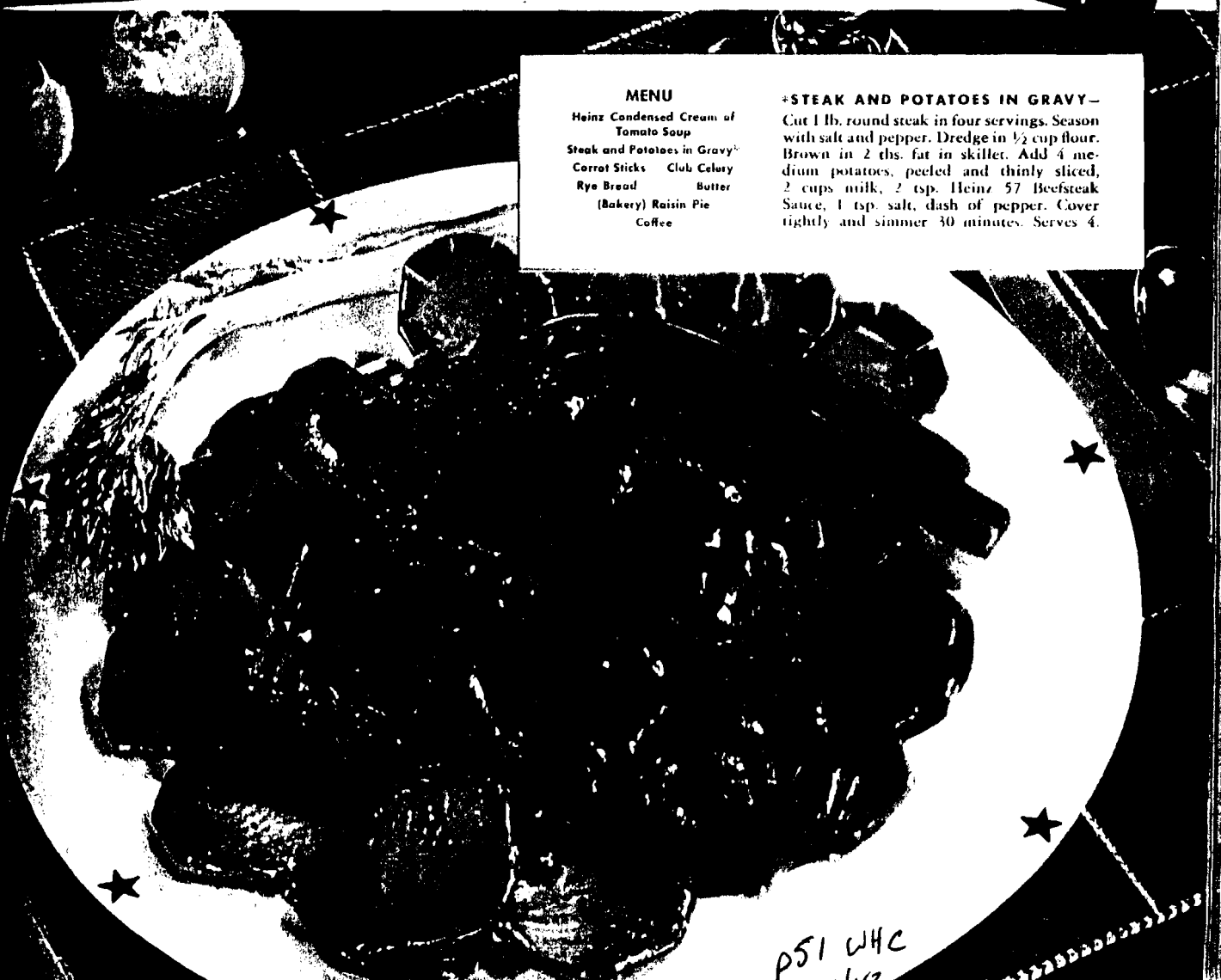


MENU

Heinz Condensed Vegetable Beef Soup
South American Noodles²
Apple and Grape Salad
Spice Cakes Coffee

***SOUTH AMERICAN NOODLES**—Cook 6 oz. noodles. Brown 1 lb. ground beef in 3 tbs. fat. Add 4 tbs. flour, 1 cup each grated carrots, turnips, ¼ cup grated onion, 2 tsp. salt, ¼ tsp. pepper. Mix. Pour 2 18-oz. tins Heinz Tomato Juice on meat. Simmer, covered, 20 min. Serve on noodles. Top with grated cheese. Serves 6.

30 Minutes *Scientifically Planned for Nutrition and Economy!*



MENU

Heinz Condensed Cream of Tomato Soup
Steak and Potatoes in Gravy²
Carrot Sticks Club Celery
Rye Bread Butter
(Bakery) Raisin Pie
Coffee

***STEAK AND POTATOES IN GRAVY—**

Cut 1 lb. round steak in four servings. Season with salt and pepper. Dredge in ½ cup flour. Brown in 2 tbs. fat in skillet. Add 4 medium potatoes, peeled and thinly sliced, 2 cups milk, 2 tsp. Heinz 57 Beefsteak Sauce, 1 tsp. salt, dash of pepper. Cover tightly and simmer 30 minutes. Serves 4.

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