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ECONOMICS TEST KITCHENS

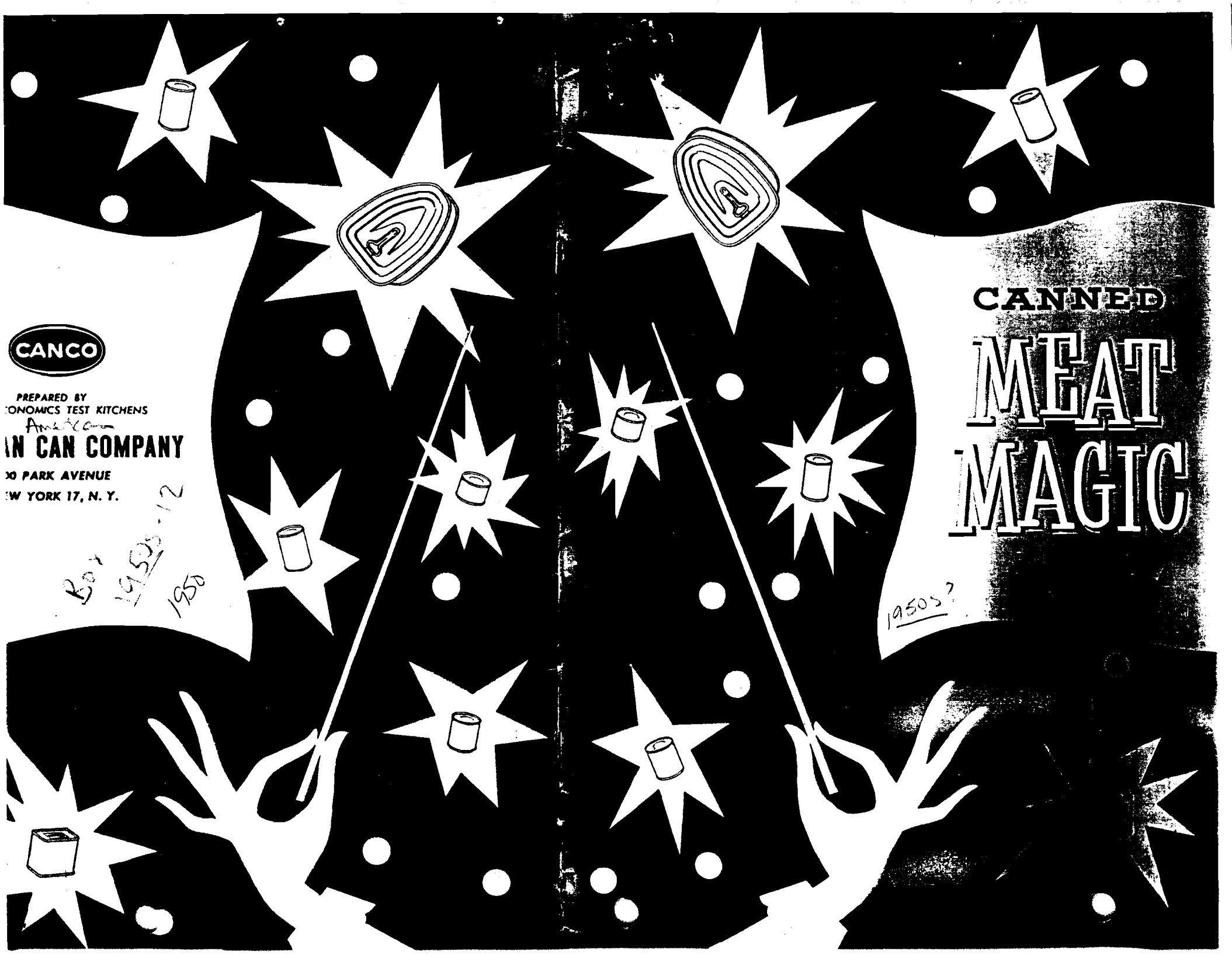
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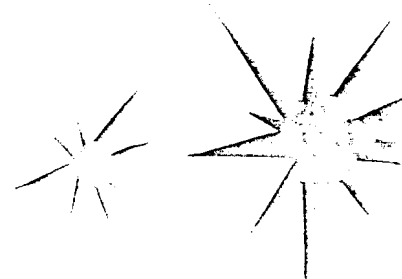
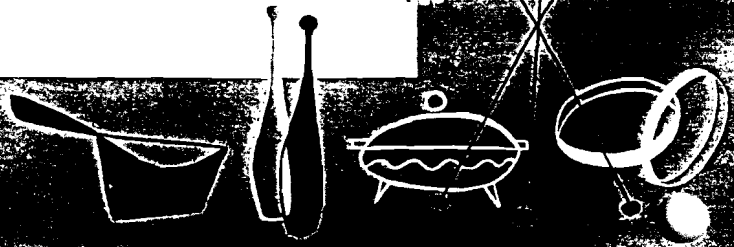
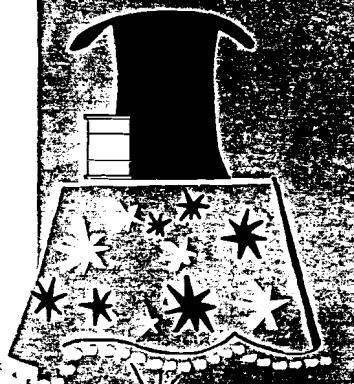
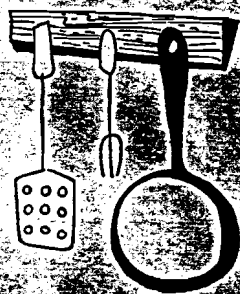
**CANNED  
MEAT  
MAGIC**

*19505?*



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Want to practice a bit of magic in your own kitchen? Festive foods are yours for the choosing from your grocer's Canned Meat Shelf. Take a look today. Buy an armful. Here's a wager you'll be amazed at the great variety — *we've scouted 135 different packs* — best of all, these canned meats are entirely cooked, boned and seasoned. No waste, no trimming, no shrinkage. Just heat and eat!

There's real meal magic in canned meats. Processors have done all the laborious preparatory work for you. Modern canning methods, aided by American Can Company research, insure perfect safety and top-flight quality. Specially developed linings protect and preserve the color, full flavor and firm texture of these meats in the can for storage on your pantry shelf. Your only concern: Store in a cool, dry place.

*Some large cans of meat need refrigeration. Look for label directions.* Canned hams and some other meats of three pounds and over have been processed long enough to be adequately cooked and ready to eat but not enough to be kept without refrigeration.

Serving aids our Home Economists have learned: Chill canned meats before slicing for appearance and better yield. Count on 4 servings to the pound of canned ham when served cold, or 3 to the pound if heated. To hasten heating, slice, arrange in a shallow pan, cover with juices and aluminum foil and heat in a moderate oven. To remove solid meat from the can, open both ends completely and push out the meat. Treat opened canned meats like other cooked meats . . . use in two or three days. Unused portions may be left in the can, covered and refrigerated.

Gourmet dinners are possible with canned meats today. Create your own meat magic with fragrant herbs, a pinch of exotic seasoning, a dash of wine, a spoonful of sour cream or chopped chives. Adapt famous long-preparation, foreign recipes with speedy flair and ease. Canned meats no longer belong on your "emergency shelf"—they're ready for a front-line place in your everyday family menu parade. Within your budget prices, too.

We hope you'll enjoy cooking with canned meats using our favorite recipes. We are greatly indebted to the Home Economics Directors of the meat industry and to representatives of the National Meat Canners Association for their aid in the development of this booklet. And . . . our Canco Test Kitchens are here to help you practice your own CANNED MEAT MAGIC!

Home Economics Section  
AMERICAN CAN COMPANY





## Broiled Luncheon Meat Dinner

4 servings

Place sweet potatoes and peas in lower part of broiler pan; drizzle potatoes with mixture of honey and cinnamon. Season peas with salt and pepper and dot with butter or margarine. Place broiler rack over vegetables; arrange meat slices on rack. Place broiler pan 5 to 6 inches from heat; broil 5 minutes. Turn meat slices; arrange peach halves on rack; fill centers with jelly. Broil 5 minutes longer. \*(Or use 2 cans [about 15½ oz. each] sausage meat.)

*Serve with creamy coleslaw and gingerbread topped with apple sauce.*

- 1 can (about 1 lb. 2 oz.) vacuum-packed sweet potatoes
- 1 can (about 1 lb.) peas, drained
- ¼ cup honey
- ¼ teaspoon cinnamon
- Salt and pepper
- Butter or margarine
- 2 cans (12 oz. each) luncheon meat OR chopped beef\*, each loaf cut in 4 slices
- 4 canned peach halves, drained
- 2 tablespoons currant jelly

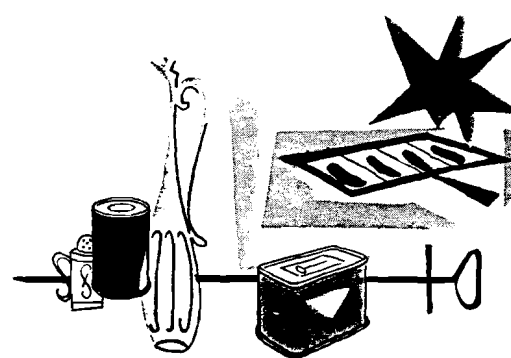
## Broiled Ham Dinner

4 servings

Place corn and green beans in lower part of broiler pan; season vegetables with salt and pepper; dot with butter or margarine. Place broiler rack over vegetables; arrange ham slices on rack. Combine brown sugar, vinegar and mustard; baste ham with half of mixture. Place broiler pan 5 to 6 inches from heat; broil 5 minutes. Turn ham slices; baste with remaining brown sugar mixture. Arrange bananas on rack with ham; dot with butter or margarine. Broil 3 to 5 minutes longer.

*Serve with tomato juice, fruited gelatin salad and lemon-marshmallow pudding.*

- 1 can (12 oz.) vacuum-packed whole kernel corn, drained
- 1 can (about 1 lb.) green beans, drained
- Salt and pepper
- Butter or margarine
- 4 slices canned ham
- ½ cup brown sugar, firmly packed
- 1 tablespoon vinegar
- 1 teaspoon dry mustard
- 4 small firm bananas, peeled



## Party Olive Boats

40 to 60 hors d'oeuvres

Cut olives in halves lengthwise. Remove pimiento stuffing; mince. Blend deviled ham, cream cheese and minced pimiento. Fill olive centers. Serve cold. Place on baking sheet; broil about 4 inches from heat until browned. Serve at once on toothpicks. \*(Or use 1 package potted meat or meat spread—toned ham, corned beef, bacon.)

20 to 30 large stuffed olives, drained

1 can deviled ham\*

1 package (3 oz.) cream cheese, softened

8 to 10 canned bacon slices

1 can (12 oz.) frankfurters, drained

SELECT ONE:

1 cup drained canned sauerkraut

¾ cup whole canned cranberry sauce

¼ lb. processed Cheddar cheese, cut in strips

BARBECUE SAUCE:

1 can (8 oz.) tomato sauce

¼ cup brown sugar, firmly packed

3 tablespoons vinegar

½ teaspoon salt

½ teaspoon Worcestershire sauce

1 teaspoon dry mustard

1 teaspoon onion flakes

1 teaspoon chili powder

KABOBS:

2 cans (4 oz. each) OR 1 can (9 oz.) Vienna sausage\*

1 cup drained canned pineapple chunks

## Bacon-Frankfurter Surprise

4 to 6 servings

Partially cook bacon; drain. Cut frankfurters lengthwise almost through. Wrap one bacon slice around frankfurter; skewer at each end with toothpick. Place on broiler rack about 4 inches from heat. Broil slowly, turning carefully, until bacon is crisp and frankfurters thoroughly heated.

*Serve with cream-style corn, green salad and chocolate-nut sundaes.*

## Barbecued Sausage Kabobs

4 servings

Combine sauce ingredients; simmer 5 minutes. Cut sausage in half crosswise if desired; arrange on skewers with pineapple chunks. Place on broiler about 4 inches from heat. Broil, basting with sauce, until browned on both sides, turning carefully. \*(Or use 1 can [10 oz.] breakfast sausages.)

*Serve with fluffy rice, green bean salad, celery sticks and peach tapioca c*



### Sausage and Sweet Potato Bake

4 servings

Drain syrup from fruit cocktail, reserving fruit. To syrup, add brown sugar, mustard and cinnamon; mix well. In greased 8-inch square pan or 9 x 5 x 3-inch loaf pan, arrange in alternate layers half the sweet potatoes (cutting large potatoes in halves lengthwise), reserved fruit and Vienna sausage; repeat layers. Drizzle syrup mixture over all. Bake in moderate oven (375°F.) 25 minutes, or until bubbling hot.

*Serve with cabbage and peanut slaw, orange ambrosia and cookies.*

- 1 can (about 1 lb.) fruit cocktail
- ¼ cup brown sugar, firmly packed
- 2 teaspoons prepared mustard
- ¼ teaspoon cinnamon
- 1 can (about 1 lb. 7 oz.) vacuum-packed sweet potatoes in syrup
- 2 cans (4 oz. each) OR 1 can (9 oz.) Vienna sausage, cut in thirds

### Luncheon Meat and Bean Casserole



4 servings

Combine all ingredients, except meat; turn into 1½-quart baking dish. Slice meat in half lengthwise; cut one side of each half in about 7 slices, cutting almost through; arrange on top of beans. Bake in moderate oven (375°F.) 25 minutes, or until beans are bubbling hot and meat is browned. \*(Or use canned frankfurters.)

*For a real New England supper — serve with heated canned brown bread, fruited coleslaw and pumpkin pie.*

- 2 cans (about 1 lb. each) pork and beans or baked beans
- ¼ cup catsup or chili sauce
- 1 tablespoon prepared mustard
- ½ teaspoon Worcestershire sauce
- 2 cans (12 oz. each) luncheon meat OR chopped beef\*

