

*Minister  
Wital*

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**Sunday Dinner Magic  
with a low-cost roast**

*pot roasted with-*



**POT ROAST—Hunt Style**

You'll thank your lucky stars for the way Hunt's Tomato Sauce makes low-cost cuts of meat extra delicious!

It's Hunt's Kettle-simmered flavor that does the trick. All-tomato goodness—no starchy fillers! Costs just a few cents a can!

Choose the best buy in beef, according to your budget.

Get: 4 to 5 lbs. round, rump, chuck, or heel of round

Use a deep, heavy pan. Brown meat on all sides in:

- 2 cup drippings or shortening
- 2 med. onions sliced
- 1 med. carrot sliced
- 1 med. celery sliced
- 1 med. potato sliced
- 1 med. turnip sliced
- 1 med. cauliflower
- 1 med. cabbage
- 1 med. green beans
- 1 med. peas
- 1 med. lima beans
- 1 med. kidney beans
- 1 med. pinto beans
- 1 med. black beans
- 1 med. chickpeas
- 1 med. lentils
- 1 med. mung beans
- 1 med. soybeans
- 1 med. navy beans
- 1 med. great northern beans
- 1 med. cannellini beans
- 1 med. adzuki beans
- 1 med. black-eyed peas
- 1 med. lima beans
- 1 med. chickpeas
- 1 med. lentils
- 1 med. mung beans
- 1 med. soybeans
- 1 med. navy beans
- 1 med. great northern beans
- 1 med. cannellini beans
- 1 med. adzuki beans
- 1 med. black-eyed peas



**The Kettle-Simmered  
cooking sauce**

hours or till tender. The liquid will be rich and savory, thanks to Hunt's Tomato Sauce.

Add: 6 to 8 potatoes, pared and halved  
6 to 8 carrots, halved 1 tsp. salt

Cook 30 minutes longer till tender. Then—

Get ready for joy! Your delicious roast will serve 6 to 8 hungry people. And you'll decide to always keep Hunt's Tomato Sauce on hand—for stews, meat loaf, casseroles, spaghetti, leftovers.

Get them right away. Your grocer sells...

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spoons of butter or margarine until transparent but not brown. Add 2½ cups water and 1 teaspoonful salt. Simmer 5 minutes. Add 2 cans condensed cream of chicken soup. Blend well and heat to boiling. Take off the heat and add slowly 2 cups of sieved or riced avocado. (To prepare avocado, cut 2 medium-sized ripe avocados in half lengthwise and remove the seed and skin. Force through a sieve or ricer and measure out 2 cups. Be sure there are no brown spots to begin with.) Heat and serve at once, garnished with a thin slice of avocado or lemon. Serves 8. This soup may be chilled and served cold, if it's cold you want. Fine either way. Cheese crackers go right well with it. Hot ones are best.

**Second number noted.** Now to the main course, and you can see it is like the early aspen leaves or the willows by the brook where the wild flowers hide. Green—the color of spring, the color of hope and happiness. And now for the receipt.

**GREEN RICE RING**

Cook 2½ cups of rice in boiling salted water until tender. Drain and rinse once with boiling water. Sauté ½ cup of scallions, chopped, in ½ cup of butter or margarine until wilted. Add to the hot, cooked rice with 2 cups of parsley, chopped, 4 teaspoons of salt, and ½ teaspoon of pepper. Grease thoroughly a 2-quart ring mold, and pack the rice mixture in the mold. Place the ring in a pan of hot water and bake 20-30 minutes in a moderate oven, 350° F., to heat it through. Run a spatula around the mold and carefully invert it on a heated platter. Fill with creamed shrimps. Serves 8.

**Second part of the same.** This is one of those two-way receipts. Make one, then the other, and put them together, and the ensemble comes to life. So this is Part 2 and it's as well to make it first if you choose and keep it hot in the double boiler. And one thing I want to say. That is don't let your sauce get too thick. You know how I hate paste. All right on wallpaper, no good on the table. Have it like heavy cream. That's as much as I need to say, isn't it?

**CREAMED SHRIMPS**

Cook 4 pounds of raw shrimps in water enough to cover, adding celery tops, parsley, ½ lemon, sliced, salt and pepper. Simmer until tender. Strain the liquor—saving 1 cup for the sauce. Shell and clean the shrimps when cool. For the sauce, melt 6 tablespoons of butter or margarine. Mix in 6 tablespoons of flour until smooth. Add 2 cups of milk gradually, stirring over low heat. As it begins to thicken, add the cup of shrimp liquor and 2 cups of light cream. Cook, stirring constantly until thickened. Add the shelled shrimps, 1½ teaspoons of salt, ½ teaspoon of pepper, and a few dashes of Tabasco sauce. Serve in the green rice ring. And don't throw up your hands and call the police if there aren't any fresh shrimps scooting around in your neighborhood. There are frozen and canned ones (better use less salt) everywhere. So what's the matter with them? Easy does it.

**Another bit of spring.** You won't be going out to pick a nice big basket of green peas right now, but it won't be long before you who have gardens will be doing that very thing. That's one of the things for which I envy folks who have vegetable gardens. How wonderful they are, those sweet and tender little first peas, and how eagerly they're awarded when June and July come along to reward, and then fulfill that promise.

**RICE**  
...that has more food value  
**RICE**  
...that never turns out gum  
**RICE**  
...that is far easier to cook

**no rinsing  
no draining  
no steaming**

Remember the name—Uncle Ben's Converted Long Grain Rice. It's improved by a new and exclusive process that seals natural B vitamins into each grain. Gives rice a new, delicious flavor. Makes rice far easier to cook... turns out white, light and extra-fluffy every time... each grain separate. It's good rice made better... costs less, too.

CONVERTED RICE, INC.  
Houston, Texas



**Uncle Ben's**