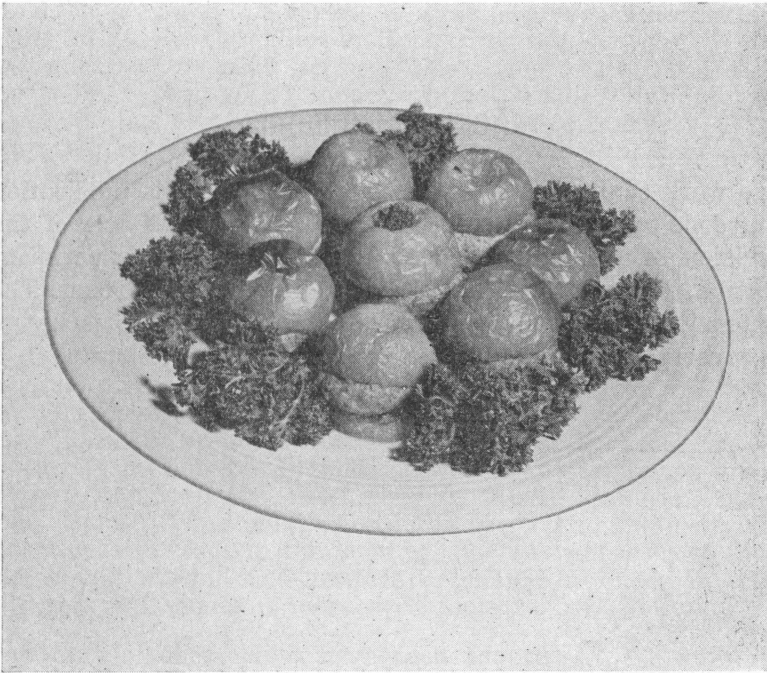


Attractive Ways To Serve Canned Meat



Issued by
The Extension Service
Agricultural and Mechanical College of Texas and
The United States Department of Agriculture
H. H. Williamson, Director, College Station, Texas

Acknowledgment

The work connected with the preparation of this publication was done by Dr. Jessie Whitacre and Dr. Sylvia Cover of the Division of Rural Home Research, Agricultural Experiment Station, Texas A. and M. College, College Station, Texas. The Extension Service of the Texas A. and M. College is happy to present it to the farm and ranch people of the state.

H. H. Williamson, Director

Foreword

There are good reasons for meat being a mainstay in the human diet. Meat of any kind is a good source of calories, potassium, phosphorous, sulphur, and vitamin G, an excellent source of iron and of high quality protein. Pork and chicken now are said to be valuable in addition for vitamin B1. Meat helps greatly to make up a good diet which is essential to good health. Its distinctive flavor adds much to the pleasure of eating.

Meat cannot supply all the requirements of nutrition. It is relatively expensive, and because so frequently served should be prepared in a variety of ways to prevent the family's tiring of it. In the "Live-at-Home-Program" of the Texas Agricultural Extension Service, it is recommended that each family of five kill yearly for its own use one beef animal, two hogs, one lamb or goat, and fifty turkeys or chickens. It is supposed that some of the meat will be used fresh, some of it cured, and some of it canned.

The recipes in this bulletin are offered with the hope of aiding the homemaker in the use especially of canned meat as part of a well-chosen and palatable diet. The possibility of variety in preparation is shown by the number of recipes and the different kinds of dishes. Combination with many other foods, especially with milk, eggs, and vegetables, will make for general improvement of the diet; dietary studies in Texas have indicated that too little of such foods are used. Each recipe has been prepared exactly as it is given here and served to a group of from 8 to 10 men and women. All or the majority of them approved the dish. Many of the recipes were tried many times, with changes, until the preparation won a vote that gave it a place in the bulletin. But any experienced and ingenious cook will not hesitate to change a recipe in any way that will make it more acceptable to her family.

Many of the recipes have been adapted by the authors from recipes using fresh meat, some from those contributed by members of home demonstration clubs. Recipes were received from: Mrs. E. R. Goebel and Mrs. Bart Steen of DeWitt county; Mrs. J. D. Love, Mrs. Laken Trousdale, and Mrs. S. G. Von Almen of El Paso county; Mrs. C. T. Scanlin and Mrs. A. T. Young of Ft. Bend county; Miss Pauline Arnst; Mrs. C. D. Campbell, Mrs. Billie Council, Mrs. Ernest Elling, Mrs. Ernest A. Ford, Mrs. Hamff, Mrs. John Nix, and Mrs. B. W.

Weir of Kleberg county; Mrs. E. F. Alford, Mrs. A. H. Gearhart, Mrs. G. K. Horton, and Mrs. W. H. Long of Lubbock county; Mrs. C. A. Morris of McLennan county; Mrs. J. H. Hall and Mrs. Z. Rabon of Montgomery county; Mrs. Henry Jones of Potter county; and Mrs. H. A. Johnston of Wharton county.

A number of persons connected with the Extension Service and the Agricultural Experiment Station served as the tasters. To all of these, whom space does not permit naming, sincere appreciation is expressed.

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Attractive Ways To Serve Canned Meat

Baked Dishes

Lamb-oats Patties

10 Servings

2 eggs, beaten well	1 No. 2 can ground lamb
¼ c finely chopped onion	1½ t salt
¼ c milk	⅛ t pepper
1 c tomatoes	10 thin strips of bacon
1 c rolled oats	

Line each of ten muffin tins with a strip of bacon. Put all other ingredients in a mixing bowl and mix well. Divide the mixture among the ten muffin tins. Bake 45 minutes in a moderate oven 350 degrees F.

Meat Loaf

8 Servings

1 No. 1 can hamburger meat	¼ c chopped green pepper
1 No. 1 can ground pork	1 T minced onion
1 c fine cracker or bread crumbs	½ t salt
½ c sweet milk	¼ t pepper
½ to ⅔ c chopped fresh ripe tomato or ½ c canned tomatoes	1 egg, beaten, not separated

Mix all ingredients together. Pack into baking dish (a single loaf bread pan is good). Place a slice of bacon on top. Bake 45 minutes in a moderate oven 350 degrees F. till firm and brown. Serve with tomato sauce or horse-radish sauce if desired.

Spoon Type Meat Loaf

6 Servings

2 eggs, beaten	¼ c sweet green pepper, minced
1 No. 2 can ground meat	½ c sweet milk
1 c tomato juice	¼ t salt
1 c bread crumbs	1-16 t black pepper
¼ c finely minced onion	

Mix all ingredients together and pour into a greased baking dish. Bake 1 hour in moderate oven 350 degrees F.

One Crust Meat Pie

4 Servings

Filling:
3 T fat, (part or all of it from the
canned meat)
1 c milk
1 No. 2 can of meat cut in 1 inch
pieces

4 T flour
1 c broth from can
Salt and pepper to taste

Melt the fat and stir the flour with it till a smooth mixture is formed. Add the milk and broth and boil till it thickens. Add the meat, salt, and pepper. Pour into a baking dish and cover with pie crust. Bake in hot oven, 400 degrees F., 30 minutes or until brown. Serve in the baking dish.

Crust for top:
1½ c flour
⅓ c lard or other fat

¾ t salt
3 T cold water

Cut the lard into the flour and salt, making the fat particles a little smaller than a blackeye pea. Add the water and lightly mix to make a dough. Roll out about ⅛ inch thick to fit the baking dish. Make several slashes in the dough and place on top of the meat and gravy in the baking dish.

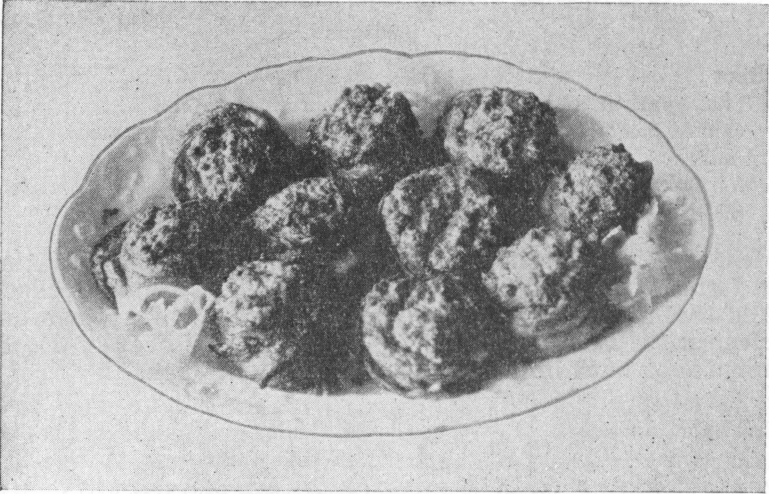
Shepherd's Pie

8 Servings

4 c mashed potatoes
1 egg, beaten, without separating
3 c ground canned meat (lamb,
beef or pork)
½ c bread crumbs

¼ c chopped onion
½ c diced carrots (cooked in salted
water)
½ t salt
½ c milk or beef stock

Lightly grease a baking dish with butter or fat from the can. Line the baking dish with part of the potatoes. Mix beaten egg, meat, bread crumbs, onion, carrot, salt and milk or broth. Put into baking dish. Cover with remainder of potatoes. Bake in a moderate oven 350 degrees F., 30 to 40 minutes or until brown.



Lamb-oats Patties. See Baked Dishes, page 6.

Eggs Baked in Meat Nest

6 Servings

- | | |
|---|---|
| 6 servings of mashed potatoes
(may be left over) | Salt and pepper as desired for the
eggs |
| 1 No. 2 can sausage or ground
lamb | Heat the meat for 5 minutes while
stirring |
| 6 eggs | |

Place the separate servings of potatoes in a shallow baking pan or pie pan which has been slightly greased. Make a hollow in each serving. Place a serving of meat on each one of the potatoes and hollow it. Break one egg into each nest of meat. Add salt and pepper. Bake in a slow oven, 275 degrees F. until eggs are as done as desired.

One Dish Meal

10 Servings

- | | |
|------------------------------|--------------------------------|
| 3 slices white bread | 1 No. 2 can roast beef or stew |
| 1 t salt | Use fat from can |
| $\frac{1}{4}$ t black pepper | 1 c sliced potatoes (1 medium) |
| $1\frac{1}{2}$ c sweet milk | 1 c sliced onion (1 large) |
| 1 No. 2 can tomatoes | 2 c sliced carrots (2 large) |

Dry the bread slowly in the oven till crisp through and light brown in color. Break into bites. If roast is used, cut into

cubes. Mix together the meat, dried bread, potatoes, carrots, onions, salt, and pepper. Put in baking dish and pour the milk over the mixture. Cover and bake in a moderate oven, 350 degrees F., for 45 minutes. Pour tomatoes over the top 15 minutes before the dish will be taken from the oven for serving.

Beef Stew with Baked Onion and Carrot

8 Servings

1 No. 2 can beef stew meat	½ c liquid from the can,
3 T fat from beef stew	or
2 large onions	½ c tomato juice
6 medium size carrots	or
1 t salt	½ c meat broth
⅛ t black pepper	

Peel the onions and cut into $\frac{1}{4}$ inch slices. Scrape carrots and cut lengthwise into slices $\frac{1}{4}$ inch thick. Heat the fat in a skillet. Cook in it the slices of onion till slightly brown on both sides. Take care in turning the slices not to break them. Transfer to baking dish making a layer over the bottom. Sprinkle with salt and pepper. Place two layers of sliced carrots over the onions. Sprinkle with salt and pepper. Add the liquid. Cover the dish and bake 30 minutes in a moderate oven, 350 degrees F. Remove from oven; lay aside the top layer of carrots and add the canned meat. Return the top layer of carrots to cover the meat. Cover the dish and bake 30 minutes more.

Pork with Apples and Sweet Potatoes

8 Servings

2 No. 2 cans pork roast or stew	¼ c brown sugar
Use fat of only one	¼ t salt
3 medium apples, not peeled, cut into slices ¼ inch thick	¼ c water
	½ c raisins
4 medium sweet potatoes pared and cut into ¼ inch slices.	

Cover the bottom of a baking dish with half the slices of apple. Sprinkle with half the sugar. Scatter a few raisins over them. Add a layer of sweet potato slices. Sprinkle them lightly with salt. Scatter a few raisins. Spread the meat over the sweet potatoes. Add a layer of sweet potatoes, with salt and raisins. Use the rest of the apples, sugar, and raisins for the top layer. Pour the water into the dish. Cover and bake 45 minutes in a moderate oven, 350 degrees F.

Baked Meat and Rice

5 Servings

2 T butter or bacon fat	1½ c tomato juice or water
¼ c rice	1-16 t pepper if desired
1 small onion, chopped, about 3 T	1 No. 1 can of meat
2 c tomatoes	

Melt the fat in a skillet. Add the rice and cook it to a straw color while stirring. Add the onion, tomatoes, tomato juice or water, salt, and pepper. Cook in a moderate oven, 325 degrees F., till rice is done, adding tomato juice or water if more liquid is needed. When the rice is almost tender, stir in the meat and cook 10 minutes.

Baked Stuffed Peppers

7 Servings

7 medium size green peppers	2 slices bacon
⅓ c rice	1 No. 2 can hamburger meat
1 c tomato juice	1 c diced celery
1¼ t salt	

Wash peppers and remove stem and seeds. Cook the rice and ¾ t of the salt in the tomato juice till nearly tender and juice is absorbed. Dice and cook the bacon till crisp. Combine the bacon and bacon fat with the celery, hamburger, cooked rice, and remainder of salt. Stuff this mixture into the peppers. Arrange the stuffed peppers open end up in a pan. Pour ½ c water in the pan, and keep pan covered for the first two-thirds of cooking time. Bake in moderate oven, 350 degrees F., till peppers are tender, about 45 minutes to 1 hour.

Stuffed Squash

12 Servings

6 medium large scallop squash	⅓ c finely chopped onion
1 No. 2 can hamburger meat	½ c to ¾ c bread crumbs
1 t to 1½ t salt	3 T fat from the canned meat, or butter or bacon fat
¼ t pepper	
1 egg, beaten slightly	

Cook the squash, without peeling, till nearly tender in simmering salted water. Remove from water, cut off top and scoop out pulp. Chop pulp fine. To 2 cups of the chopped pulp and ½ c bread crumbs add all the other ingredients, mix well together

and fill into the squash "cups" made by scooping out the pulp. Sprinkle a few bread crumbs over the top if desired. Bake in moderate oven, 350 degrees F., 35 to 45 minutes till perfectly tender and slightly brown on top.

Tomato Crown (See picture on Cover)

8 Servings

1 T butter	8 sausage patties or slices about same size as onion slices.
8 slices of onion (1/2 inch thick)	
2 t salt	4 tomatoes, about 3 inches in diameter
1/8 to 1/4 t pepper	

Grease a shallow baking dish or pie pan of a size to hold the onion slices as a single layer. Heat the butter in a frying pan. In this, brown lightly the slices of onion and place them in the greased dish. Salt and pepper each onion slice and upon each place a sausage pattie. Remove the stem of each tomato and cut in halves crosswise. Do not peel. Salt and pepper each one and place on top of a pattie, skin side up. Bake in a moderate oven, 350 degrees F., till both onion and tomato are tender, about 45 minutes.

Cabbage-Chili Casserole

8 Servings

1 No. 2 can chili or 1 can beef and	1 t salt
1 T chili powder	Fat from the can of meat
1 qt. cabbage cut into small sections	

Mix the chili powder with the meat. Grease a baking dish and place the chili or the meat with chili powder in a mound in the center of it. Around the meat and on top of it arrange the cabbage sections. Sprinkle the salt on the cabbage and dot the fat over it. Cover the dish loosely and bake in a moderate oven, 350 degrees F., until the cabbage is done—about 30 minutes.

Stews and Hash

Blackeye Peas with Meat

8 Servings

1 quart fresh shelled blackeye peas	lamb, or chicken
1 No. 1 can stew meat—beef, pork,	1 t salt

Simmer the peas till tender in enough water or meat broth to cover. Add salt when starting to cook. Peas need not be par-

boiled. Add meat for the last 10 minutes of cooking. Reduce liquid if desired by cooking with lid off. Or add more water if needed.

Creole Spaghetti

6 Servings

¼ c spaghetti	1 No. 1 can hamburger or meat patties
2 c or 1 No. 2 can tomatoes	2 T butter
½ c onion (measured after putting through food chopper)	2 T flour
1 green pepper (small)	3 oz. grated cheese, if desired

Cook spaghetti in boiling salted water until tender. Drain. Rinse in cold water. Put the tomatoes through a sieve. Cut green pepper into small pieces. Simmer tomato pulp, onion, and pepper together ½ hour. Melt butter, add flour, and mix till smooth. Add hot tomato mixture. Stir constantly until boiling and smooth. Add meat patties or bulk hamburger. Add spaghetti and simmer gently 5 to 10 minutes. Remove from fire, add grated cheese and serve at once.

Spanish Stew

6 Servings

2 T bacon drippings	1-16 t pepper
2 T flour	2 c Irish potatoes, diced
1 medium onion (½ c) chopped	1 No. 2 can stew meat (use broth)
1 c tomatoes	1 T chili powder
½ t salt	

Put fat in skillet, add flour and stir till mixture is smooth and light brown. Add chopped onion and broth from the meat. When about half done, add potatoes, seasoning, tomatoes and more water if needed to give desired consistency. When this is about done, add the stew meat and cook 10 minutes.

Beef with Vegetables and Dumplings

6 Servings

1 No. 2 can of beef stew meat	½ t salt
2 T flour	½ c thinly sliced onion
1 c sliced turnips	1 c sliced carrots
¼ c chopped green peppers, if desired	

Heat the fat from the can and brown the meat in it if it was not seared when canned. Mix the flour and salt with the vege-

tables. Put them in a sauce pan, cover with water and cook till nearly done. Then add meat and stir it gently through the vegetables. Add water if needed to make 3 c liquid. Bring to boiling and drop dumplings quickly by spoonfuls on top. Cover and cook for 15 minutes without raising the lid.

Dumplings:	1 c milk or water
2 c flour	$\frac{3}{4}$ t salt
4 t baking powder	3 T fat

Sift together three times the flour, salt, and baking powder. Cut the fat into this mixture making particles size of a black-eye pea. Add milk all at once and beat vigorously about $\frac{1}{2}$ minute. Cook immediately as directed above.

Browned Beef Hash

10 Servings

2 c canned beef, diced	1 T fat from the can
4 c potatoes, diced, after boiled in skins	1 egg, well beaten, not separated
1 t salt	$\frac{3}{4}$ c sweet milk or cream
	$\frac{1}{8}$ t pepper

Mix together lightly the meat, diced potatoes, salt, and pepper. Heat the fat in a skillet. Combine the beaten egg and the milk and pour them over the meat, potatoes, and seasonings. Stir all together using a fork. Turn the mixture into the hot fat. Cover and cook over a slow fire until nicely browned. Serve hot.

Soups and Salads

Lamb Soup

10 Servings

7 to 8 c canned lamb broth	1 c to $1\frac{1}{2}$ c finely shredded cabbage
1 c finely diced celery	1 c ground canned lamb
1 c coarsely grated carrots	2 t salt
$\frac{1}{2}$ c finely diced onions	$\frac{1}{4}$ t pepper

Heat the broth with salt to boiling. Prepare and add the vegetables in the order they are listed, letting the broth come again to boiling after each vegetable is put in. Cook with loose fitting cover till vegetables are just done. Ten minutes before the vegetables are done add the lamb and pepper. Serve hot.

Creole Soup

8 Servings

1 qt. meat broth, (lamb, beef, or chicken)	1 t salt, (more if needed)
1 pt. tomatoes or 1 No. 2 can	$\frac{1}{8}$ t red pepper
2 T chopped green pepper	2 T grated moist horse-radish
2 T chopped onion	$\frac{1}{2}$ c cooked rice
	1 c to $1\frac{1}{2}$ c cooked ground meat

Put all ingredients but the meat into a stew pan. Cover and cook slowly 30 minutes. Add the meat 5 to 10 minutes before end of cooking time. Serve hot.

Vegetable Soup No. 1

16 servings

$2\frac{1}{2}$ c canned meat stock	$\frac{1}{3}$ c spaghetti
1 qt. water	$\frac{1}{3}$ c rice
2 t salt	$1\frac{1}{2}$ c potatoes (1 large)
1 c green beans	1 No. 1 can corn ($1\frac{1}{4}$ c)
1 c carrots	2 c tomatoes, fresh or canned
$\frac{1}{3}$ c onion (1 medium)	1 No. 1 can hamburger meat
1 $\frac{1}{3}$ c celery	

Place meat stock and water in pan large enough to hold all ingredients. Cover and heat liquid to boiling. In preparing vegetables, make pieces about the same size. Clean the beans and cut in pieces $\frac{1}{2}$ to $\frac{3}{4}$ inch long, dice the carrots and onion, and add these three vegetables at the same time to the boiling liquid. Dice the celery and add next. Break the spaghetti and wash the rice; add these and let cook while the potato is pared and diced. Add potato and when nearly tender, add the corn, tomatoes cut in pieces, and the hamburger at the same time. Let simmer again 10 minutes. Serve hot.

Vegetable Soup No. 2

6 Servings

1 c onion sliced very thin	1 No. 1 can (1 c) ground meat
1 c potato cut in small cubes	2 T tomato catsup
1 No. 1 can (1 c) tomatoes	2 t salt
1 No. 1 can (1 c) string beans cut in $\frac{1}{4}$ inch pieces	1-16 t pepper

Drain liquid from tomatoes, string beans, and meat and add to it enough water to make 3 cups. Cook the potatoes and onions in this until soft (15 to 30 minutes). Add the toma-

toes, string beans, meat, catsup, salt and pepper. Simmer 15 minutes before tasting. Then add more salt if desired. Simmer slowly for $\frac{1}{2}$ hour longer to blend flavors. Serve hot.

Lamb Salad

8 Servings

2 c canned lamb (do not use fat)	$\frac{1}{4}$ c apple (1 large) not peeled, cored and diced fine
4 T sugar	
$\frac{1}{2}$ t salt	1 c finely shredded cabbage
6 T vinegar	$\frac{1}{4}$ c sweet pickle, chopped fine
$\frac{3}{4}$ c sour cream	$\frac{1}{4}$ c nut meats, if desired, chopped fine

Heat canned meat and cool. Cut the lean of the canned lamb into small cubes. With a fork blend lightly together the lamb, apple, cabbage, pickle, and nuts. Combine the sugar, salt, cream, and vinegar, stirring until the sugar and salt are dissolved. Add this dressing to the other ingredients and blend all gently. Serve at once on lettuce with a bit of shredded cabbage, parsley, a few very thin slices of apple, or any garnish available.



Pork Salad No. 2. Recipe on page 16.

Pork Salad, No. 1

8 servings

- | | |
|-----------------------------------|---------------------|
| 1 No. 2 can pork (roast or stew) | 3 T French dressing |
| 2 large tart apples | or |
| 2 medium size sweet pickles | 1 T salad oil |
| ¼ t salt | 1 T vinegar |
| 1-16 t pepper or ⅛ t paprika | 1 T lemon juice |
| 3 T boiled dressing or mayonnaise | |

Heat canned meat and cool. Use only the lean of the canned pork and cut it into very small cubes, (about ¼ inch). Core but do not pare the apples and chop them in pieces similar in size to the meat cubes. Chop the pickles fine. Blend all ingredients gently using a fork. Let stand 30 minutes to 1 hour, covered, in a cool place. Serve on lettuce or with garnish of parsley, watercress, endive, or any other edible leaves on hand.

Pork Salad, No. 2

4 Servings

- | | |
|--|---|
| 1½ c green beans, in 1 inch pieces | 1 No. 2 can roast pork (lean only) |
| ½ c carrots, raw, sliced thin cross-wise | 2 T boiled salad dressing or mayonnaise |
| 1 c celery, diced | 4 T French dressing |
| 1 c cucumber, diced | |

Heat canned meat and cool. Cut the lean pork into small uniform pieces. Pour over it 1 T of the French dressing, stir gently, cover and set in cool place for 1 hour. Cook beans in boiling salted water till just tender. Cool and place them in a mixing bowl with the other prepared vegetables and the remainder of the French dressing. Stir gently, cover the bowl and let stand 1 hour in a cool place. Just before serving, combine vegetable mixture with meat. Add the boiled dressing and bled gently. Serve on shredded lettuce or with parsley for garnish.

Cooperative Extension Work in Agriculture and Home Economics, Agricultural and Mechanical College of Texas and United States Department of Agriculture Cooperating.
Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

25M-9-1941