WESTERN-STYLE NOODLES

This recipe makes enough for 6 people.

WHAT YOU USE:

2 quarts of water
2 1/2 cups of noodles
2 tablespoons of fat
2 tablespoons of flour

2 cups of tomatoes
1 cup of meat
2 teaspoons of salt

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TEXAS AGRICULTURAL EXTENSION SERVICE
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WESTERN-STYLE NOODLES

1. Boil water. Add 2 teaspoons salt.
   - Water - 2 quarts or more.
   - Salt - 2 teaspoons.

2. Slowly add to boiling water. Cook about 10 minutes.
   - Noodles, broken - about 2 1/2 cups.

3. Pour off the water.

4. Fat - about 2 tablespoons.
   - Melt fat in a large frying pan.
5

Flour - about 2 tablespoons. Stir flour into fat.

6

Canned or fresh tomatoes, cut up - about 2 cups. Add tomatoes to the pan.

7

Canned or cooked meat, cut up - about 1 cup. Add meat to the tomatoes. Cook on low heat for 5 minutes.
A GOOD DIET has meat, eggs, cheese or dry peas and beans every day. It also has fruits and vegetables. A good diet has milk and cereals.

Your family is happier when you cook good food.

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