

# VEGETABLES



## CONGEALED AVOCADO SALAD

1 (3 oz.) pkg. lime-flavored gelatin  
1 cup boiling water  
1 (3 oz.) pkg. cream cheese  
1 avocado, mashed  
1 small onion, chopped very fine  
1/8 tsp. celery salt  
1 pimiento, mashed  
1/2 cup mayonnaise

Combine together and chill.



## BAKED BEANS

Buy a can or jar of your favorite baked beans. Blend them with bean liquid or water.

Optional: add a drop or two of Liquid Smoke or cooked onions.



## MEXICAN REFRIED BEANS

1 can refried beans

Add water or chicken soup to blend to right consistency. Can add bacon drippings for more flavor.

## SWEDISH BAKED BEANS

- 3/4 cup catsup or chili sauce
- 1/2 medium onion, finely chopped
- 1 medium apple, peeled, cored, and cut into 1-inch chunks
- 1/3 cup well-drained sweet pickle relish
- 1 tbsp. brown sugar
- 1 tsp. prepared mustard
- 2 cans (1 lb. 4 oz.) pork and beans

Combine catsup or chili sauce and onion in blender container. BLEND until onion is chopped, about 30 seconds. Stop motor as needed and push ingredients into blades with rubber spatula. Add apple chunks, 1/2 at a time; BLEND until chopped, 20 to 25 seconds. Pour into covered frypan. Add remaining ingredients; mix. Bring to simmering stage; cover and cook slowly until heated and flavors are well blended, 25 to 30 minutes, stirring frequently.



## CARROT CUSTARD

- 2 cups cooked sliced carrots
- 3 eggs
- 1/4 cup milk
- 1 small onion halved and chopped
- 3 tbsps. melted butter
- 2 tbsps. flour
- 1 1/2 tps. salt
- 1/4 tsp. pepper

Put in blender and blend for 10 seconds. Turn into 6 buttered 5 oz. custard cups, place in pan with 1" hot water. Bake in pre-heated oven at 350° for 45 minutes. Unmold and garnish.

## CARROT ORANGE PURÉE

4 lbs. carrots, peeled and cut into 1-inch rounds  
 8 tbsps. unsalted butter  
 1-1/2 cups warmed chicken broth  
 1/2 cup fresh orange juice  
 2-1/2 tsps. ground cardamon  
 1-1/2 tsps. salt  
 1/4 tsp. cayenne pepper

Place carrots in a large pot. Cover with water and bring to a boil. Cook for 30 minutes, or until carrots are very tender.

Drain carrots and place in large bowl. Add remaining ingredients - mix well.

In a food processor fitted with a steel blade, process mixture in small batches until smooth. Remove to a bowl as processed.

To reheat, return purée to a saucepan over low heat; stir well until heated through. Or transfer to an ovenproof serving dish covered with foil; heat in a preheated 350° F oven for 25 minutes, or until steaming hot.



*Days are scrolls: Write on them only  
 what you want remembered.*

*Bachya ibn Pakuda  
 11th century*

## CARROT PUDDING

1 cup carrots, grated  
 1 cup potatoes, grated  
 1 cup flour  
 1 cup sugar  
 2 tbsps. butter, melted

1/2 tsp. soda  
 1/2 tsp. salt  
 1/2 tsp. cloves  
 1/2 tsp. cinnamon  
 1/2 tsp. nutmeg  
 1/2 tsp. vanilla

Mix all ingredients and cook in double boiler until pudding consistency. Serve either warm or cold with Brown Sauce (Recipe below).



## BROWN SAUCE FOR CARROT PUDDING

1 cup brown sugar  
 2 tbsps. flour  
 1 cup boiling water  
 1 tbsp. butter

Bourbon or rum  
 flavoring as desired  
 Vanilla, if desired

Mix flour and sugar; add boiling water and cook until thickened. Remove, cool, add flavoring.



## CARROTS WITH A TWIST

Steam carrots until soft and tender. Blend in blender with melted butter until smooth. *Strain*. Add dash of orange liqueur. Place mixture in pastry tube and squeeze onto plate in an attractive manner.

## EGGPLANT CASSEROLE

1 small green pepper, chopped and blended  
 2 tsps. onion powder  
 1/4 cup margarine  
 1 to 1-1/2 \*eggplant peeled, sliced, cooked and mashed  
 2 eggs, beaten  
 1 cup homogenized milk  
 2 tsps. chopped pimiento, blended  
 1/2 tsp. salt  
 1/8 tsp. pepper  
 1 cup cracker crumbs .soaked in milk  
 6 oz. American cheese, grated

Preheat oven to 350°. Saute pureed green pepper in margarine. Add onion powder. Combine with eggplant, egg, milk and crackers, pimiento, salt, pepper, and cheese. Pour into a greased casserole. Additional grated cheese can be added on top. Bake 30-40 minutes.

\*Eggplant needs to be young and tender. Soak slices in strong salt water to eliminate bitter taste. Rinse before cooking.



## PURÉED PEAS

4 cups raw fresh peas  
 3 tsps. butter  
 Salt and pepper

Boil the peas in as little water as possible until they are just done. Drain and pour into a blender. Run until you have a smooth puree. Scrape this puree into the top part of a double boiler (over boiling water), add the butter, salt, and pepper, and heat until the butter is melted and well combined with the peas.

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## GRATED POTATO CASSEROLE

- 1 cup milk
- 3 eggs
- 1-1/2 tsps. salt
- 1/8 tsp. pepper
- 1 cup cubed cheddar cheese
- 2 tbsps. soft butter
- 1 small onion, quartered
- 4 medium potatoes, pared and cubed

Preheat oven to 350°. Grease 1-1/2 quart casserole. Put all ingredients in blender in order listed. Cover and run on high just until all potatoes go through the blades. Pour into casserole and bake 1 hour.



## POTATO GOURMET

- 1 pck. Ore-Ida Potatoes O'Brien
- 1 pint sour cream
- 1 can Cream of Chicken Soup
- 10 oz. sharp cheddar cheese, grated
- 1/4 stick melted margarine

Mix all ingredients and bake 1 hour at 325°

## POTATO NESTS

1 lb. creamed potatoes  
4 eggs

Seasoning  
1 oz. grated cheese

Pipe a border of creamed potato around 4 scallop shells or dishes (or put the potato into a greased heat-proof dish and make 4 wells in it). Break an egg into each dish (or well) and sprinkle with salt, pepper and grated cheese. Bake in a moderate oven (350") until the eggs are set - about 10 to 15 minutes.



## BAKED SWEET POTATOES

Scrub sweet potatoes. Bake at 375" to 400" for 40 to 45 minutes. Add butter, salt, and pepper to taste.



Use what talents you possess: The woods would be *very* silent if no birds sang there except those who sang best.

Henry Van Dyke

## SWEET POTATO BERRIED TREASURE PUFFS

Whip together one 1 lb. 2-oz. can sweet potatoes, one 8-3/4 oz. can crushed pineapple, drained, 1 egg, 2 tbsps. melted butter, 1/2 tsp. salt, dash pepper, and 1/4 tsp. ground nutmeg. Swirl in 1/2 cup cranberry sauce. Spoon into 8 greased ramekins. Top each with 1 tbsp. cranberry sauce. Bake at 375° for 40 minutes.



## BLENDED SWEET POTATOES

1/2 cup milk or chicken soup \* or non-dairy creamer  
 1 egg  
 1/4 cup soft butter  
 3/4 cup brown sugar  
 1/2 tsp. salt, ginger, cinnamon  
 3 cups cooked sweet potato or 1 large can

Put ingredients in blender and blend well. Heat a few minutes until egg cooks. *Strain* if needed.



## MASHED SWEET POTATOES

Peel hot cooked sweet potatoes. Mash. Beat until fluffy gradually adding hot milk as needed. Beat in salt, pepper, and butter to taste.

## SWEET POTATO SOUFFLÉ

6 egg yolks  
 3 cups cooked sweet potatoes (yams)  
 1/2 cup table cream  
 1 cup milk  
 1/2 tsp. salt  
 1 cup butter  
 1 tsp. vanilla  
 1 tsp. cinnamon  
 6 egg whites (stiffly beaten)

Whip egg yolks and sweet potatoes until well blended. Add cream, milk, salt, butter, vanilla and cinnamon, beating at high speed for 1 minute. Fold in egg whites and pour into baking dish. Bake at 375° for 45 minutes.

Variations: Try, 3 cups of cooked carrots, butternut or acorn squash, pumpkin or strained cream corn (may use small jars of Hines or Gerber strained corn to equal 3 cups).



## RICOTTA SPINACH BAKE

1 bunch fresh spinach or 1 10-oz. pkg. frozen spinach  
 1 cup Ricotta cheese  
 Nutmeg, grated  
 1 cup Parmesan cheese, grated  
 1 cup cream and 1 cup milk, or 2 cups half & half  
 4 eggs, lightly beaten  
 Salt and pepper

Wash spinach and cook for a few minutes. Squeeze out all liquid and chop: should be about 3/4 cup. Combine spinach with Ricotta, a little nutmeg and 1/2 cup of Parmesan cheese. Pour over the bottom. Combine eggs with cream, milk, salt and pepper. Pour over Ricotta-spinach mixture. Sprinkle with remaining Parmesan and bake at 375° for 30 minutes, or until a knife inserted in the center comes out clean. Let sit 10 minutes before serving.

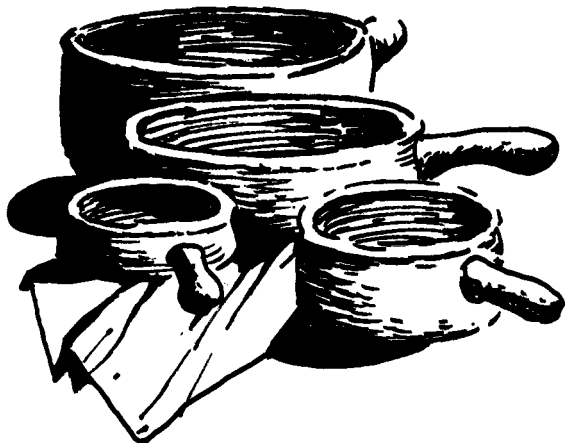
## SPINACH SOUFFLÉ

2 tbsps. mayonnaise  
2 tbsps. flour  
1/2 cup milk  
1/2 10 oz. pkg. frozen spinach, chopped, cooked and drained  
1/4 tsp. onion powder  
1/4 tsp. nutmeg  
Black pepper to taste  
6 egg whites  
3 tbsps. Parmesan cheese

In small heavy saucepan, melt margarine. Blend in flour. Cook until mixture is smooth and bubbly. Remove from heat and gradually stir in milk.

Return to heat and bring mixture to a boil, stirring constantly. Cook 1 minute. Remove from heat, stir in spinach, onion powder, nutmeg and pepper.

Beat egg whites until stiff, fold gently into spinach mixture. Sprinkle with parmesan. Pour into 1 3/4 quart casserole. Bake at 350° for 35 minutes.



## MASHED SQUASH

5 yellow squash	1/4 tsp. onion powder
1/2 large bell pepper, chopped	1 tbsp. or more bacon drippings
Salt and pepper to taste	2 tbsps. water

Boil above ingredients until tender. Mash, then continue to boil (remove lid from saucepan) until practically no liquid remains.



## COLD TOMATO ASPIC APPETIZER

3/4 cups tomato juice or V8 juice	1/2 bay leaf
1/2 tsp. salt	2 celery ribs with 1/4 of the leaves (remove strings)
1 tsp. paprika	1 tbsp. gelatin (unflavored)
3/4 tsp. sugar	1/4 cup cold water
1 tbsp. lemon juice	

Combine all ingredients thoroughly *except gelatin and water*. Simmer combined mixture for 30 minutes. *Strain* mixture and save the juice. Soak gelatin in water. Dissolve gelatin water in strained hot juice. Add 1/2 cup of water. Chill in molds. Garnish with a twist of lime.

Variations: Use 3/4 cup of any vegetable juice.

## BAKED SQUASH CASSEROLE

2 lbs. zucchini or  
yellow summer squash  
2 tsps. parsley flakes  
Salt and pepper to taste

3 tbsps. onion, chopped fine  
3 eggs, beaten  
1/2 to 1 tsp. Tabasco sauce

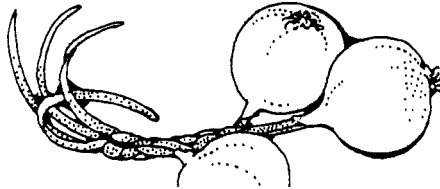
Slice squash in 1/2 inch pieces. Cover with water and bring to a boil. Boil 3 minutes or until tender. Drain well, add onion, eggs and seasoning. Mix until well blended. Butter a 1 quart casserole dish and add squash mixture into the casserole. Dot with butter. Bake at 350° for 35 to 40 minutes or until brown.



## CREAMY TOMATO MOLDS

1 (3 oz.) pkg. lemon-flavored gelatin  
2/3 cup hot tomato juice  
2/3 cup cold tomato juice  
2/3 cup cream-style cottage cheese  
1/3 cup mayonnaise  
1/8 tsp. celery salt  
1 tbsp. lemon juice  
1/2 tsp. salt

In blender, GRIND gelatin and hot tomato juice 40 seconds. Add all remaining ingredients and GRIND 15 seconds longer. Turn into 4 or 5 individual molds or an 8-inch square pan and chill firm. Serve with mayonnaise if desired.



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“Life is like eating an onion — you peel off one layer at a time and sometimes you weep.”

Carl Sandburg

