



Make a Little Meat Go a Long Way

Use Savory Stews and Meat Pies

Do you know how good they are? They may be so varied that you can have a different one every day in the week, and all of them delicious. It needs only a small piece of meat to give flavor to a hearty dish.

Don't think that you must eat a lot of meat to be strong. Meat is good to help build up the body, but so are many other foods.

In these dishes part of your building material comes from the more expensive meat and part from the cheaper peas, beans, hominy, and barley. The little meat with the vegetables and cereals will give your body what it needs.

SAVORY STEWS

Try them. They can be a whole meal and a nutritious one. These recipes serve five people.

Here is an English stew that is especially good:

HOT POT OF MUTTON AND BARLEY

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| 1 pound mutton. | 4 potatoes. |
| $\frac{1}{2}$ cup pearly barley. | 3 onions. |
| 1 tablespoon salt. | Celery tops or other seasoning herbs. |

Cut the mutton in small pieces, and brown with the onion in fat cut from meat. This will help make the meat tender and improves the flavor. Pour





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this into a covered saucepan. Add 2 quarts water and the barley. Simmer for $1\frac{1}{2}$ hours. Then add the potatoes cut in quarters, seasoning herbs, and seasoning, and cook one-half hour longer.

BEEF STEW

1 pound beef. $\frac{1}{2}$ peck peas or 1 can.
4 potatoes cut in quarters. 1 cup carrots cut up small.
1 teaspoon salt.

Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water for 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them 10 minutes before serving. Serve when potatoes are done.

DIFFERENT STEWS

Here is the way you can change the stews to make them different and to suit the season:

1. The meat.—This may be any kind and more or less than a pound may be used. Use the cheap cuts, the flank, rump, neck, or brisket. The long, slow cooking makes them tender. Game and poultry are good.

2. Potatoes and barley may be used or barley alone, or rice, hominy, or macaroni.

3. Vegetables.—Carrots, turnips, onions, peas, beans, cabbage, tomatoes are good, canned or fresh. Use one or more of these, as you wish.

4. Parsley, celery tops, onion tops, seasoning herbs, or chopped sweet peppers add to the flavor.

5. Many left-overs may be used—not only meat and vegetables, but rice or hominy.

HOW TO COOK THE STEWS

All kinds of stews are cooked in just about the same way. Here are directions which will serve for making almost any kind.

Cut the meat in small pieces and brown with the onion in the fat cut from the meat. Add the salt and pepper, seasoning vegetables (onion, celery tops, etc.), 2 quarts of water, and the rice, or other cereal, if it is to be used. Cook for an hour, then add the vegetables except potatoes. Cook the stew for half an hour, add the potatoes cut in quarters, cook for another half an hour, and serve.

The fireless cooker may well be used, the meat and the vegetables being put in at the same time.

Left-overs or canned vegetables need only to be heated through. Add them 15 minutes before serving.

Dried peas or beans should be soaked over night and cooked for 3 hours before adding to the stew; or, better, cook them over night in a fireless cooker.





MEAT PIES

Another good way to use a little meat. Have you ever used rice, corn-meal mush, or hominy for a crust? This is less work than a pastry crust and saves wheat.

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| 4 cups cooked corn meal,
rice, or hominy. | $\frac{1}{8}$ teaspoon pepper.
1 tablespoon fat. |
| 1 onion. | 1 pound raw meat or left-over
meat cut up small. |
| 2 cups tomato. | $\frac{1}{2}$ teaspoon salt. |

Melt the fat, add the sliced onion, and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used, add it with the tomato and seasoning, after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat and gravy, and cover with the cereal dotted with fat. Bake for half an hour.

SHEPHERD'S PIE

This is the name of a meat pie with a mashed-potato crust browned in the oven.

**Try the Recipes in this Leaflet and Cut Down
Your Meat Bills**

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