

U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

A Whole Dinner in One Dish

The youngsters will like it.

Father will like it.

You will like it.

Your pocketbook will surely like it.

Your bodies can't help liking it.

"Uncle Sam" is bound to like it.

Everybody Will Like the One-dish Dinner. Why?

A dish hot and savory—good for work or play—that is why the father and the children will like it.

Easy to cook and serve—that is one reason why you will like it. Only one dish to cook, few plates to wash, steps saved.

Good, nourishing food—you can feel sure that you are feeding your family right if you give them this dinner. It contains all their bodies need to help them work and grow strong.

This dinner helps you do your part for our country. You can save wheat and meat to ship abroad. Our soldiers and the Allies need them more than we do.

Try the One-dish Dinner

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Try These One-dish Dinners

EACH ENOUGH FOR A FAMILY OF FIVE

FISH CHOWDER

Rabbit, fowl, or any meat may be used instead of the fish, or tomatoes instead of milk. Carrots may be omitted.

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| 1½ pounds fish (fresh, salt, or canned). | 2 cups carrots cut in pieces. |
| 9 potatoes, peeled and cut in small pieces. | ¼ pound salt pork. |
| 1 onion, sliced. | 3 cups milk. |
| | Pepper. |
| | 3 tablespoons flour. |

Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoons of flour with one-half cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You can omit salt pork and use a tablespoon of other fat.

DRIED PEAS WITH RICE AND TOMATOES

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| 1½ cups rice. | 1 tablespoon salt. |
| 2 cups dried peas. | ¼ teaspoon pepper. |
| 6 onions. | 2 cups tomato (fresh or canned). |

Soak peas over night in two quarts of water. Cook until tender in water in which they soaked. Add rice, onions, tomato, and seasonings and cook 20 minutes.

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POTTED HOMINY AND BEEF

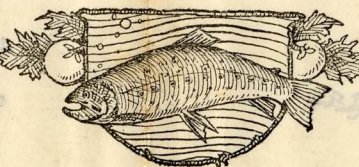
Hominy is excellent to use as part of a one-dish dinner, if you have a fire in your stove so that you can cook it for a long time, or use a fireless cooker.

Heat 1½ quarts of water to boiling; add 1 teaspoon of salt and 2 cups of hominy which has been soaked overnight. Cook in a double boiler for four hours or in the fireless cooker overnight. This makes 5 cups. This recipe may be increased and enough cooked in different ways for several meals. Hominy is excellent combined with dried, canned, or fresh fish, or meat and vegetable left-overs may be used. Here is one combination.

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| 5 cups cooked hominy. | ¼ pound dried beef. |
| 4 potatoes | 2 cups milk. |
| 2 cups carrots. | 2 tablespoons fat. |
| 1 teaspoon salt. | 2 tablespoons flour. |

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

These dishes supply all five kinds of food. Each is enough for the whole dinner for a family of five. Eat them with bread and with fruit or jam for dessert. Then you will have all the five kinds of food your body needs. These five kinds are shown on the next page.





The Five Food Groups

1. Vegetables or fruits.
2. Milk, or cheese, or eggs, or fish, or meat, or beans.
3. Cereal: Corn, rice, oats, rye, or wheat.
4. Sirup or sugar.
5. Fat: Such as drippings, oleomargarine, oil, butter.

Choose something from each of these five groups every day.

More One-dish Meals

There are some more recipes for dishes of this kind in other United States Food Leaflets.

"Instead of Meat" (Leaflet No. 8) tells what foods are good to use when you don't buy meat, and how to make some meatless one-dish meals.

"Make a Little Meat Go a Long Way" (Leaflet No. 5) will help you to cut down your meat bills. The savory stews and meat pies show how you can give your family a good one-dish meal by using a little meat in various combinations.

You can make up other recipes for yourself by combining foods from most of the five groups. Pass them on to your neighbor.

United States Food Leaflet No. 3

