

CHILI CON CARNE

This is a recipe I developed myself which seems to suit my family. It is not a hot chili and would probably be banned in Texas

1 46 fluid oz. can tomato juice

1 qt. canned tomatoes

1 16 oz. can red beans or kidney beans

1-1/2 lbs. ground beef

½ tsp. ground cloves

1 tsp. chili powder

1/3 cup sugar

2 medium size onions

2 medium green peppers

½ tsp. black pepper

½ tsp. salt

1 TBS. butter or margarine

Melt shortening in a large frying pan. Dice onions and cook at medium high heat. Add peppers and continuing stirring onions. Add ground beef and mix with onions. Drain. Add can of tomatoes and continue mixing. Add tomato juice. Sprinkle in ground cloves and chili powder. Mix in the sugar, salt, and ground pepper. Reduce heat to medium low and cover pan and cook for an hour. Add beans to chili about 5 minutes before serving. Serves 6-8 persons.

GERMAN STYLE LENTIL SOUP

(Like a stew)

1 lb. pkg. dry lentils

1 small onion

1 medium potato

1 lb. Hot dogs

1 small ham hock

1 TBS. salt

1 tsp. black pepper

1 small stalk celery

Empty lentils into 2 Qt. saucepan and pick out stray seeds of grain which are usually present in lentil pkgs. Wash lentils with water and rinse. Cover with water. Add salt and ham hock. Allow lentils to stand for 2-3 hours. Add 1-1/2 quarts of water and place on stove over high heat until mixture come to a boil. Add onions and celery which has been diced and cook on medium heat, stirring occasionally. While soup is cooking, dice the potato and cut hotdogs into slices about 1/4 inch thick. Set potatoes and hotdogs aside. When soup begins to thicken slightly, add diced potatoes 1/2 hour before serving and hotdogs 5 minutes before serving. Remove ham hock. Serves 6-8.

If time is a factor, lentils and ingredients may be place in a pressure cooker at 5lbs. pressure for 1 hour. When lid is removed, add hotdogs 5 minutes before serving.