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Microwave Rice

Rice	Covered Glass Casserole	Water	First Setting & Time	Rice	Second Setting & Time
Short Grain White	2-quart	2 cups	HIGH (6) 4 to 5 minutes	1 cup	DEFROST (2) 15 to 16 minutes
Long Grain White	2-quart	2 cups	HIGH (6) 4 to 5 minutes	1 cup	DEFROST (2) 15 to 18 minutes
White and Wild Mix	2-quart	2½ cups	HIGH (6) 5 to 6 minutes	6-ounce package	DEFROST (2) 30 to 35 minutes
Brown	3-quart	3 cups	HIGH (6) 6 to 7 minutes	1 cup	DEFROST (2) 25 to 30 minutes
Wild Rice soaked in water 3 hours	3-quart	3 cups	HIGH (6) 6 to 7 minutes	1 cup raw or 2 cups soaked	DEFROST (2) 50 to 60 minutes
Quick-Cooking	1-quart	1 cup	HIGH (6) 3 to 4 minutes	1 cup	Rest, covered, 5 minutes or until all water absorbs

Broccoli-Cheese Casserole

2 packages (10 ounces each) frozen broccoli	¾ cup grated sharp, mild longhorn or cheddar cheese
1 can cream of mushroom, celery or chicken soup	1 box stove top stuffing for chicken (prepared as directed)
1 soup can milk	

Cook broccoli about 10 minutes, until slightly tender. Drain and put on bottom of 13x9" pan. Sprinkle half of the cheese over broccoli. Cook soup and milk together; pour over broccoli and cheese. Place prepared stuffing next, followed by remaining cheese. Bake uncovered 35 minutes at 350°F. Can be prepared ahead of time and kept covered and refrigerated until time to bake.

Broccoli Casserole

2 packages frozen chopped broccoli	1 cup grated sharp cheese
2 eggs	1 tablespoon minced onion
1 can mushroom soup	Cracker crumbs
1 cup mayonnaise	

Precook broccoli 10 minutes. In mixing bowl, beat eggs slightly; add soup, mayonnaise, onion and most of the cheese. Fold in drained broccoli. Pour in greased casserole; cover with cracker crumbs, rest of cheese and dot with butter. Bake uncovered at 400°F for 40 minutes.

Broccoli Casserole

2 boxes chopped broccoli – cook and drain. Mix and add to –

2 beaten eggs	1 can Cream of Mushroom Soup
1 chopped onion	½ cup mayonnaise

Put in 2-quart casserole. Mix:

½ bag Pepperidge Farm Herb Stuffing	½ cup grated sharp cheese
1 stick melted butter	

Sprinkle on top of broccoli mixture. Bake at 350°F 35-45 minutes until brown on top.

Broccoli Puff

2 (10 ounce) packages frozen broccoli	½ cup mayonnaise
2 cans cream of mushroom soup	2 eggs, beaten
1 cup grated sharp cheese	½ cup dry bread crumbs
½ cup milk	2 tablespoons butter

Bring broccoli to a boil in salted water. Do not overcook. Drain. Carefully place in shallow baking dish. Combine soup and cheese, add milk, mayonnaise, and eggs. Pour over broccoli, top with bread crumbs and butter. Bake at 350°F for 45 minutes. Serves 6-8.

Broccoli Bake

2 packages frozen broccoli, cooked and drained	3 tablespoons butter
2 cups cooked rice	1 can cream of chicken soup
¼ cup onion, chopped	1 can milk
½ cup celery	1 can water chestnuts, chopped
	1 jar Cheese Whiz

Sauté celery and onions in butter; mix with all ingredients. Bake at 350°F for 40 minutes.

Bootlegger Beans

Dice up three strips of bacon and fry. When half done, add a small chopped onion. When onion is slightly browned, pour off most of the grease and add one can of pork and beans packed in tomato sauce, one tablespoon brown sugar, two tablespoons vinegar and 2 tablespoons catsup; stir well and cover. Simmer at least 30 minutes. The longer it simmers, the better it is. Or, bake slowly at 300°F for a couple of hours.

Beans

Large can Pork & Beans	½ cup molasses
Large onion, chopped	½ cup catsup
½ teaspoon dry mustard	Bacon

John F. Kennedy's Boston Baked Beans

4 cups dry navy beans	1 teaspoon dry mustard
1 small onion, chopped	2 teaspoons salt
¼ pound salt pork, diced	1 tablespoon Worcestershire
¾ cup brown sugar or molasses	1 cup boiling water
½ cup ketchup	¼ pound salt pork, cut into strips

Cover beans with water. Bring slowly to a boil or soak overnight. Drain. Cover with fresh water and simmer slowly. When skins start to burst, beans are sufficiently cooked. Drain and add onion, salt pork, sugar, ketchup, mustard, salt, Worcestershire and boiling water. Placed in greased casserole and top with salt pork strips. Bake, uncovered, in very slow oven (about 225-250°F) six to eight hours. Uncover for last hour of cooking. Add additional water or stock if beans become dry.

Skillet Beans

¼ cup molasses	2 tablespoons catsup
1 tablespoon vinegar	1 tablespoon instant minced onion
1 tablespoon mustard	2 1-pound cans beans

In large skillet mix first five ingredients. Stir in the baked beans and simmer 10 minutes. Six servings.

Sweet Potatoes

1 cup sugar	Salt
¼ cup water	Big piece of butter

Cook uncovered 15 minutes and then simmer 45 minutes without cover.

Glazed Sweet Potatoes

4 medium sweet potatoes
½ cup packed brown sugar
¼ cup butter or margarine

Pierce potatoes and place in oven. Microwave on HIGH for 8 to 9 minutes or until fork tender. Peel and slice into 1½ quart glass casserole. Sprinkle with brown sugar; dot with butter. Cover with glass lid or plastic wrap. Continue cooking on HIGH for 4 minutes. Stir and continue cooking on HIGH for 3 to 4 minutes or until hot. Let stand, covered, 3 minutes before serving. 6 to 8 servings.

Savory Mashed Potatoes

4 pounds potatoes	1 clove garlic (crushed)
1 package (8 ounces) cream cheese	¼ cup chives
1 cup sour cream	½ teaspoon paprika
2 teaspoons salt	1 tablespoon butter

Cook potatoes until tender, drain, mash with electric mixer. Add next 5 ingredients; beat at high speed. Stir in chopped chives. Spoon lightly into greased 10 cup baking dish, sprinkle with paprika and dot with butter. Bake in moderate oven (350°F) for 30 minutes or until lightly golden and heated through. Note: Can be made ahead of time and frozen.

Scalloped Potatoes

1 can (10½ ounces) condensed cheddar cheese, cream of vegetable, celery, chicken, or mushroom soup	4 cups thinly sliced potatoes
½ to ¾ cup milk	1 small onion, thinly sliced
	1 tablespoon butter or margarine
	Dash paprika

Blend soup, milk, and pepper. Arrange alternate layers of potatoes, onion, and sauce in 1½ quart casserole. Dot top with butter; sprinkle with paprika. Cover; bake in a 375°F oven 1 hour. Uncover; bake 15 minutes more. 4 to 6 servings.

Note: Sliced cooked potatoes may be substituted for raw potatoes. Mince onion and reduce cooking time to about 30 minutes. Bake uncovered.

Potato Pancakes

3 medium potatoes, pared	1 teaspoon salt
1 small onion	Dash pepper
1 egg, beaten	Vegetable oil for pan frying

Grate potatoes and onion. Strain over a bowl to save juices, squeezing vegetables to press out all excess liquid. Place the juice in a small saucepan and cook over medium heat until thick, stirring constantly. Combine this with grated vegetables, egg, salt and pepper. Heat enough vegetable oil to cover bottom of large skillet. Add potato mixture by large spoonfuls, flattening a bit. Fry over medium heat until golden brown, about 6 minutes. Turn just once and cook about 4 minutes to brown other side but keep puffy. Add more oil as needed. Drain on paper towels. Serve piping hot with apple sauce or pot roast. 10 to 12 potato pancakes.

Cheesy Potato Casserole

Mashed Potato Buds (dry) for 8 servings	1½ cups Country Corn Flakes, crushed
½ teaspoon garlic salt	2 tablespoons soft butter or margarine
1 tablespoon snipped parsley	½ teaspoon dry mustard
1 cup shredded sharp Cheddar cheese (about 4 ounces)	½ teaspoon paprika
	¼ teaspoon salt

Prepare potato buds as directed on package for 8 servings except – decrease salt to ½ teaspoon and add ½ teaspoon garlic salt. Stir parsley and cheese into potatoes. Turn mixture into 1½ quart casserole. Mix remaining ingredients; sprinkle over potatoes. Bake in 325°F oven 20 minutes. 6 servings.

Berks County Potato Filling

2 beaten eggs	1 cup milk
1 cup mashed potatoes	2 tablespoons butter
4 slices stale bread, cut into cubes	2 tablespoons onion, cut up fine
Salt & pepper to taste	

Mix eggs and potatoes with fork. Mix bread cubes with potato mixture; add salt and pepper. Pour milk over mixture, stir and let stand about 10 minutes to soak. Melt butter in skillet, add onions and sauté, stirring so they do not brown. Add to potato mixture. Stir to blend. Turn into a well-greased casserole and bake at 350°F for one hour. Makes six servings.

Moslem Springs Potatoes

Boil six to eight peeled potatoes in salt water until tender. Sauté one chopped onion in butter until soft. Drain potatoes and mash, using ¾ cup milk. Add sautéed onion, two slices cubed white bread, ¼ cup butter, 1 tablespoon flour, 1 egg and 2 tablespoons parsley. Season to taste with salt and pepper. Add another cup milk and whip mixture thoroughly. Place in buttered casserole and bake at 350°F for one hour. Serves 8 to 10.

Crispy Fried Tomatoes

2 each large red and green tomatoes,
sliced thick
2 tablespoons flour
1 egg, beaten
½ teaspoon salt

Dash of pepper
2 tablespoons fine bread crumbs
Vegetable oil for pan frying
Parmesan cheese (optional)

Coat tomato slices with flour, then dip in egg (seasoned with salt and pepper) and finally in bread crumbs. Using medium heat, brown on both sides in a skillet oiled lightly with vegetable oil. Sprinkle with cheese and serve hot. 4 servings.

Green Bean Casserole

1 can (10½ ounces) condensed cream of
chicken or mushroom soup
¼ cup milk
1 teaspoon soy sauce
1 can (3½ ounces) French fried onions

3 cups cooked French style green beans
(or two 10-ounce packages frozen, or 2
1-pound cans), drained
Dash pepper

In 1-quart casserole, stir soup, milk, and soy sauce until smooth; mix in ½ can onions, beans, and pepper. Bake in a 350°F oven 20 minutes or until bubbling. Top with remaining onions. Bake 5 minutes more. 6 servings.

Tomato Pudding

2 cups stewed tomatoes
½ teaspoon salt
½ cup brown sugar

1 cup fresh white bread crumbs
¼ cup melted butter

Place in baking dish the bread crumbs. Pour over them the melted butter. Add the mixture of tomato, salt and brown sugar. Cover the dish closely. Do not remove the cover until ready to serve. Bake at 375°F 30 minutes.

Baked Macaroni And Cheese

8-ounces elbow macaroni	1 large tomato, sliced
¼ cup butter or margarine	1/8 teaspoon pepper
¼ cup all purpose flour	2 cups milk
1 teaspoon salt	2 cups cheddar cheese, grated

- (1) Preheat oven to 375°F. Cook macaroni as package directs; drain.
- (2) Meanwhile, melt butter in medium saucepan. Remove from heat. Stir in flour, salt, and pepper until smooth. Gradually stir in milk. Bring to boiling, stirring. Reduce heat, and simmer mixture 1 minute. Remove from heat.
- (3) Stir in 1½ cups cheese and the macaroni. Pour into a 1½ quart, shallow casserole. Arrange tomato slices over top. Sprinkle remaining cheese over top.
- (4) Bake 15 minutes, or until cheese is golden brown.

Carrot Casserole

12 carrots	1 teaspoon salt
½ cup butter	½ teaspoon dry mustard
2 tablespoons dried onion	1/8 teaspoon pepper
¼ cup flour	¼ teaspoon celery salt
2 cups milk	½ pound sharp cheese slices
Bread crumbs	

Slice and cook carrots. Drain. Make a sauce with all remaining ingredients except cheese and bread crumbs. In a 1-quart casserole – layer carrots with slices broken into quarters. Pour some of the sauce over each set of layers. End with a layer of carrots. Pour sauce over this and sprinkle with bread crumbs. Bake in a 350°F oven 25 minutes.

Herbed Tomatoes

¼ cup olive or salad oil	½ teaspoon salt
4 teaspoons wine vinegar	¼ teaspoon pepper
2 teaspoons finely chopped fresh basil or ½ teaspoon dried basil	4 medium tomatoes

Mix oil, vinegar, basil, salt and pepper. Wash tomatoes (do not peel); cut into slices ¼” thick. Arrange on a large platter and drizzle with dressing. Let stand at least 30 minutes at room temperature.

Stewed Tomatoes With Zucchini

1/3 cup chopped onion	1 teaspoon sugar
1 clove garlic, minced	1/4 teaspoon salt
2 tablespoons butter, melted	Dash pepper
1 #2 can (3½ cups) tomatoes	3 or 4 small zucchini, thinly sliced
1 teaspoon dried basil	

In a 2-quart covered saucepan, sauté onion and garlic in butter until onion is soft and golden. Add tomatoes, basil, sugar, salt and pepper; heat to boiling. Add zucchini and cook about 10 minutes longer or until tender. Makes six servings.

Zucchini (Italian Style)

1 medium onion	1/2 teaspoon salt
1 tablespoon butter	Dash of pepper
1 pound zucchini	Grated cheese
1 cup fresh or canned tomatoes	

Select small, young zucchini. Wash but do not pare. Cut in 1" slices. Slice onion and sauté in butter until yellow, add zucchini and cook and stir 5 minutes. Add tomatoes, season with salt and pepper, cover and cook 5 minutes. Put in buttered baking dish, sprinkle with cheese. Bake in 375°F oven until brown. Serves 4.

Harvard Beets

1 1-pound can sliced beets	2 teaspoons flour
1/4 cup sugar	Salt
3 tablespoons vinegar	1 tablespoon butter
3 tablespoons beet liquid	

Combine sugar and flour in saucepan, add vinegar and beet liquid. Stir to remove any lumps of flour. Place over medium heat, cook until thickened, stirring constantly. Add beets, butter, and salt to taste. Heat. Serves 4.

Green Beans Almondine

Prepare 1 package (9 ounces) frozen French-style green beans as directed on package. Cook 1/4 cup slivered blanched almonds in 1/4 cup butter until toasted and brown. Toss gently with green beans. 6 servings.

Peas With Basil

1½ cups peas	½ teaspoon salt
2 tablespoons butter	¼ teaspoon basil, crushed
¼ cup sliced green onions and tops	Dash pepper
1 tablespoon parsley	½ teaspoon sugar

Melt butter, add green onion and tops. Cook until tender but not brown, about 5 minutes. Stir in peas and remaining ingredients. Cook covered about 5 minutes or until tender. Makes 3-4 servings.

To serve 70-80 people:

36 cups peas	48 tablespoons butter
6 cups onions	12 tablespoons parsley
6 teaspoons sugar	6 teaspoons salt
3 teaspoons basil	

Chinese Style Skillet Cabbage

½ cup butter or margarine	1 teaspoon salt
6 to 7 cups coarsely shredded cabbage	¼ teaspoon pepper

Melt butter in large skillet, add cabbage and cook, covered over medium heat for 10 minutes or until fork tender. Stir in salt and pepper. Serve at once. Makes 6-8 servings.

Zucchini

6 medium zucchini	1 cup shredded sharp natural cheddar cheese
½ cup chopped onion	1 teaspoon salt
2 tablespoons margarine	½ teaspoon poultry seasoning
1 cup chopped tomatoes	¼ teaspoon pepper

Trim ends, peel and slice zucchini. Sauté onions in margarine until tender. Combine with rest of ingredients and bake at 350°F 30-35 minutes. Serves 6-8.

Mushrooms

1 pound mushrooms
½ cup chicken broth
4 tablespoons butter

¼ teaspoon lemon juice
Salt and pepper

Wash, peel and stem the mushrooms. Put into a pan with the butter, chicken broth, lemon juice, salt and pepper. Cook, covered tightly, for 5 minutes. Remove the cover and cook till the broth evaporates. Serves 4-6.

Carrots

1 pound carrots
4 tablespoons butter
¼ teaspoon lemon juice

½ cup chicken broth or consommé
¼ teaspoon sugar

Scrub and peel the carrots and cut into thin slices. Put in a saucepan with the other ingredients. Bring to a boil and cover the pan. Simmer ½ hour or less, until the liquid evaporates. Serve with chopped parsley. Serves 4.

Braised Carrots

1 pound tiny young carrots,
about 3" long
4 tablespoons butter

1 cup beef stock or beef consommé
1 teaspoon flour

Preheat oven to 325°F. Scrub and scrape the baby carrots and leave whole. Cut off the tops and root end. Melt the butter and fry the carrots slowly until brown. Sprinkle with the flour and cook for a few minutes more, stirring. Place in an ovenproof shallow dish. Pour on the beef stock and bake slowly for 1 hour in a 325°F oven.

Tomato-Garlic-Zucchini Bake

4 tablespoons butter or margarine	1-1/3 cups (5-1/3 ounces) diced Swiss cheese
1 small onion, coarsely chopped	1 cup sourdough bread crumbs
3 medium size zucchini, sliced 1/4" thick	Salt and pepper
3 cloves garlic, minced or pressed	2 teaspoons dry basil
3 large tomatoes, peeled and cut into wedges	

In a wide frying pan over medium heat, melt butter. Add onion, zucchini, and garlic and cook until soft. Add tomatoes, 1 cup of the cheese, and 3/4 cup of the bread crumbs; toss gently. Season to taste with salt and pepper; stir in basil. Pour into a shallow 1 1/2 quart casserole or 9" square baking dish. Top with remaining 1/3 cup cheese and 1/4 cup bread crumbs. Bake, uncovered, in a 375°F oven for 30 minutes or until bubbly. Makes 4 to 6 servings.

Southern-Fried Tomatoes With Bacon

4 thick slices bacon	3/4 teaspoon salt
2 firm green or red tomatoes	1/8 teaspoon pepper
1/3 cup yellow or white stone-ground cornmeal	

Heat your skillet over a hot fire or camp stove. Slowly fry the bacon until it's lightly crisped. Remove and drain on paper towels.

While the bacon is cooking, slice the tomatoes vertically, from bottom to blossom end (this holds the seeds in). Pour the mixture of cornmeal, salt and pepper into a shallow dish or foil pan. Dredge tomato slices in the cornmeal so they are well coated.

Fry tomato slices over high heat in the sizzling hot bacon fat until crisply browned, 1 to 1 1/2 minutes on each side. Slide onto plates, and top with crisp bacon. Makes two servings.

If desired, deglaze pan by pouring off fat and adding three tablespoons of milk. Stir constantly until boiling, and pour over tomatoes and bacon.

Roadside Potatoes

3 cups half-and-half cream
¼ pound butter
1 teaspoon salt

24 ounce package frozen Ore-Ida Hash
Brown Potato Patties

Thaw potatoes and break up real good. Heat half-and-half, butter and salt. Pour over potatoes in baking dish. Sprinkle with lots of grated Parmesan cheese. Bake at 350°F for one hour. Serves 6-8.

Braised Red Cabbage

3 pounds red cabbage (about 2
medium heads)
2 medium cloves garlic
6 tablespoons duck fat or butter

2 tablespoons red wine vinegar
½ teaspoon salt
¼ teaspoon fresh ground black pepper

Cut the cabbage heads in half, remove the cores, and cut into 1/8" wide shreds. Peel the garlic.

Heat the duck fat or butter in a large non-reactive pot. Add the cabbage and stir over medium heat until the cabbage wilts, about five minutes. Press the garlic and add it, along with the vinegar, salt and pepper, to the cabbage. Stir to mix. Reduce the heat to medium-low, and cook for 25 minutes. Makes about six cups.

Super Spinach

Casserole to serve 8-10 people:

4 packages frozen spinach, cooked and drained. Mix in 1 pint sour cream, ½ cup seasoned crumbs, 1 package dried onion soup mix. Then sprinkle more seasoned crumbs and 2/3 stick melted butter on top. Bake at 350°F for 20 minutes. A fairly flat casserole dish works best with this recipe.

Broccoli

2 or 3 boxes frozen broccoli
1 can drained water chestnuts
1 can sliced mushrooms

1 can cream of mushroom soup
1 can French fried onions

Boil broccoli as directed on package. Drain and add butter, salt and pepper to taste. Butter Pyrex dish (8"x8") and layer with broccoli. Slice one can of drained water chestnuts on broccoli. Add sliced mushrooms. Spread 1 can cream of mushroom soup. Top with 1 can French fried onions. Bake uncovered 350°F for ½ hour.

Mushrooms Florentine

1 lb. mushrooms, washed & dried	¼ cup chopped onion
Butter	4 tablespoons (½ stick) melted butter
2 packages (10oz. each) frozen spinach, thawed	1 cup freshly grated Cheddar cheese
1 teaspoon salt	Garlic salt to taste

Cut the stems from the mushrooms and sauté first the caps, then the stems in butter until brown.

Combine the thawed spinach with the salt, onion and melted butter. Line a 10" casserole with the spinach mixture. Sprinkle one-half cup of the grated cheese over the spinach mixture. Arrange the mushrooms over the spinach. Season with garlic salt and cover with the remaining cheese.

Bake for 20 minutes at 350°F or until the cheese is melted and browned. This casserole may be prepared and refrigerated until it is to be baked. Makes six to eight servings.

Garlic Mashed Potatoes

3¾ pounds red-skinned potatoes, peeled, cut into 1-inch cubes	1 cup (or more) chicken broth
9 large garlic cloves	½ cup grated Parmesan cheese
2 tablespoons (¼ stick) butter	Fresh rosemary sprigs (optional)
2 tablespoons chopped fresh rosemary or 2 teaspoons dried	

Cook potatoes and garlic in large pot of boiling salted water until both are very tender, about 30 minutes. Drain.

Transfer potatoes and garlic to large bowl. Mash potatoes and garlic. Add butter and chopped rosemary; beat until smooth. Bring 1 cup broth to simmer. Gradually mix broth into potato mixture. Stir in Parmesan. Season with salt and pepper. *(Can be prepared up to 2 hours ahead. Cover. Rewarm in heavy large saucepan over medium-low heat, stirring often and adding more broth if mixture is too dry.)*

Transfer potatoes to bowl. Garnish with rosemary sprigs, if desired.