

# APPENDIX F—RECIPES

## Meats, Poultry, Fish

### Hurry Hash

#### Ingredients:

- 1 10½-ounce can condensed cream of mushroom, celery, or other cream soup
- 8 biscuits, rusks, or melba toast
- 2 sliced hard-boiled eggs
- ¼ cup milk
- 1 pound ground beef or sliced weiners

1. Brown the ground beef or weiners in a skillet.
  2. Heat the soup slowly in a kettle, stirring, and adding milk gradually.
  3. When smooth and hot, add meat and eggs.
  4. Heat thoroughly. Season to taste.
  5. Serve over biscuits, rusks, or melba toast. Serves 4.
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### 4-Pound Boneless Beef Roast\*

Oven time: Preheat 10 minutes to 325°

Bake 2 to 2¼ hours

1. Remove the lid of dutch oven after preheating, and place roast in oven.
  2. See that all parts of the roast touch the bottom of the dutch oven long enough to sear it, to hold the juices in.
  3. Add salt and pepper.
  4. Place lid on oven and leave for at least an hour.
  5. Add 6 new pieces of charcoal on top and 2 pieces underneath.
  6. Let cook for 45 minutes more.
  7. Add 2 pieces of charcoal on top and 2 more underneath.
  8. Let cook the full time.
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### Tasty Beef Roast\*

Oven time: 30 to 45 minutes per pound at 350°

#### Ingredients:

- 1 3 to 5 pound beef roast
- 1 can cream of mushroom soup
- 1 package dry onion soup mix

1. Brown roast.
2. Pour half of the can of mushroom soup around the meat.
3. Pour onion soup mix over meat, then the remaining mushroom soup over all.
4. Let bake to desired doneness.

#### Variation

Round steak may be used, adding 1 stick margarine melted on top of steak.

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