UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
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These menus and recipes coincide with the ones listed in the leaflet, "The Family's Food at Low Cost". No definite cost can be given for them since food prices vary from season to season in the different sections of the United States.

LOW COST MENUS AND RECIPES

Sunday

Breakfast

Oranges
Ground Whole Wheat Porridge
Top Milk — Sugar
Bread — Butter
Coffee — Milk

Dinner

Rice and Meat Loaf
Baked Potatoes
Carrots
Bread - Butter
Milk
Raisin Bread Pudding

Supper

Cream of Pea Soup
Omelet
Bread - Butter
Tea - Milk

RECIPES

Ground Whole Wheat Porridge

1/4 cup wheat
4 cups boiling water
1 teaspoon salt

Add cereal to boiling salted water. Stir until cereal is thick. Place in double boiler and cook about 30 minutes, depending on the granulation.

Rice and Meat Loaf

1/4 cup rice
1/4 cup bread crumbs
3/4 pounds ground meat
1 small onion, finely chopped
1 teaspoon salt
Pepper

Boil the rice until tender, drain. Mix all ingredients and use the hands to mix thoroughly. Lay a piece of parchment paper on a rack in an open pan. Mold the meat loaf on the paper with two knives. Bake the loaf in a moderate oven about 1 hour.

Carrots

3/4 pound carrots
Salt
Pepper

Wash and scrape the carrots and cut them into strips. Cook until tender in a small quantity of lightly salted boiling water. Season with salt and pepper.

Raisin Bread Pudding

2 cups stale white bread
2 cups milk
1 egg
2 tablespoons sugar
1/4 cup raisins

Soak the stale bfead in hot milk. Add the beaten egg, sugar, and raisins. Pour into a greased pudding dish and bake in a moderate oven until lightly browned.

Cream of Pea Soup

1 cup (½ pound) dried green peas
2 tablespoons chopped onion
2 cups milk
2 tablespoons flour
2 teaspoons salt
2 tablespoons fat

Wash and pick over the peas. Soak over night in water to cover. Drain. Add 2 cups of fresh water, the onion and cook until the peas are tender. Press through a strainer. Make a sauce of the fat, flour, salt, and milk. Mix the peas with the white sauce and cook in a double boiler about 5 minutes.

Omelet

4 eggs
4 tablespoons milk
1/4 teaspoon salt
1/2 tablespoon fat

Separate the yolks and whites of the eggs and beat them well. To the yolks add the milk and beat well. Then fold in the whites with the salt until they are well blended. Heat a heavy skillet. Melt the fat and then pour the omelet in. Cover and cook over low heat until lightly browned. When set, crease it through the center, fold it over with a knife and roll it onto a hot platter.

Monday

Breakfast

Stewed Prunes
Oatmeal

Top Milk	Sugar
Toast	Butter
Coffee	Milk

Dinner

Creamed Rice Soup
Fish with Macaroni
Vegetable Slaw (Five-minute cabbage for children)
Bread - Butter
Milk
Oatmeal Cookies

Supper

Vegetable Chowder
Corn Bread - Butter
Tea - Milk

RECIPES

Stewed Prunes

½ pound prunes

Wash the prunes thoroughly. Cover with water and soak over night. Cook in the same water until prunes are tender.

Oatmeal

1 cup oatmeal
3 cups water
1 teaspoon salt

Add oatmeal to boiling salted water. Cook until it thickens. Put in double boiler and cook for 30 minutes.

Creamed Rice Soup

1/4 cup rice
2 cups water
2 cups milk
1 tablespoon fat
1 tablespoon flour
Salt
1 tablespoon chopped parsley

Wash and cook the rice in boiling salted water until tender. Make a sauce of the fat, flour, and milk. Add the boiled rice and water, salt to taste, and add the chopped parsley. Serve hot.

Fish with Macaroni

1 herring weighing ½ pound
1-1/2 cups macaroni
1 tablespoon flour
1 tablespoon fat
1 egg

Wash the fish and soak in water to cover for several hours. Simmer in fresh water until tender. Skin and remove the bones from the fish and flake with a fork. Cook the macaroni in slightly salted boiling water until tender and drain. Make a white sauce of the flour, fat, and milk. Blend all the ingredients and cook for a few minutes. Place in a serving dish and sprinkle the egg which has been pressed through a ricer over the top and serve hot.

Vegetable Slaw

1-1/2 cups shredded cabbage
2 tablespoons grated raw carrot
1 tablespoon minced onion
4 teaspoons vinegar
2 teaspoons oil
1 teaspoon salt
Dash of paprika

Mix together thoroughly all the ingredients with a fork. Chill before serving.

Five-Minute Cabbage

1-1/2 cups shredded cabbage
1 cup milk
2 teaspoons butter
2 teaspoons flour
Salt

Cook the cabbage for 2 minutes in the milk, over direct heat. Blend the butter and flour, pour in some of the hot milk, stir until smooth and add to the remaining milk and cabbage. Season with salt and cook over water for 3 or 4 minutes.

Oatmeal Cookies

1-1/2 cups flour
3/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon soda
3/4 cup sugar
1/3 cup cooking oil
1/2 cup chopped raisins
1-1/2 cups oatmeal
1 egg
7 tablespoons milk

Sift the flour, salt, cinnamon, and soda. Mix the sugar with the oil and the raisins with the oatmeal. Put all of these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls on greased pans, about 2 inches apart. Bake in a moderately hot oven from 10 to 12 minutes or until lightly browned. This recipe makes about 3 dozen cookies.

Vegetable Chowder

1/2 pound cabbage
1/2 pound carrots
1-1/2 pounds potatoes
1 onion
Soup celery
3 cups milk

Prepare vegetables and cut them into small pieces. Cook together in a small quantity of boiling salted water until tender. Add milk, salt, and pepper.

Corn Bread

2 cups corn meal
2 teaspoons salt
1 teaspoon soda
2 teaspoons baking powder
2 cups sour milk
2 eggs
2 tablespoons fat

Sift the dry ingredients. Add the milk, the well beaten eggs, and the melted fat. Pour into a very hot, well-greased pan. Bake from 40 to 50 minutes in a moderately hot oven.

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Tuesday

Breakfast

Ground Whole Wheat Porridge
Top Milk — Sugar
Toast — Butter
Coffee — Milk

Dinner

Corned Beef Hash
Soft cooked eggs (for children)
Beets
Bread - Butter
Milk
Apple Shortcake

Supper

Bean Soup (cereal for baby)
Cottage cheese, date salad, French dressing
Bread - Butter
Tea - Milk
Fruit Cup

RECIPES

Corned Beef Hash

1/2 pound cooked corned beef
6 boiled potatoes
1 onion
Dash of cayenne

Put ingredients through the meat grinder. Pat the hash in a lightly greased skillet in an even layer and cook over low heat until a golden brown crust is formed. When brown place a pan or lid over the skillet and turn hash out so the browned side is on top. Slip uncooked side in the skillet. When this side is done, turn onto a plate, the same way.

Beets

1 pound beets
Salt

Wash and cook the whole beets in boiling water until tender. Plunge in cold water and remove skins. Slice and season with salt and pepper.

Apple Shortcake

1 cup sifted flour
1/2 teaspoon salt
2 teaspoons baking powder
2 tablespoons fat
1/2 cup milk
3/4 pound apples
2 tablespoons sugar
1/2 teaspoon cinnamon

Sift the flour, salt, and baking powder. Cut in the fat with a biscuit cutter. Add the milk, stirring with a fork until well mixed. Spread the mixture in a greased pan with a spoon. Core and pare apples. Cut in thin slices, and arrange in parallel rows on the short cake mixture. Sprinkle with the mixed sugar and cinnamon. Bake in a moderately hot oven 20 to 30 minutes, or until apples are soft and cake is done.

Bean Soup

1 cup dried beans
1 pint water
3 cups milk
1 tablespoon fat
1 tablespoon flour
Salt
Pepper

Soak the beans over night in the water. Cook in the same water until very soft. Mash the beans through a sieve. Add water and milk to make at least a quart. Mix the fat and flour, add a little hot soup, and stir until smooth. Add the remaining soup, and salt and pepper to season. Heat to boiling point, and then cook in the double boiler about 10 minutes.

Cottage Cheese Salad

1/2 head lettuce
1/4 pound cottage cheese
4 ounces dates
3 tablespoons French dressing

Wash and arrange the lettuce leaves on individual plates. Wash the dates and remove the stones. Mix sufficient milk with the cottage cheese to soften it, and add a little salt.

Arrange the cheese on the lettuce leaves and place the chopped dates over it. Serve with French dressing.

French Dressing

2 tablespoons oil
Salt
1 tablespoon vinegar
Pepper

Beat the ingredients together thoroughly just before serving.

Fruit Cup

1 tablespoon sugar
1/4 cup water
3 oranges
2 apples
1 banana

Make a sirup by boiling the sugar and water together. Peel the oranges, and cut into pieces. Pare the apples and cut into pieces. Skin and scrape the bananas and slice them. Mix the fruit and pour the cooled sirup over the fruit. Chill well before serving.

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Wednesday

Breakfast

Oatmeal
Top Milk - Sugar
Toast - Butter
Coffee - Milk

Dinner

Broiled Haddock
Baked Onions in Tomato Sauce
Baked Potatoes
Bread - Butter
Milk
Oatmeal Cookies

Supper

Corn Chowder (cereal for Baby)
Egg Salad
Bread - Butter
Tea - Milk

RECIPES

Broiled Haddock

1 pound haddock
1 tablespoon butter
Salt
Pepper

Wash the fish and wipe it dry. Lay the fish skin side down on an oiled shallow pan. Sprinkle with salt and pepper and dot with the butter. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Or fish may be pan-broiled. Serve on a hot platter and pour the drippings over the fish.

Baked Onions in Tomato Sauce

1 quart can tomatoes
1 bay leaf
2 teaspoons salt
1/4 teaspoon celery seed
2 cloves
6 medium sized onions
2 tablespoons flour
2 tablespoons fat
Dash of pepper

Cook the tomatoes with the seasonings for 10 minutes. Blend the flour and melted fat. Add some of the tomatoes to this. Mix well and stir into the tomatoes in the pan. Skin and cut the onions in half and put them in a large baking dish. Strain the tomato sauce over them. Add more salt if needed. Cover and cook until the onions are tender, about 1 hour.

Corn Chowder

1 quart diced raw potatoes
1 pint boiling water
4 tablespoons diced salt pork
1 onion, chopped
2 cups canned corn (#2 can)
1 pint milk
1/2 teaspoon salt
Pepper
2 tablespoons chopped parsley
Celery

Cook the potatoes in the boiling salted water for 15 minutes. Fry the salt pork until crisp. Remove the pork and cook the onion about 2 minutes in the fat. Add the onion and corn to the potatoes. Cook until the potatoes are tender. Add the milk, salt, and pepper, Bring the mixture to the boiling point and add the crisped salt pork, chopped parsley or celery. Serve over toast.

Egg Salad

4 hard cooked eggs
1/2 head lettuce
2 tablespoons French dressing

Remove the shells and cut the eggs in half. Place the eggs on crisp lettuce and pour the dressing over the eggs and lettuce.

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Thursday

Breakfast

Rice
Top Milk - Sugar
Toast - Butter
Coffee - Milk

Dinner

Meat Stew
Bread - Butter
Milk
Applesauce

Supper

Scrambled Eggs
Baked Potatoes
Stewed Tomatoes
Bread - Butter
Tea - Milk
Gingerbread

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Meat Stew

1-1/2 pounds meat
1 onion, chopped
1/2 pound carrots, diced
1/2 pound turnips, diced
1 pound potatoes, diced
Salt
Pepper

Wipe the meat with a damp cloth and cut it into small pieces. Try out the meat fat in a frying pan. Roll the meat lightly in flour, and put it in the fat in the pan with the onion. Stir and cook, until both are brown. Add 1 quart of water, cover, and simmer until the meat is almost tender. Add the diced vegetables and continue the cooking until the meat and vegetables are tender. Season with salt and pepper to taste and serve very hot.

Apple Sauce

10 apples
1 cup hot water
8 tablespoons sugar
Cinnamon
Salt

Wash the apples well, remove the stem and blossom ends and cut the apples into thin slices. Add the water, cover and cook quickly until the apples are soft.

Press through a colander, add the sugar and a little cinnamon and salt. Serve hot or cold.

Scrambled Eggs

4 eggs
4 tablespoons milk
Salt
Pepper

Beat the eggs slightly with a fork. Add the milk and pour the mixture into the top of a double boiler which has been rinsed in cold water. Cook and stir until the egg is jelly like. Season with salt and pepper to taste and serve at once.

Stewed Tomatoes

One #3 can of tomatoes, salt, and pepper. Heat and serve.

Gingerbread

2 cups sifted flour
1/2 tablespoon ginger
1/2 tablespoon cinnamon
1/2 teaspoon soda
1/2 teaspoon salt
3/4 cup baking molasses
3 tablespoons cooking oil
1 egg
1/2 cup milk
1/4 cup water

Sift the dry ingredients together twice. Add the molasses, oil, beaten egg, milk, and water. Stir until well mixed. Pour the batter into a shallow oiled pan and bake in a moderate oven about 25 minutes. Serve hot.

Friday

Breakfast

Stewed Prunes
Whole Wheat Porridge
Top Milk - Sugar
Bread - Butter
Coffee - Milk

Dinner

Macaroni and Cheese
Beets
Lettuce Dressing
Toast - Butter
Milk
Left-over Gingerbread

Supper

Vegetable Plate (Cereal for baby)
Baked Stuffed Potato
Creamed Carrots
Boiled Turnips
Bread - Butter
Tea - Milk
Chocolate Pudding

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RECIPES

Macaroni and Cheese

1-1/2 cups macaroni (6 ounces)
1/8 pound cheese
2 tablespoons fat
2 tablespoons flour
2 cups milk
1 teaspoon salt
1 cup bread crumbs

Wash the macaroni and cook it in boiling salted water until tender, and drain. Make a white sauce of the fat, flour, milk, and salt. Add the cheese and stir until melted. Mix the macaroni with the sauce. Pour into a greased baking dish, cover with the crumbs,and bake in a moderate oven until brown on top.

Baked Stuffed Potato

5 potatoes
1 tablespoon fat
2 tablespoons hot milk
1 teaspoon salt

Bake the potatoes in a moderately hot oven until tender. Cut the potatoes in half; remove the potato and mash or press through a ricer. Add the fat, milk, and salt, and beat until light. Lightly fill the shells with this mixture, and heat in the oven until hot and lightly browned.

Creamed Carrots

3/4 pound carrots
2 tablespoons fat
1/2 teaspoon salt
2 tablespoons flour
1 cup milk

Wash and scrape the carrots and cut them into strips. Cook until tender in a small quantity of boiling salted water, and drain. Make a sauce of the fat, salt, flour, and milk, and pour over the carrots and serve at once.

Boiled Turnips

1/2 pound turnips
Salt
Pepper

Pare and dice the turnips and cook them in a small quantity of lightly salted boiling water, When tender, drain and season with salt and pepper.

Chocolate Pudding

2 cups milk
2-1/2 tablespoons cornstarch
4 tablespoons sugar
1/8 teaspoon salt
2 tablespoons cocoa
Few drops vanilla

Heat the milk in a double boiler. Mix the cornstarch, sugar, salt, and cocoa together. Add the scalded milk slowly, stirring all the time. Cook in a double boiler until the mixture thickens. Cover and cook for 30 minutes. Beat well. Add vanilla and pour into a dish, which has been rinsed in cold water and allow the pudding to chill before serving.

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Saturday

<u>Breakfast</u>

Oatmeal
Top Milk -Sugar
Toast - Butter
Coffee - Milk

Dinner

Seasoned Beans
Baked Brown Bread
Five-minute Cabbage
Milk - Butter
Applesauce

Supper

Creamed Chipped Beef
Boiled Potatoes
Carrots
Bread - Butter
Tea - Milk

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Seasoned Beans

1-1/4 cups Navy beans
3 tablespoons molasses
1 tablespoon sugar
1 small onion
1/2 teaspoon mustard
1 teaspoon salt

Wash the beans well, then soak them over night in water to cover. In the morning, drain and add sufficient fresh water to cover. Add the molasses, sugar, onion, mustard, and salt. Simmer until the beans are tender but not broken, adding a little hot water if necessary to have the beans the right consistency.

Brown Bread

3/4 cup Graham flour
1/2 cup white flour
1/4 cup yellow corn meal
1/2 teaspoon salt
1 teaspoon soda
1/2 cup molasses
1 cup sour milk

Mix the dry ingredients well. Add the molasses and milk and mix thoroughly. Pour into a greased bread pan and bake in a moderate oven for 45 minutes.

Five-minute Cabbage

Double the amounts given in the recipe for cooked cabbage found among Monday's recipes.

Creamed Chipped Beef

2 tablespoons fat
1/4 pound dried chipped beef
2 tablespoons flour
2 cups milk

Melt the fat and add the beef and when crisp, sprinkle the flour over the beef. Cook until the flour is lightly browned. Add the cold milk, stir rapidly until thickened, and then cook a few minutes longer. Serve over boiled potatoes.