

## Pizza Sauce

3 tablespoons olive oil	1 tablespoon dried oregano, crumbled
1 cup finely chopped onions	1 tablespoon fresh or 1 teaspoon dried basil, crumbled
1 tablespoon finely chopped garlic	1 bay leaf
4 cups Italian plum or whole-pack tomatoes, coarsely chopped but not drained	2 teaspoons sugar
1 6-ounce can tomato paste	1 tablespoon salt
	Freshly ground black pepper

Cook finely chopped onion in olive oil over moderate heat 7 to 8 minutes until soft and transparent but not brown. Add garlic and cook another 1 or 2 minutes, stirring constantly. Then stir in tomatoes and their liquid, tomato paste, oregano, basil, bay leaf, sugar, salt and a few grindings of black pepper. Bring to a boil and simmer uncovered about 1 hour.

When finished the sauce should be thick and fairly smooth. If you wish a smoother texture puree the sauce through a food mill or rub it through a sieve with the back of a large wooden spoon. Makes about 3 cups.

## Stir-Fried Rice

1 cup long-grain rice	½ cup chopped bell pepper
3 eggs	2 cloves garlic, crushed
¼ cup peanut oil	2 cups thinly sliced cooked meat
1 cup chopped onion	¼ cup soy sauce
1 cup chopped celery	

While preparing the dish, allow meat to marinate in soy sauce. Cook rice according to package directions. In a large skillet heat the oil. Add onion, celery, bell pepper and garlic and heat, stirring, for about 3 minutes. Push vegetables aside. Beat the eggs slightly, cook in skillet (beside the vegetables but not mixed in) pancake style until well set. Remove eggs from pan and set aside. Add meat and rice to pan and stir for about 2 minutes, heating the meat throughout. Cut eggs into thin strips and add to skillet mixture. Serve. Makes about 4 servings.

## Chow Mein or Chop Suey

2 cups each sliced onions and celery	3 tablespoons soy sauce
1 tablespoon vegetable oil	1 tablespoon molasses
2 cups diced leftover cooked meat or poultry	1 can (19 ounces) bean sprouts, drained
2 cups chicken broth or 2 chicken bouillon cubes dissolved in 2 cups boiling water	3 tablespoons cornstarch
	Chow-mein noodles or hot cooked rice

Sauté onions and celery in the oil until crisp-tender. Add next 5 ingredients. Simmer 5 to 10 minutes. Stir in cornstarch blended with a small amount of cold water and cook, stirring, until thickened. Serve on noodles for Chow Mein or rice for Chop Suey. Makes 4 to 6 servings.