

Macaroni Sauté

2 cups elbow macaroni (8 ounce package), uncooked	1 can (6 ounce) tomato paste
½ cup chopped onion	2½ cups water
½ cup chopped green pepper	1 teaspoon salt
1 clove garlic, minced	¼ teaspoon pepper
½ cup vegetable oil	2 teaspoons Worcestershire sauce

Sauté raw macaroni, onion, green pepper and garlic in hot vegetable oil till macaroni turns slightly yellow. Add remaining ingredients and bring to a boil. Cover and simmer over low heat about 20 minutes. Stir occasionally. 6 servings.

Macaroni Beef Sauté: Sauté 1 pound ground beef with the macaroni. Increase the salt to 1½ teaspoons. This is a meal in itself – just needs lettuce salad or a fruit dessert.

Stuffed Cabbage in Tomato Sauce

12 large cabbage leaves	¼ teaspoon pepper
1 pound ground beef	1 egg
1 cup cooked rice	2 to 3 tablespoons vegetable oil
2 tablespoons finely chopped onion	2 cans (8 ounce size) tomato sauce
1 teaspoon caraway seed	¼ cup water
1 teaspoon salt	

Blanch or partially cook cabbage leaves in boiling salted water. It takes just about 2 minutes. Remove and drain. Combine next 7 ingredients. Divide meat mixture into 12 portions and wrap each portion in a cabbage leaf. Tie lightly with string. In a large skillet or fryer, brown cabbage rolls lightly in 2 tablespoons vegetable oil, adding more oil if necessary. Reduce heat; add tomato sauce and water. Cover and cook about 40 minutes. 6 servings.

Cabbage Beef Rolls

1 cup chopped onion	¼ teaspoon pepper
½ cup uncooked long grain rice	2 cans (8 ounces each) tomato sauce
2 tablespoons butter or margarine	6 large cabbage leaves
1 pound ground beef, chuck or round	¾ cup water
1¼ teaspoon salt	2 tablespoons brown sugar
½ teaspoon chili powder	1 tablespoon lemon juice
½ teaspoon dry mustard	½ cup shredded American cheese

Cook onion and rice in butter or margarine in 10" covered skillet until onion is tender, stirring frequently. Add beef, salt, chili powder, mustard, pepper and ½ cup tomato sauce; mix well. Divide into 6 equal portions.

Cut the stiff ridge from the back of each cabbage leaf. Dip 2 leaves in boiling water at a time and remove as soon as they are limp; drain and chill in cold water. Drain one leaf at a time and place a portion of meat mixture to one end of cabbage leaf; roll up folding the sides in over meat mixture. Repeat 5 times. Arrange in skillet. Add remaining tomato sauce, ½ cup water, brown sugar and lemon juice; cover and cook until meat and rice in leaves are done, about 1 hour. Transfer rolls to serving dish; keep warm. Add remaining ¼ cup water and cheese to pan drippings; heat and stir until cheese melts and mixture is smooth. Spoon over cabbage rolls. Makes 6 servings.