

14. Meats

Barbecues Spareribs.....	14.1
Pork and Sauerkraut with Tomatoes.....	14.1
BBQ Pork Chops.....	14.1
Pork Chops ‘N Stuffing	14.2
Pork Chop and Potato Scallop	14.2
Sausage and Peppers.....	14.2
Hamburger Steak in Mushroom Gravy.....	14.3
Short Ribs of Beef.....	14.3
Spicy Short Ribs	14.3
Beef Stroganoff Bake.....	14.4
Beef Stroganoff.....	14.4
Easy Beef Stroganoff	14.4
Souper Stroganoff	14.5
Stuffed Green Peppers (Microwave)	14.5
Stuffed Peppers	14.5
Macaroni Sauté	14.6
Stuffed Cabbage in Tomato Sauce.....	14.6
Cabbage Beef Rolls.....	14.6
Meat Loaf.....	14.7
Ann Lander’s Meat Loaf.....	14.7
Basic Meat Loaf.....	14.7
Meat Loaf.....	14.8
Saturday Night Special	14.8
Teriyaki Steak	14.8
Joe’s Special.....	14.9
Salisbury Steak.....	14.9
Green Pepper Steak.....	14.10
Pepper Steak.....	14.10
Swiss Steak	14.10

(Continued)

Swiss Steak with Vegetables	14.10
Beef Burgundy	14.11
Oven Swiss Steak.....	14.11
London Broil.....	14.11