

Vegetables and Side Dishes

Brown Rice-

- 1½ cups rice
- 1 stick margarine
- 1 teaspoon salt
- ½ cup chopped onion
- 1 can Beef Consommé Soup
- 1 can Beef Bouillon Soup
- 1 can sliced mushrooms (optional)

Brown the rice and onion in margarine over medium-high heat on stove. Place in casserole dish. Add other ingredients and bake for 1 hour at 375 degrees.

Corn Casserole-

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk

Make a cream sauce with above ingredients by melting butter in sauce pan, adding flour, slightly browning over medium heat while stirring constantly, then adding milk while whisking swiftly.

- 1½ cups sharp cheese, grated
- 2 eggs, beaten
- 2 ½ cups corn, fresh or frozen
- 1 onion, very finely grated
- 1 teaspoon sugar
- salt and pepper to taste
- crushed saltines

Add above ingredients to cream sauce. Save ½ cup of the cheese for top of casserole; add the remaining 1 cup of cheese and a few crushed saltines to sauce mixture. "Dot" with several small chunks of butter. Put cheese on top. Bake at 300 degrees for 1 hour.