DAWN RECIPES:

Ground Beef to the Rescue

When the food budget is scraping bottom or there isn't much time to prepare a meal, it's ground beef to the rescue every time.

Economy-minded cooks will be pleased to know that while most food items have risen in price, ground beef costs have remained stable.

As little as one-half pound of ground beef can save a cook's reputation when four servings of a hurry-up entree are needed. Ground beef is remarkably stretchable and combines well with most pantry staples.

Condensed soup makes complicated recipes a possibility in minutes by providing a sauce or a blending of flavors that would take an extra hour or two of preparation. Its dependability assures success every time, which is the kind of insurance any cook appreciates.

As an example of what can be done with ground beef and canned condensed soup, try Carne de Vaca Chili. It takes only about 15 minutes to make and yields four servings of a skillet dish that is good and hearty.

To ground beef browned with onion are added chili beef soup, cooked elbow macaroni, canned tomatoes and chili powder. The combination is spicily hot and satisfying.

For a patio lunch or dinner, there's a recipe that serves six—Hot Beefy Barbecue Buns. In this quick and easy skillet meal, the ground beef is browned with onion and green pepper.

CARNE DE VACA CHILI

½ pound ground beef
½ cup chopped onion
1 can (11¼ ounces) condensed chili beef soup
2 cups cooked elbow macaroni
1 can (about 16 ounces) tomatoes, cut up
1 tablespoon chili powder

In skillet, brown beef and cook onion until tender (use shortening if necessary). Stir to separate meat; pour off fat. Add remaining ingredients; cook over low heat 10 minutes.

Stir occasionally. Makes about 5 cups, 4 servings. This is also delicious served cold.

BEEFY BARBECUE BUNS

1 pound ground beef
½ cup chopped onion
1 can (11½ ounces) condensed bean with bacon soup
¼ cup chopped green pepper
½ cup barbecue sauce
1-3 cup water
1 tablespoon brown sugar
Dash pepper
6 hamburger buns, split and toasted

In skillet, brown beef and cook onion and green pepper until tender (use shortening if necessary). Stir to separate meat; pour off fat.

Stir in remaining ingredients. Heat; stir occasionally. Serve on buns. Makes 6 sandwiches.

Rich, Real Mayonnaise from KRAFT.
Specially blended over 3,000 times for creamy smoothness. Adds a special, flavorful accent to all things good...from crisp salads to hearty dips.
Rich KRAFT Real Mayonnaise. Big hit. No errors.

CONEY ISLAND POTATO SALAD

6 cups chopped cooked potatoes
4 ozs. KRAFT Longhorn Style Natural Colby Cheese, cut into strips
½ lb. frankfurters, cut into 1-inch pieces
½ cup chopped onion
½ cup celery slices
½ cup KRAFT Real Mayonnaise
½ cup pickle slices
2 tablespoons chopped pimiento
½ teaspoon salt
½ teaspoon pepper

Combine ingredients; mix lightly. Chill. Add additional mayonnaise and garnish with celery leaves before serving, if desired.
4 to 6 servings

KRAFT Real Mayonnaise

KRAFT ...Great Food and Great Food Ideas.

© 1982 KRAFT, INC.