



# FEED BAG

## RECIPES and HELPS

by Pauline Murphy

### E Z Fruit Salad

- 1 large can drained sliced pineapple, cut in bite pieces
- 2 cans mandarin oranges left whole or cut in half, drain juice
- 1 cup coconut
- 1 cup of mini marshmallows
- sour cream

In oblong glass dish or bowl, place everything but sour cream, stir well then spread sour cream on top like frosting. Cover and chill in refrigerator. At serving time, bananas may be added if desired. Without the bananas this salad will keep for several days, but drain off any juice. Very good.

### Buttermilk Pan Rolls

- 2 packages (1/4 ounce each) active dry yeast
- 1/4 cup warm water (110 -115 D.)
- 1 1/2 cups warm buttermilk (110-115 D.)
- 1/2 cup salad oil
- 3 tbs. sugar
- 4 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1/2 tsp. salt

In a large mixing bowl, dissolve yeast in warm water. Add buttermilk, oil and sugar. Combine flour, baking soda and salt; add to yeast mixture and beat until smooth. Do not knead. Let stand for 10 minutes. Turn dough onto a lightly floured surface, punch down. Shape into 24 balls and place in two greased 9 in. square baking pans. Cover and let rise in a warm place until doubled, about 30 minutes. Bake at 400D for 20 minutes or until golden brown. Yield 2 dozen. Note buttermilk will appear curdled.

### Green Bean Salad

- 1 large can Del Monte seasoned French cut green beans
- 1 large can LeSueur English peas
- 1 cup finely chopped celery
- 1 medium chopped onion

Drain beans and peas then mix with celery and onion. Marinate for several hours or overnight with following dressing:  
 1/2 cup sugar  
 1/4 cup salad oil  
 1/4 cup vinegar  
 1 tsp. salt  
 Refrigerate for 2-3 weeks.

### Spicy Cocoa Sloppy Joes

- 1 1/2 pounds lean ground beef
- 1 1/2 cups chopped onion
- 1 cup ketchup
- 2 tbs. cocoa
- 1 tbs. yellow mustard
- 2 1/2 tsp. chili powder
- 1 1/2 tsp. black pepper
- 1 1/4 tsp. salt
- 8 hamburger buns

Cook meat and onion in large nonstick skillet for 15 minutes or until brown. Drain fat off, stir in ketchup, cocoa, mustard, chili powder, black pepper and salt. Stir and heat until hot; serve on buns.

Proverbs 11:30: *The fruit of the righteous is a tree of life; and he that winneth souls is wise.*

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