

**COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS**

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**VEGETABLES**

**AND**

**THEIR PREPARATION**



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## FOOD VALUE OF VEGETABLES

Vegetables occupy an important place in a well chosen diet. A carefully selected diet is one that provides for a liberal supply of minerals, vitamins and roughage, along with adequate amounts of protein and fuel foods.

Vegetables supply all of these elements. Their outstanding contributions to the dietary, however, are minerals, vitamins and roughage.

**Minerals** are essential for the building of tissues and for regulating body processes and activities. Some are more important and are needed in greater amounts than others. These are calcium (lime), phosphorus, iron and iodine.

Calcium is necessary for good teeth and good bone growth, and for good muscle and nerve tone. It helps the body to make the best use of iron, thus improving the blood supply and aids in regulating disturbances caused by incorrect proportion of other elements.

Phosphorus is a part of every cell of the body so is needed in good amounts to promote growth and keep body cells repaired. It is an important factor in bone growth as well as of the soft tissues. Phosphorus also helps to neutralize the blood.

Iron enables the blood to make red corpuscles. It is also a part of all active cells of the body so is important to good nutrition.

Iodine is essential to the proper functioning of the thyroid gland and is necessary for normal growth and health. A very small quantity is all that is required and will be assured if a wide variety of vegetables are used.

Authorities tell us that if these four mineral elements are included in the diet in good amounts that we need not be concerned about the others. They will be supplied by the same foods that furnish these four elements.

**Vitamins** are those substances in food which are so necessary for promoting growth, preventing disease, regulating body processes and for reproduction. Vegetables, particularly the green leafy ones, are an excellent source of most of the vitamins. Each vitamin has a specific preventive and curing quality which will not be discussed here. In addition to these qualities they play an important part in normal health.

Vitamin A increases resistance to disease, especially of the respiratory tract. Vitamin B stimulates the appetite and promotes good digestion and assimilation. Vitamin C helps to build strong teeth and aids in healing wounds and preventing skin disorders. Vitamin D is important for good bone formation and the best utilization of lime by the body. Vitamin E is necessary for reproduction. Vitamin G is the pellagra preventive factor.

**Roughage** or cellulose is found in all vegetables, particularly in the succulent and fibrous vegetables such as cabbage, tomatoes, string beans, lettuce, all greens and celery. This roughage induces proper elimination of waste by encouraging the muscular movements of the intestines which cause the contents to move along. They may also contain compounds with a laxative effect. In addition to assisting good elimination a liberal use of this type of vegetable lessens the tendency to overeat of the more concentrated foods.

**Protein**, carbohydrates (starch and sugar) and fats are generally found in adequate amounts in the average diet. Therefore, it will be unnecessary to discuss these elements at length in this leaflet. However, it is well to know that vegetables have very little protein in proportion to their weight, except navy beans and dried peas and the quality of their protein is poor. By this we mean they are proteins lacking in some of the elements necessary for best growth. Little is known of the efficiency of the proteins of

fresh vegetables, but it is believed that the protein of leafy vegetables are of better quality than those found in navy beans and peas, but only small amounts are present. For these reasons vegetables should not be depended upon for much of the protein content of the diet. The protein of animal foods should be the chief source of protein.

**Carbohydrate** vegetables are those supplying starch and sugar for energy. They are Irish and sweet potatoes, dried beans and peas of all kinds, corn, beets and parsnips. It is well to have a part of the starch of the diet supplied from vegetables, especially potatoes.

### DAILY REQUIREMENTS

Good health, as far as vegetables are concerned, should be obtained by a daily use of two vegetables in addition to potatoes and dried beans and peas. It is desirable that one of the vegetables be a leafy vegetable. A leafy vegetable every day is quite ideal. It is also desirable to have either a raw vegetable or fruit each day.

Children should be taught to like all kinds of vegetables. The best method for doing this is to acquaint them with flavors while they are young. Begin in infancy. Another good method is for the grown-ups in the family to set a good example by eating all kinds of vegetables and being enthusiastic about vegetables.

### COMPOSITION

Below are lists of vegetables ranking well in mineral matter—Sherman.

#### I. Calcium-giving Vegetables

Calcium aids in building bones

Cauliflower	Turnips	Carrots	Beets
Celery	Cabbage	Parsnips	Dried Peas
Spinach	String beans	Onions	Lima beans
Lettuce	Asparagus	Tomatoes	Potatoes
			Squash

#### II. Phosphorus-giving Vegetables

Phosphorus helps to build all the tissues of the body

Spinach	Turnips	Cabbage	Onions
Celery	Parsnips	Tomatoes	Carrots
Lettuce	String beans	Fresh peas	Sweet corn
Cauliflower	Dried beans	Dried peas	Potatoes

#### III. Iron-giving Vegetables

Iron helps to build red corpuscles in the blood

Spinach	Beans (string)	Beans (dried)	Turnips
All greens	Peas	Squash	Onions
Lettuce	Cabbage	Tomatoes	
Asparagus	Celery	Carrots	

#### IV. Potassium-giving Vegetables

Potassium helps to build cells

Spinach	Cabbage	Beets	String beans
Lettuce	Parsnips	Asparagus	Potatoes
Celery	Turnips	Cauliflower	Radishes
Tomatoes	Corn (green)	Carrots	Onions

## V. Magnesium-giving Vegetables

Magnesium aids in building nerves

Spinach	Parsnips	Beets	Cauliflower
Celery	Cabbage	Turnips	Fresh peas
String beans	Carrots	Dried beans	Lettuce
Asparagus	Tomatoes	Onions	
Lima beans			

## CHIEF SOURCES OF VITAMINS IN VEGETABLES

A	B	C	D	E	G
Spinach	Asparagus	Tomatoes	Leafy	Leafy	Tomato
All greens	Navy beans	Lettuce	Vegetables	Vegetables	
Cabbage	Tomatoes	Raw			
Tomatoes	Spinach	cabbage			
Carrots	All greens	Raw			
Lettuce	Carrots	carrots			
Parsnips	Cabbage	Raw onions			
Cauliflower	String	Raw			
String	beans	rutabagas			
beans	Potatoes	Raw			
Sweet	Rutabagas	spinach			
potatoes	Beets	Turnips			
	Turnips	Potatoes			
	Celery	Sweet			
	Radishes	potatoes			
	Parsnips	Canned			
	Sweet	peas			
	potatoes				
	Onions				
	Lettuce				
	Peas				
	Cauliflower				

### REMEMBER

That Vegetables:

1. Furnish minerals for body regulation and body building.
2. Are alkaline in reaction and help to keep body tissues and blood neutral.
3. Are important sources of vitamins.
4. Help to prevent constipation.
5. Furnish some energy and protein.
6. Give variety to the diet.
7. Are appetizing when attractively prepared and served.
8. Should be properly cooked when cooked.
9. Should be used liberally by all members of the family each of the 365 days of the year.
10. Should be produced and canned and stored in quantities that will make it possible to have the required amount each day.

## **SELECTION AND PREPARATION FOR COOKING**

1. Select vegetables that are fresh, firm, sound and medium in size for cooking.
2. Remove insects by placing in water to which salt or vinegar has been added.
3. Wash thoroughly.
4. When peeled they should be peeled thinly. Much of the minerals lie near the surface. Scraping removes less of the minerals than paring.
5. If it is necessary to prepare mildly flavored vegetables, such as potatoes some time before cooking, add water to cover to prevent discoloration.
6. Do not cut up in small pieces and allow to stand in cold water. Much of the mineral and vitamin content is lost in this way.

## **COOKING OF VEGETABLES**

If vegetables are to be used and enjoyed to their full extent, they must be carefully prepared. They must look well and taste well. It is amazing to note the great difference in color, texture, flavor and palatability of uncooked and cooked vegetables. Most housewives still overcook vegetables.

Over cooking:

- (a) Destroys color.
- (b) Destroys their pleasant flavors.
- (c) Breaks down texture.
- (d) Destroys vitamins.
- (e) Causes discomfort in digestion.

Recent research conducted by Halliday and Noble of Chicago University gives us much help with this problem of cookery. The principles of cookery set forth in this leaflet are in accord with their findings.

1. Start all vegetables in rapidly boiling water which has been boiling several minutes to drive out the air. Bring the water to boiling point again as rapidly as possible. Cooking vegetables in the presence of oxygen affects their vitamin content to some extent, especially vitamin C.

2. Cook vegetables until just tender and done, no longer. (10-25 minutes after they begin to boil is long enough for most vegetables.)

3. Leave the lid off for strong juiced vegetables such as cabbage, onions, cauliflower, turnips and for green vegetables. This allows certain acids and gases to escape, which makes for better flavor, better color and digestibility.

4. Use 1 teaspoon of salt to 1 quart of water. Add salt early if you wish to increase color. (Exceptions: red vegetables, such as beets and red cabbage and white vegetables such as celery, white cabbage, turnips and yellow onions.) Alkali turns red vegetables a brownish color and turns white vegetables a yellowish color.

5. Cook mild flavored vegetables such as peas, celery, carrots, etc., in just enough water to cover. Do not drain, let water cook down being careful not to scorch.

6. Boil strong juiced vegetables such as onions, cabbage and cauliflower rapidly in a large volume of water. Drain. It is sometimes advisable to change the water on cabbage and onions. Cook beets as a strong flavored vegetable, leaving them whole and with one inch of stem.

7. Add no water in cooking spinach. The water clinging to the leaves after washing is sufficient. Use a low heat to wilt greens, turning them frequently in the kettle. Add salt during the wilting process. A few minutes' cooking after the wilting is usually enough. Most greens can be cooked in this way. However, mustard greens and turnip tops need to be cooked as a strong juiced vegetable.

8. Do not add soda in cooking vegetables. (Exception: Navy beans.) It injures flavor, texture and vitamins.

9. Vegetables that are mild in flavor and white, yellow or red may be steamed successfully. Steaming green vegetables causes them to turn a brownish color.

10. Cook all vegetables in small amounts of water (except strong juiced vegetables). This saves a loss of minerals and vitamins. Since vitamins B and C are both soluble in water, much of them is dissolved if they are cooked in water. Practically all of vitamin B may be saved by using the water the vegetable was cooked in; but vitamin C is almost completely destroyed by oxidation during the process of cooking. The acid in tomatoes helps them to retain vitamin C so we consider them a good source of C even after being cooked. If cabbage is cooked quickly, it also retains some of vitamin C. Vitamins A, D, and E are more stable and not so much of them is lost in cooking.

11. Cook vegetables whole or in large pieces and in the skins as often as possible. More of the food value is retained when so prepared.

## METHODS OF COOKING VEGETABLES

**Baking.** There is no better method of preparing vegetables for retaining food value and flavor than baking in the skin. Those vegetables best suited for baking on the rack or on a pan are white and sweet potatoes, parsnips, beets, carrots, pumpkins, squash and salsify. Serve at once with butter or cream or scallop them.

Vegetables that are not suited for baking in the skin on the rack, may be baked in a casserole. Prepare as for boiling and place in baking dish with a tight cover. Add a very small amount of hot water and salt. Bake until tender. Add butter as soon as taken from oven. Combinations of vegetables are very good when baked in this manner. Some very nice combinations are: tomatoes and okra, carrots and peas, tomatoes, onions and celery.

**Steaming** is the next best method for conserving food value and flavor. The same vegetables mentioned above for baking, also steam nicely. It is not a good method for green vegetables because the volatile acids are retained and change them to a brownish color. Season as you would baked vegetables.

**The Waterless Cooker** is really a form of steaming and is best suited for those vegetables containing enough water to keep them from burning.

**Steaming Under Pressure** is the next best method. It is an especially efficient method for vegetables that require long cooking.

**Boiling in the Skins** ranks fourth as an approved method for retaining food value and flavor.

**Boiling**, with the skins removed, ranks next.

Cooking just until tender and done is the chief factor for success with any of the methods discussed. The time must be varied according to the age and size of the vegetable. Planning cooking periods so that the vegetables may be served as soon as done, adds much to their appearance and palatability.

**TIME TABLE FOR BAKING VEGETABLES.**

Vegetable	Temp.	Time
Lima beans	450° F.	45 Min.
Lima beans	250° F.	75 Min.
Green string beans	450° F.	75 Min.
Beets. (dry in skins)	450° F.	70 Min.
Brussels sprouts	450° F.	60 Min.
Cabbage (covered with water)	450° F.	45 Min.
Carrots	450° F.	30 Min.
Cauliflower (covered with water)	450° F.	45 Min.
Celery	450° F.	60 Min.
Corn (cut from cob)	450° F.	30 Min.
Mushrooms	400° F.	45 Min.
Onions	400° F.	40 Min.
Parsnips (sliced)	450° F.	30 Min.
Green peas	450° F.	45 Min.
Green peas	250° F.	65 Min.
Stuffed peppers	400° F.	35 Min.
Small potatoes (in skin)	500° F.	25 Min.
Medium potatoes	500° F.	40 Min.
Large potatoes	500° F.	60 Min.
Squash (3 inch square)	450° F.	60 Min.
Stuffed tomatoes	400° F.	35 Min.
Whole turnips (dry)	450° F.	60 Min.
Cut turnips	450° F.	35 Min.
Casserole of Vegetables	350° F.	120 Min.

—Good Housekeeping Magazine

**TIME TABLE FOR STEAMING AND BOILING VEGETABLES**

Vegetable	Boil	Steam
Asparagus	10 to 20 Min.	15 to 30 Min.
Beans, string	60 to 90 Min.	60 to 90 Min.
Beans, Lima	60 to 90 Min.	60 to 90 Min.
Beans, Navy	3 hours	3 hours
Beets (young)	35 to 60 Min.	35 to 60 Min.
Brussels sprouts	15 to 20 Min.	15 to 30 Min.
Cabbage	10 to 20 Min.	15 to 25 Min.
Carrots	20 to 40 Min.	20 to 40 Min.
Cauliflower (whole)	15 to 25 Min.	15 to 25 Min.
Cauliflower (flowerets)	10 to 14 Min.	10 to 15 Min.
Celery	15 to 25 Min.	20 to 30 Min.
Chinese Cabbage (outer leaves)	50 Min.	50 Min.
Corn (green)	7 to 12 Min.	7 to 12 Min.
Greens		
Onions	12 to 25 Min.	20 to 45 Min.
Peas (green)	17 to 20 Min.	17 to 20 Min.
Potatoes (white)	35 to 45 Min.	35 to 45 Min.
Parsnips	25 to 45 Min.	30 to 45 Min.
Spinach	10 to 20 Min.	10 to 20 Min.
Squash (summer)	15 to 40 Min.	15 to 40 Min.
Squash (winter)	50 to 60 Min.	50 to 60 Min.
Tomatoes	15 to 20 Min.	15 to 20 Min.
Turnips (whole)	35 to 45 Min.	35 to 45 Min.
Turnips (diced)	20 to 25 Min.	20 to 25 Min.

—Good Housekeeping Magazine.

## VARIOUS WAYS OF SERVING VEGETABLES

**Buttered.**—There is not a more wholesome, appetizing or attractive method of serving cooked vegetables again and again, than with plain butter. Use about 3 to 4 tablespoons of butter to one pint of hot vegetables. Spread over the top and allow it to run through as it melts. If necessary mix lightly with a fork. The vegetable may be used whole, cubed or mashed and should be served hot. Sweet cream may be used instead of butter or for a part of the butter. Any vegetable properly cooked should be delicious buttered. Cabbage, onions, beets, carrots, cauliflower, peas, string beans, celery, potatoes, squash, etc. are particularly good buttered.

**Creamed.**—A vegetable is creamed when served with a white sauce. Use one cup of sauce to two cups of vegetables. Vegetables are usually cubed or sliced for creaming, but may be used whole. Example: New potatoes in cream sauce.

### Medium White Sauce

2 T. butter	½ t. salt
2 T. flour	1 C. milk

Melt butter, add flour and salt and stir until smooth. Add milk and stir until smooth and cook for 5 minutes. Vegetable stock may be used for a part of the milk.

For thin white sauce decrease the flour to 1 T.

For thick sauce increase the flour to 2½ or 3 T.

### Variations:

1. Tomato sauce. Substitute 1 cup tomato juice for the milk. Very good with cabbage, onions and lima beans.
2. Cheese sauce. Add ½ cup grated cheese to the white sauce. Very good on string beans, potatoes, rice or macaroni. Most all vegetables may be creamed at times for a change. Greens (exception spinach) are not so good with cream sauce.

**Scalloped.**—Scalloped vegetables are creamed vegetables put into a buttered baking dish, covered with crumbs and browned. Sometimes the product is arranged in layers. A layer of cooked vegetable, a layer of sauce, another layer of vegetable, sauce, etc. Vegetables may be scalloped when cooked or raw.

**Baked.**—Wash the vegetable and place on a rack or in a pan in a moderate oven. Cook until tender. Remove and serve hot with butter. They may be served whole or be cut into small pieces or mashed. Pierce the skin of potatoes as you remove from the oven to prevent soginess.

**Soups.**—No. 1. Combine a mashed or strained vegetable with a thin white sauce, using two cups white sauce to one cup of vegetables. Tomatoes, celery, spinach, potatoes and peas are especially suited for cream soups.

No. 2. Use a rich meat stock for the foundation. Add to it one or several diced raw or cooked vegetables. Any combination of vegetables may be used. Potatoes, tomatoes, onions, carrots, celery or cabbage is an excellent combination.

**Boiled with Meat.**—When seasoning vegetables with meat, especially fat meat, place the meat in the water in which the vegetable is to be cooked and cook until sufficient fat and flavor for seasoning has been cooked out then add the vegetable and cook just until tender.

Children should have most of their vegetables plain buttered or seasoned with milk or cream. Simple cream sauce may be used to some extent, but never sauces. Neither should they be highly seasoned in any way such as with pepper and salt, or vinegar, etc. We want them to learn to enjoy the natural flavors of well cooked vegetables.

Canned vegetables correspond to plain boiled vegetables and are prepared in the same way that boiled vegetables are prepared for serving. Canned vegetables should always be boiled 5 minutes after being removed from the can or during the process of being prepared for the table. This is necessary in order to prevent food poisoning in case spoilage is not detected when the canned product is opened.

## **RECIPES**

### **Buttered Spinach**

Cook just until tender. Salt during the wilting process. Remove and add butter. Garnish with quartered hard cooked eggs. Do not add vinegar to spinach that is served to children. Adults may add vinegar at table.

Bits of fried bacon and bacon fat may be substituted at times for the butter.

### **Scalloped Spinach**

Place a layer of cooked spinach in a buttered baking dish. Dot with butter and sprinkle over with bread crumbs. Another layer of spinach and crumbs. Add cream or hot milk until it shows through the top. Bake in moderate oven 10 to 15 minutes or until crumbs are browned. Very good.

Cabbage, cauliflower, onions, turnips, carrots, potatoes, salsify, egg plant and other vegetables are very good prepared in the same way.

### **Buttered Cauliflower**

Cook whole or break into pieces of a desirable size for serving. Cook rapidly in boiling water just until done and tender. Remove, drain and season by pouring melted butter over it. Any vegetable may be buttered and is usually delicious so served.

### **Scalloped Cauliflower**

Place alternate layers of cooked cauliflower and white sauce in a buttered baking dish until full and cover with bread crumbs and brown in moderate oven about ten minutes. Plain cream may be used instead of the white sauce.

Practically all vegetables are good scalloped—even lima beans.

### **Creamed Cabbage**

Add one cup of medium white sauce to two cups of boiled cabbage. Mix, heat and serve.

### **Scalloped Cabbage**

Scallop by the above recipe for scalloped spinach.

### **Creamed Salsify**

Boil salsify until tender. Drain and combine with medium white sauce. Serve with little sausages or meat balls. Salsify is also very nice buttered or scalloped.

### **Buttered Beets**

Leave one inch of the stem and the entire root on the beets and boil until tender. Take them from the boiling water and drop into cold water. Peel and slice or dice them. Add salt, pepper and butter and heat and serve.

Variation: To each pint of hot buttered beets add 1 to 2 tablespoons of vinegar, 1 teaspoon of sugar and 1 tablespoon of chopped green pepper.

### Harvard Beets

2 c. beets (cut in ½" cubes)	½ c. mild vinegar
⅓ c. sugar	2 T. butter
2 T. cornstarch	⅓ t. salt

Mix sugar, salt and cornstarch; add vinegar and boil 5 minutes. Pour over hot beets and let stand covered, over low fire ½ hour. Add butter just before serving. Good accompaniment for veal or beef.

### Eggplant Casserole

Slice and pare eggplant. Place in a buttered baking dish, add salt and bits of butter and sprinkle with grated cheese. Cover with sliced tomatoes, add salt, pepper and butter. Bake in moderate oven until tender. About 30-45 minutes.

### Eggplant Scallop

Slice the eggplant, but do not pare it. Brown the slices slightly in a small amount of butter or bacon fat. Arrange in baking dish in layers with a sprinkle of cheese. When about three-fourths full cover with medium white sauce. Cover with buttered crumbs and bake in moderate oven until tender.

### Fried Eggplant

Pare an eggplant and cut in very thin slices. Sprinkle slices with salt and pile on a plate. Cover with a weight to extract some of the juice and let stand 1½ hours. Dredge with flour and saute slowly in butter until crisp and brown.

### Creamed String Beans

Add 1 cup of plain white or cheese sauce to each 2 cups of cooked beans. Serve hot.

### Browned Carrots

Wash and cook carrots until tender. Scrape and split lengthwise. Heat a small quantity of butter in a frying pan and brown carrots just to a golden brown color.

### Creamed Carrots and Turnips

Add 1 cup thin white sauce to 1 cup cooked carrots, diced and 1 cup cooked turnips diced. Serve hot. Sprinkle over top with finely chopped parsley or paprika. Prepare carrots and peas in the same way. A fourth a cup of cream may be used in place of the white sauce.

### Scalloped Potatoes (Raw)

Put a layer of sliced raw potatoes in a buttered baking dish. Sprinkle with flour, salt and pepper and dot with butter. Repeat the layers until the dish is full. Pour over the top just enough milk to be seen through the top layer. Bake in a moderate oven until tender. About 1 to 1½ hours.

Other raw vegetables or combination of vegetables may be so prepared. A good combination is potatoes, carrots, peas and a little onion.

### Stuffed Baked Potatoes

Cut baked potatoes in halves. Scoop out the potato and season with pepper, salt, butter and a little hot milk. Mash until creamy and fluffy. Fill the shells and return to a hot oven until browned.

### Scalloped Onions

Scallop as you do cabbage.

### Stuffed Onions

Select onions of uniform size. Remove much of the center. Boil shells and removed centers until tender. Or boil whole and remove centers. Make a stuffing of bread crumbs, removed centers and a little of ground cooked meat. Mix, season with pepper, salt and butter. Fill shells, place in buttered baking dish and bake in moderate oven. Remove cover and brown before serving.

### Scalloped Tomatoes

Prepare as you do scalloped spinach using tomato juice in place of the cream or milk. This is a very nice way to use canned tomatoes.

### Scalloped Salsify or Oyster Plant

Boil until tender. Cut in slices 1 inch thick. Put a layer of buttered crumbs in bottom of buttered baking dish with a layer of salsify. Add salt and pepper and continue alternating layers of crumbs and salsify until dish is filled. Crumbs on top. Add hot milk until it shows through top. Bake in moderate oven until well browned.

### Stuffed Tomatoes

Peel tomatoes or not as desired. Scoop out centers. Follow directions for stuffing onions.

### Corn and Tomato Casserole

2 cups green corn	½ t. white pepper
2 green peppers	2 T. fat
½ t. salt	⅓ c. cream

Add the peppers chopped to 2 cups canned or fresh corn. Add seasoning and mix. Melt fat and add the vegetables. Cover and cook slowly about 10 minutes. Uncover and cook until thoroughly done. Add cream just before serving.

### Corn and Tomato Casserole

Fill a buttered casserole with alternate layers of canned corn and canned or sliced tomatoes. Season with salt, pepper and butter and finely chopped green pepper. Cover lightly with crumbs and bake in moderate oven 30 minutes.

### Corn Pudding

2 c. canned corn.	3 T. melted butter
2 c. milk	1½ t. salt
2 eggs	Pepper

To the corn add the milk, seasoning and beaten eggs. Mix and turn into a buttered baking dish. Bake in a slow oven until firm, about 25 minutes.

### Glazed Vegetables

Cook whole and split carrots, parsnips, turnips and sweet potatoes. Make a syrup by heating together ½ cup water or meat stock, ½ c. brown sugar and ¼ c. butter. Place the vegetable in the syrup in a baking dish in the oven or in a skillet over the fire and cook until glazed or shiny. A little bit of chopped mint leaves add to the syrup for carrots, and a little grated orange rind and juice to the sweet potatoes is very nice indeed.

### **Vegetable Loaves**

1 c. cooked vegetable, mashed and cut in small pieces	1½ c. milk
1½ c. bread crumbs	1 t. salt
4 T. melted butter	1 t. sugar
	1 egg

Beat egg and add other ingredients. Mix thoroughly. Pour into greased loaf pan and bake 40 minutes in a moderate oven. Turn out on platter and pour tomato or cheese sauce across the loaf. Use left over vegetables for loaves such as peas, beans, tomatoes, etc., or a combination of vegetables such as peas, string beans and carrots.

### **SOUPS**

#### **Potato Soup**

Pare and dice potatoes, using about one-half of a medium sized potato per person, add salt and a few slices of onion, cover with water and cook to a mush. Season well with butter and add hot milk, enough to make a soup. This makes a delicious soup. Such vegetables as English peas, navy beans, lima beans and asparagus either mashed or run through a sieve may be substituted for the potatoes.

#### **Cream of Tomato Soup**

Make a white sauce by above recipe. Add a slice of onion to the milk at the beginning and remove before serving. Just before serving add from one-half a cup to a cup of hot strained tomato pulp. If a pinch of soda is added to the tomato before combining it with white sauce it will help to keep milk from curdling. Many other soups may be made by changing the vegetable.

#### **Vegetable Soup**

To 2 cups of rich meat stock add 1 to 1½ cups chopped cooked or uncooked vegetable or vegetable combinations such as potato, cabbage, onion, carrot and tomato. Or corn, tomato, lima beans and okra.