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| Swedish Cabbage RollsINGREDIENTS 12 large cabbage leaves 1 lb. lean ground beef  1 beaten egg 1 cup cooked rice  ¼ cup milk 8 oz. tomato paste  ¼ cup finely chopped onion 1 tablespoon brown sugar  1 teaspoon salt 1 tablespoon lemon juice  ¼ teaspoon pepper cooked rice 1 tablespoon Worcestershire sauce   DIRECTIONS |
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| Western Macaroni A Mike Wilkerson recipe. INGREDIENTS 1 pkg mac & cheese box dinner 2 cups whole kernel corn, drained  1 lb. ground beef 6 oz. can tomato paste  ½ cup chopped green pepper ½ cup water  ¼ cup chopped onion 1 teaspoon salt and dash pepper DIRECTIONS  1. Prepare box dinner as directed. 2. Brown meat, green pepper, and onion. Cook until tender. 3. Stir in corn, tomato paste, water, salt, and pepper. 4. Add mac & cheese dinner. Mix well. 5. Simmer 10-15 minutes. Serves 5.   Note: box dinner usually requires butter and milk. See box directions for details. |