

# ONE-DISH MEALS

By Florence Imlay  
and Pearl J. Haak



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# ONE-DISH MEALS

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The term, one-dish meal, is applied to a combination of the substantial foods of the meal made into one dish. Such dishes usually contain the protein—meat, eggs or cheese; starch—potatoes, dried beans, noodles, macaroni or rice; and at least some of the vegetable. Sometimes only the protein and carbohydrate are combined into one dish and a vegetable is served with it. One of the chief values of this type of dish is that it may be prepared in the early part of a busy day and cooked or reheated just before meal-time. It is also a good way of using left-overs.

The ingenious housewife will use her knowledge of cookery, food values and flavors to prepare new one-dish meals or to utilize the left-overs from one meal in appetizing and attractive combinations to be served within the next 24 hours.

## HINTS ON COMBINING FOODS

- A. Only one starchy food such as potatoes, rice, noodles or macaroni, should be used in a one-dish meal.
- B. White sauce, meat stock, and tomato juice are good bases for baked dishes.
- C. One strong flavor should predominate, such as carrot, turnip or cheese, with other flavors used in smaller quantity.
- D. The acidity of the tomato adds much to many dishes, either used in combination with other foods or as a sauce.
- E. Color may be obtained from foods such as carrots, peas, string beans, tomatoes and radishes, or by the addition of a small amount of green pepper or pimiento.
- F. Character may be given to the dish by the addition of crisp bacon, grated cheese, onion juice, or finely chopped herbs, such as parsley, thyme, sweet marjoram, basil, chive.

\* To supersede Circular No. 320 of the same title.

**SUGGESTIONS FOR MAKING SUBSTITUTES IN RECIPES**

- A. Milk, a thin white sauce, or vegetable liquid may be used in place of meat stock.
- B. When substituting for a meat, another meat with the same quality of flavor should be used, such as chicken in place of tenderloin or fish.
- C. Diced potatoes may be used in place of rice, noodles or macaroni.
- D. Vegetables of similar texture and quality of flavor should be used in making a substitution, such as peas for string beans.
- E. Toast may be used in place of rice, noodles or macaroni, in such dishes as rice a la goldenrod and macaroni with cheese sauce.
- F. Shredded cabbage or sliced celery cabbage may be used in place of lettuce.
- G. Celery seed or dried celery leaves may be used instead of celery.
- H. Chive, or a combination of herbs, such as sweet basil, thyme or marjoram may be used in place of onion juice.
- I. Butter or thick cream may be used to season vegetables in place of bacon fat.

**POINTS OF COOKERY TO KEEP IN MIND**

- A. Vegetables retain their food value, flavor, color and crispness best when cooked only until tender.
- B. Milk, cheese and egg dishes should be cooked at a low temperature.
- C. Meat is more tender and has a better flavor when cooked at a low temperature.
- D. Dishes, such as macaroni loaf and salmon loaf, retain more moisture when steamed than when baked.
- E. Baked dishes made with eggs, milk and cheese may be prevented from curdling by placing the baking dish in a pan of water while baking.
- F. A covering of browned buttered crumbs gives an attractive appearance to a baked dish.
- G. More of the nutritive value is retained and the flavor improved when the peeling is not removed from such vegetables and fruits as apples, pears, carrots and potatoes.

- H. Little food value is lost when vegetables are cooked in a small amount of water and the liquid is used.
- I. The food value of cereals is supplemented by cooking them in milk.
- J. Raw cereals should be cooked at least 20 minutes to make them digestible; longer cooking improves their flavor.

TYPES OF FOOD TO SUPPLEMENT ONE-PIECE DISHES

- A. Salad prepared from crisp raw vegetables.
- B. Salad prepared from raw fruits.
- C. Salads prepared from colorful fruits.
- D. Desserts prepared with a custard base, when milk is not used in the main dish.
- E. Fruit desserts.
- F. Whole cereals in the main dish, as bread, or in desserts.



Types of baking dishes.

MENUS AND RECIPES

(c. = cup, T. = tablespoon, t. = teaspoon.)

Meat Dishes

Baked Creamed Chicken, Fruit Salad, Biscuits and Honey—

BAKED CREAMED CHICKEN

- |                           |             |
|---------------------------|-------------|
| 3 c. diced cooked chicken | 2 c. milk   |
| 1 c. cooked peas          | 4 T. butter |
| 1/2 c. diced celery       | 4 T. flour  |
| 1 T. pimiento             | 3/4 t. salt |
| 1 T. green pepper         |             |

Make a white sauce of milk, butter, flour, and suet; add other

ingredients. Pour into a baking dish. Place baking dish in a pan of water and bake in a moderate oven (350 to 375 degrees F.) 30 minutes.

Rice Creole, Pineapple and Carrot Salad, Whole-wheat Bread—

#### RICE CREOLE

2 large onions  
2 large green peppers  
1 c. chopped ham  
3 T. butter

2 c. cooked rice  
2 c. tomatoes  
½ t. salt

Cut the onion and green pepper in small pieces. Mix with ham and saute in butter. Add seasoning, rice and tomatoes and bake for 30 minutes in moderate oven (350-375 degrees F.).

Beef Pot Roast with Vegetables, Cornbread, Peaches and Cake—

#### BEEF POT ROAST WITH VEGETABLES

3½ lbs. chuck  
6 medium carrots  
6 small onions  
3 c. boiling water

6 medium potatoes  
3 t. salt  
Flour for dredging  
Fat for browning meat

Wipe the meat, dredge with flour, sprinkle with salt and pepper, and brown, adding drippings if necessary. Cook at a low temperature two and one-half hours. Add carrots, onions and potatoes to pot roast and cook one hour together. Cook meat longer if it is not tender.

Meat Loaf, Baked Potatoes, Slaw, Rolls, Baked Apple, Cookies—

#### TASTY MEAT LOAF

1 lb. ground beef  
½ lb. ground pork or veal  
2 T. chopped onion  
1 diced carrot  
1 c. chopped celery  
¼ t. mustard

1½ t. salt  
Dash of pepper  
2 eggs  
1 c. bread crumbs  
¾ c. milk

Soak crumbs in milk. Mix the ground beef and pork or veal thoroughly, add vegetables and seasonings. Mix well, add beaten eggs and crumbs. Bake in a moderate oven (350 degrees) for 1 hour.

Shepherd's Pie, Beet Salad, Wholewheat Muffins, Fruit Gelatin—

## SHEPHERD'S PIE

4 c. cold mashed potatoes	$\frac{3}{4}$ c. diced carrot (cooked)
3 c. ground meat	$\frac{3}{4}$ c. green beans
$\frac{1}{2}$ c. bread crumbs	1 egg
$\frac{1}{2}$ c. milk or beef stock	1 t. salt
$\frac{1}{4}$ c. chopped onion	

Line baking dish with potatoes. Mix meat, onion, carrot, green beans, bread crumbs, milk and beaten egg together and pour into the baking dish. Cover with the remainder of potatoes. Bake in moderate oven (350-375 degrees F.) until brown and thoroughly heated through.

Beef Stew, Lettuce Salad, Prunes, Wholewheat Bread—

## BEEF STEW

1 lb. beef	2 c. diced carrots
3 T. drippings	Flour for dredging
3 c. hot water	2 t. salt
$2\frac{1}{2}$ c. potatoes cut in large pieces	2 T. chopped onion

Wipe beef, cut in about 2-inch cubes, dredge with flour and brown in the drippings. Add water to the meat and simmer 45 minutes before adding vegetables, longer if meat is tough. Add vegetables and continue to cook until they are tender, about 30 minutes.

Baked Liver with Vegetables, Lettuce, Cornsticks, Rice, Apple Sauce Pudding—

## BAKED LIVER WITH VEGETABLES

$1\frac{1}{2}$ lbs. of liver	3 slices bacon
6 small potatoes	1 small can mushrooms
6 small onions	2 c. tomatoes
1 t. salt	

Put liver into a baking dish, arrange potatoes and onions around the liver, add the salt, cover with chopped mushrooms, bacon and tomatoes. Bake at 300 degrees F. for 1 hour. Serve on a platter with the onions and potatoes placed around the mound of liver.

## Scalloped Rice with Chicken, Carrot Salad, Wholewheat Bread—

## SCALLOPED RICE WITH CHICKEN

1 c. milk  
2 T. butter  
2 T. flour  
½ c. grated cheese

1½ c. cooked rice  
2 c. cooked diced chicken  
Buttered crumbs

Make a white sauce of milk, butter and flour; add grated cheese. Cover the bottom of the baking dish with rice. Add chicken, cover with the cheese sauce. Sprinkle the top with buttered crumbs. Bake in moderate oven (350-375 degrees F.) until the crumbs are brown. Tuna fish or salmon may be substituted for chicken.

## Tomato Juice, Deep Sea Delight, Bran Muffins, Preserves—

## DEEP SEA DELIGHT

3 c. noodles  
1 small can mushrooms  
1 medium can tuna fish  
2 c. cooked asparagus  
1 small green pepper cut fine

1 c. grated cheese  
½ t. salt  
⅛ t. pepper  
1 c. medium white sauce

Boil noodles for 3 minutes in 4 cups of water. Let stand 5 minutes. Mix all the ingredients except enough cheese to sprinkle over the top. Pour into casserole and bake at a low temperature (300 degrees F.) 15 to 20 minutes.

## Scalloped Salmon and Peas, Waldorf Salad, Rolls—

## SCALLOPED SALMON AND PEAS

2 c. flaked salmon  
1 c. bread crumbs  
2 c. peas  
2 c. hot milk

1 egg  
2 T. butter  
¾ t. salt

Put half the salmon in a buttered baking dish; sprinkle with bread crumbs and add half the peas. Repeat. Add well-beaten egg, butter and salt to hot milk and pour this mixture over the salmon and peas. Bake in a moderate oven (350-375 degrees) until brown and firmly set.



*Cheese and Egg Dishes*

## Macaroni Loaf, Celery, Wholewheat Bread, Baked Apple and Custard Sauce—

## MACARONI LOAF

¾ c. macaroni	1 T. parsley
1 c. milk	1 T. sweet or green pepper
1 c. bread crumbs	3 eggs, well beaten
1 c. grated cheese	1 t. salt
1 t. onion juice	

Cook macaroni in boiling salted water until tender. Drain. Scald milk and add all the other ingredients. Turn mixture into buttered baking dish. Set in a pan of water and bake ½ to ¾ hour in a moderate oven (350 to 375 degrees F.). Serve with tomato sauce.

## TOMATO SAUCE

2 c. strained tomato juice	2 pepper corns
1 small onion	6 whole cloves
1½ t. salt	4 T. butter
Bay leaf	4 T. flour

Cook with the onion and spices enough tomatoes to make two cups of juice when strained. Melt butter, add flour, and brown. Add tomato juice and bring to boiling point.

## Rice A la Goldenrod, Combination Vegetable Salad, Biscuits, Raspberries, Cookies—

## RICE A LA GOLDENROD

3 c. cooked rice	4 T. butter
6 hard-cooked eggs	4 T. flour
2 c. milk	1 t. salt

Make a white sauce of the butter, flour, milk and salt. Dice the whites of hard-cooked eggs and add to sauce. Arrange the hot rice on a platter, make a well in the center, pour in the white sauce. Sprinkle over the top the egg yolks, which have been put through a sieve. Garnish with parsley.

## Noodles au Gratin, Peas, Muffins, Cabbage-Pineapple Salad—

## NOODLES AU GRATIN

4 c. cooked noodles	3 T. flour
1 c. ham, cut fine	½ t. salt
2 c. milk	⅔ c. grated cheese
3 T. butter	Bread crumbs

Make a white sauce of milk, flour and 2 T. of butter. Remove

sauce-pan from the stove and gradually add grated cheese. Arrange noodles and ham in alternate layers in baking dish. Pour cheese sauce over the noodles and ham. Melt the remaining tablespoon of butter and quickly stir into it the bread crumbs. Sprinkle crumbs over the top of the dish and bake in a hot oven (400-425 degrees F.) until brown. Serve at once.

**Scalloped Potatoes and Egg, Green Beans, Rolls and Marmalade—**

**SCALLOPED POTATOES AND EGG**

2 c. milk	6 hard-cooked eggs
2 T. butter	3 c. diced cooked potatoes
2 T. flour	Buttered bread crumbs
$\frac{3}{4}$ t. salt	

Make a white sauce of milk, butter, flour and salt. Add eggs cut in quarters and diced potatoes. Pour into baking dish, cover with buttered crumbs and bake in hot oven (400-425 degrees F.) until brown.

**Baked Macaroni and Cheese, Cabbage-Apple-Marshmallow-Nut Salad, and Wholewheat Rolls—**

**BAKED MACARONI AND CHEESE**

3 c. cooked macaroni	3 T. flour
$1\frac{1}{2}$ c. grated cheese	$\frac{3}{4}$ t. salt
2 c. milk	Buttered bread crumbs
3 T. butter	

Make a white sauce of milk, flour and butter, add cheese, macaroni and salt. Put into baking dish, cover with buttered bread crumbs. Bake in a hot oven (400-425 degrees F.) until brown. Hominy may be substituted for macaroni.

**Cheese Cutlets Served with Horseradish Sauce, Buttered Peas, Wholewheat Muffins, Plum Sauce, Tea Cakes—**

**CHEESE CUTLETS**

1 c. mashed potatoes	$\frac{1}{8}$ t. poultry seasoning
$\frac{1}{3}$ cup grated cheese	1 t. salt
$\frac{1}{2}$ c. cooked lima or navy beans, ground	Paprika
1 T. minced pimiento	$\frac{1}{8}$ t. curry powder

Combine the ingredients and shape the mixture into cutlets about

$\frac{1}{2}$ -inch thick. Brown them in a hot oven (400-425 degrees F.) in a little hot fat and serve them with horseradish sauce.

#### HORSERADISH SAUCE

2 T. butter	$\frac{1}{2}$ t. salt
2 T. flour	1 T. horseradish
1 c. meat stock	

Melt the butter, add the flour and stir until well blended. Remove from the stove and add the meat stock slowly to keep the sauce from lumping. Replace over the flame and bring to boiling point, stirring constantly. Continue cooking until the starch is cooked and the sauce has a smooth, creamy consistency. Add seasoning and horseradish.

Cheese Balls, Tomato Salad, Muffins and Jam—

#### CHEESE BALLS

4 c. mashed potatoes	2 eggs
$\frac{3}{4}$ c. grated cheese	$\frac{3}{4}$ t. salt

Mix potatoes, cheese, well-beaten eggs and seasoning. Make into balls and brown in moderate oven (375 degrees F.) or fry in deep fat.

Eggs A la King on Toast, Raw Spinach Salad, Baked Apples Stuffed with Raisins—

#### EGGS A LA KING

6 hard-cooked eggs	1 c. peas
2 c. milk	1 c. carrots
1 c. vegetable liquid	$\frac{1}{2}$ c. celery
4 T. butter	1 thick slice onion
4 T. flour	$\frac{3}{4}$ t. salt

Cook vegetables in boiling salted water until tender and drain. Make a white sauce of butter, flour, milk and vegetable liquid. Add quartered, hard cooked eggs and vegetables to sauce and serve on toast.

*Dried Bean Dishes*

Baked Beans, Cranberry Relish, Rye Bread, Fruit Cup—

**BOSTON BAKED BEANS**

2 c. navy beans	1 t. mustard
$\frac{1}{2}$ t. soda, if water is hard	1 T. molasses
$\frac{1}{4}$ - $\frac{1}{2}$ lb. salt pork	1 T. sugar
1 t. salt	

Pick over and wash beans. Soak over night. Drain, cover with cold water, bring to boiling point; add soda, if used, and boil 1 minute. Drain, rinse, cover with fresh water. Cook slowly until skins will wrinkle when struck by a draft of air. Drain; fill beanpot half-full; lay in pork, the rind of which has been scalded and scored. Put remaining beans into pot; pour over them mustard, salt, and molasses dissolved in hot water. Add enough more hot water to cover beans. Put lid on bean pot; bake 8 or more hours in a slow oven (200-250 degrees F.). Replace water as needed. Draw pork to surface during last hour of baking. Remove cover to brown beans and pork. 6 servings,  $\frac{2}{3}$  cup each.

Lima Bean Casserole, Cornmeal-Wholewheat Muffins, and Fruit Juice—

**LIMA BEAN AND SAUSAGE CASSEROLE**

2 c. dry lima beans	2 c. sliced carrots
5 c. boiling water	$1\frac{1}{4}$ pound sausage
2 t. salt	$\frac{1}{4}$ c. chopped onion

Soak lima beans in water 2 hours. Add salt; boil gently for 30 minutes. Add carrots the last 5 minutes. Mix onion with sausage, shape into small patties, and brown in frying pan. Pour beans into casserole, place sausage on top and bake in a moderate oven (350 degrees F.) until beans are tender, about 1 hour. If necessary, add extra water during baking. 6-8 servings.

Soups

Duchess Soup, Combination Vegetable Salad, Wafers or Toast—

DUCHESS SOUP

- |                        |                               |
|------------------------|-------------------------------|
| 1/2 c. chopped carrots | 1/2 c. liquid from vegetables |
| 2 T. chopped onion     | 3 1/2 c. milk                 |
| 2 T. butter            | 1/2 c. grated cheese          |
| 2 T. flour             | 3 egg yolks                   |
| 2 T. salt              |                               |

Cook vegetables; drain, saving liquid. Melt butter, add flour and salt and blend well. Add vegetable liquid and milk. Cook until thickened, stirring constantly. Add vegetables and cheese. Stir until cheese is melted. Add gradually to beaten egg yolks. Reheat and serve.

Berkshire Soup, Lettuce with French Dressing, Wafers or Toast—

BERKSHIRE SOUP

- |                   |               |
|-------------------|---------------|
| 3 c. tomatoes     | 4 c. milk     |
| 2 t. minced onion | 4 T. flour    |
| 1/2 bay leaf      | 4 T. butter   |
| 3 whole cloves    | 1 1/2 t. salt |
| 1 c. corn         | 2 egg yolks   |

Cook vegetables, bay leaf and cloves together. Strain. Make a white sauce of milk, flour, butter and salt. Combine mixtures while hot. Add well-beaten egg yolks and serve.

Vegetable Soup, Fruit Cobbler, Wafers—

VEGETABLE SOUP

- |                       |                                     |
|-----------------------|-------------------------------------|
| 2 lbs. beef           | 1/2 c. peas                         |
| 2 c. diced potatoes   | 1/2 c. chopped kale or other greens |
| 2 c. carrots          | 1 c. chopped cabbage                |
| 1 c. diced turnips    | 2 c. tomatoes                       |
| 1/2 c. chopped celery | 1 1/2 t. salt                       |
| 1 medium-sized onion  |                                     |
| 1/2 c. green beans    |                                     |

Wash meat, cover with water, simmer until nearly tender. Add all the vegetables except cabbage and tomatoes and simmer for one hour. Add cabbage and tomatoes and cook 10 minutes. Season and serve.

*Salads*

Chicken Salad, Lettuce Sandwiches, Peach Custard, Sponge Cake—

## CHICKEN SALAD

3 c. cold chicken, cut in cubes	2 hard-cooked eggs
1½ c. celery, cut in pieces	French dressing
1 t. salt	Mayonnaise dressing

Combine chicken, celery, salt and French dressing. Slice eggs, reserving three or four perfect slices for garnishing. Add eggs to the chicken and celery just before serving and mix well with mayonnaise dressing. Mound in salad bowl on bed of crisp lettuce.

Potato Salad, Cold Ham, Sliced Tomatoes, Rolls—

## POTATO SALAD

3 c. cooked diced potatoes	¾ c. sliced cucumber
3 hard-cooked eggs	1 T. chopped parsley
¼ c. diced onion	Boiled salad dressing
¾ c. diced celery	

Mix all ingredients together and let stand for one hour before serving.

Macaroni Salad, Boston Brown Bread, Cheese Sandwiches, Fruit Gelatin, and Cookies—

## MACARONI SALAD

3 c. cooked, chopped macaroni	2 c. cooked green beans, cut in small pieces
1 c. diced celery	Mayonnaise dressing
2 T. chopped onion	
2 T. chopped olive	

Mix all ingredients together and let stand one hour before serving.

Cabbage and Salmon Salad, Bread-and-butter Sandwiches, Baked Apricots—

## CABBAGE AND SALMON SALAD

3 c. shredded cabbage	½ c. peanuts
1½ c. flaked salmon	Mayonnaise
½ c. diced celery	

Mix all ingredients together. Chill and serve.

Cottage Cheese Salad, Wholewheat Bread Sandwiches, Apple Roll—

## COTTAGE CHEESE SALAD

2 c. cottage cheese	$\frac{1}{3}$ c. nuts
$\frac{3}{4}$ c. diced celery	Mayonnaise
$\frac{3}{4}$ c. sliced cucumbers	

Mix cottage cheese, celery, cucumbers and nuts. Add enough mayonnaise to moisten. Serve on a bed of shredded lettuce.

Sandwich Loaf, Relish Plate, Ice Cream and Cake

## INDIVIDUAL SANDWICH LOAVES

2 c. cottage cheese	6 slices white bread
1 t. gelatin	$\frac{1}{2}$ c. creamed butter
2 T. cold water	1 c. tuna salad
$\frac{1}{2}$ t. salt	2 c. shredded vegetables
1 t. minced onion	Mayonnaise
12 slices wholewheat bread	2 T. pimientos

Force cottage cheese through a strainer twice to make it as smooth as possible. Sprinkle gelatin on cold water and then set container in hot water to dissolve gelatin. When cool, add this to cottage cheese with seasonings. If very dry, moisten with cream or mayonnaise. Chill.

Cut crusts from bread and trim slices to same size.

To make individual sandwich loaves: Spread one slice of wholewheat bread with creamed butter and tuna salad. On it lay a slice of bread that has been buttered on both sides. Add a layer of chopped vegetables (celery, carrots, lettuce) moistened slightly with mayonnaise just before spreading. Top with a wholewheat slice buttered on one side which is turned to the vegetables. Frost the top and sides of the stack with the cottage cheese mixture. Decorate with strips of pimiento as desired. Recipe makes six individual loaves.

