

MAKE THE TENDEREST USDA CHOICE ROASTS and STEAKS!

# ROAST SALE



**CENTER CUT  
7-BONE  
ROAST**  
**89¢**  
lb

**FANCY TENDER  
ROUND BONE  
ROAST**  
**49¢**  
lb  
**CENTER CUT  
7-BONE  
STEAK**  
**47¢**  
lb.  
Marinated with Adolph's  
A REAL TREAT!

**Boneless Rolled  
SHOULDER  
CLOD**  
**87¢**  
lb.  
**STEAKS**  
TENDER JUICY  
**RIB STEAK**  
**87¢**  
lb

**STANDING  
RIB ROAST**  
**75¢**  
lb  
A Gourmet Delight  
**POP'S FAVORITE  
CLUB STEAK**  
**98¢**  
lb

**EXTRA SAVINGS  
FOR EVERYONE  
AT  
AL'S RANCH**

**SERVICE DELICATESSEN**  
A tremendous variety of fresh sliced luncheon  
and cheese, pickles and salads. Lunchbox spe-  
cial everyday... with the lowest prices in  
town.  
**MOIST MONTEREY JACK  
CHEESE**  
**59¢**  
lb

**BONELESS  
Family Steak**  
**79¢**  
lb.

**SHOULDER CUT  
Swiss Steak**  
**59¢**  
lb.

**ALL MEAT  
BOLOGNA**  
**39¢**  
lb

**WASH AND PICK OVER DRIED  
NAVY BEANS.**  
2 1/2 qts. boiling water.  
2 lbs. smoked ham hocks  
or a good meaty ham,  
bone or a 2-3 lb. ham  
butt.  
1 c. chopped onions.  
1/4 c. butter or margarine.  
Salt and pepper.  
Chopped parsley.  
Wash and pick over dried  
navy beans. In a deep bowl  
cover beans generously with  
cold water and soak over-  
night. Drain.  
In a large kettle, pour 2 1/2  
qts. of boiling water over the  
beans. Add the smoked ham  
hocks, or ham bone or ham  
butt, depending on how  
hearty you want your soup to  
be. Simmer for about 2 1/2  
hours altogether until the  
beans are tender and the  
meat is cooked.  
Sauté the chopped onion in  
the butter until golden brown.  
Add to the soup after about  
1 1/2 hour's cooking. When  
soup is cooked, remove meat  
plus bone, and slice ham into  
slices. Skim excess fat from  
the broth and crush beans  
slightly with a fork.  
Put meat in the kettle with  
the broth and beans. Heat  
slowly. Season to taste with  
salt and pepper right before  
serving. Seasoning depends  
on the type of ham used. (For  
ham hocks, 1 tablespoon salt,  
and 1/4 tsp. pepper were  
used.) Add more water if  
your soup is too thick. Serve  
garnished with chopped pars-  
ley. Serves 6.  
Here are some more recipes  
utilizing low-cost ingredi-  
ents, which will provide that hearty  
touch most families like dur-  
ing the winter months.  
Chili Con Queso may be  
served with refried beans and  
tortillas as a tasty meal. This  
quantity would serve 10 to 12  
persons. Also it serves as a  
dip, placed in an electric skil-  
let on very low heat. Serve  
with large corn chips, celery  
sticks etc. for dipping.  
**CHILI CON QUESO**  
1 can (1-lb. 12 oz.) toma-  
toes.  
1 c. chopped onion  
1 c. salad oil  
1 tsp. chili power.  
1/2 tsp. oregano.  
2 cloves garlic, crushed  
4 cans (7 oz. each) green  
chili peppers, chopped  
1/2 c. cream, or evaporated  
milk.  
1 lb. process American  
Cheese cut in chunks.  
Salt.  
Empty the canned tomatoes  
into a colander to drain. Cook  
the chopped onions in the  
salad oil until they get slight-  
ly yellow. Add to the onions  
the drained tomatoes, chili  
powder, oregano, and garlic.  
Cook until onions are done.  
Add the chopped green  
chili pepper and cream or  
evaporated milk and stir well.  
Add the chunks of cheese and  
cook over LOW heat until the  
cheese is melted, stirring to  
keep well mixed. Season with  
salt to taste.  
It is best to make Chili  
sauce. Serves 6.

## Home-Made Soup Nourishing Fare

By VICKI PELLERITO Senior Home Economist Southern California Gas Co. Now that the holiday celebrat- ing is over, it's a good time to start balancing our food budgets by planning low- cost, nourishing meals.

Steamy, home-made soup is always a welcome noontime luncheon special, so let's begin by soaking some dried beans overnight and then proceed as follows:

**SENATE NAVY-BEAN SOUP**  
1 1/2 lbs. (1 1/2 pkgs.) dried navy beans.  
2 1/2 qts. boiling water.  
2 lbs. smoked ham hocks or a good meaty ham, bone or a 2-3 lb. ham butt.  
1 c. chopped onions.  
1/4 c. butter or margarine. Salt and pepper.  
Chopped parsley.  
Wash and pick over dried navy beans. In a deep bowl cover beans generously with cold water and soak overnight. Drain.  
In a large kettle, pour 2 1/2 qts. of boiling water over the beans. Add the smoked ham hocks, or ham bone or ham butt, depending on how hearty you want your soup to be. Simmer for about 2 1/2 hours altogether until the beans are tender and the meat is cooked.

Sauté the chopped onion in the butter until golden brown. Add to the soup after about 1 1/2 hour's cooking. When soup is cooked, remove meat plus bone, and slice ham into slices. Skim excess fat from the broth and crush beans slightly with a fork.

Put meat in the kettle with the broth and beans. Heat slowly. Season to taste with salt and pepper right before serving. Seasoning depends on the type of ham used. (For ham hocks, 1 tablespoon salt, and 1/4 tsp. pepper were used.) Add more water if your soup is too thick. Serve garnished with chopped parsley. Serves 6.

Here are some more recipes utilizing low-cost ingredients, which will provide that hearty touch most families like during the winter months. Chili Con Queso may be served with refried beans and tortillas as a tasty meal. This quantity would serve 10 to 12 persons. Also it serves as a dip, placed in an electric skillet on very low heat. Serve with large corn chips, celery sticks etc. for dipping.

**CHILI CON QUESO**  
1 can (1-lb. 12 oz.) tomatoes.  
1 c. chopped onion  
1 c. salad oil  
1 tsp. chili power.  
1/2 tsp. oregano.  
2 cloves garlic, crushed  
4 cans (7 oz. each) green chili peppers, chopped  
1/2 c. cream, or evaporated milk.  
1 lb. process American Cheese cut in chunks.  
Salt.  
Empty the canned tomatoes into a colander to drain. Cook the chopped onions in the salad oil until they get slightly yellow. Add to the onions the drained tomatoes, chili powder, oregano, and garlic. Cook until onions are done. Add the chopped green chili pepper and cream or evaporated milk and stir well. Add the chunks of cheese and cook over LOW heat until the cheese is melted, stirring to keep well mixed. Season with salt to taste.  
It is best to make Chili sauce. Serves 6.

Who cares if the budget won't allow steak? Treat the family to a new cheeseburger recipe. Hamburgers Baked in Cheese Sauce. A zesty chili-and-cheese sauce gives taste appeal to that perennial favorite, ground beef.

**HAMBURGERS BAKED IN CHEESE SAUCE**  
1 lb. ground beef.  
1 tsp. salt.  
1/8 tsp. pepper.  
6 large onion slices.  
1 can (10 1/2 oz.) condensed cream of celery soup.  
1 tsp. dry mustard.  
1/2 tsp. Worcestershire Sauce.  
1 c. chili sauce  
2 c. (8 oz.) shredded Cheddar Cheese  
3 sandwich buns.  
Preheat oven to 350 degrees F.  
Combine the ground beef, salt and pepper, shape into 6 patties. Place in a 13 x 2 inch baking dish. Top each patty with an onion slice.  
In a 2 quart saucepan heat the soup, mustard, Worcestershire and chili sauces.  
Add the cheese and continue to heat, over LOW heat, stirring constantly until the cheese is melted (do not boil). Pour the sauce over the hamburger in the baking dish.  
Place in 350 degree pre-cook over LOW heat until the minutes. Season each patty on keep well mixed. Season with half toasted, buttered bun salt to taste.  
Spoon on any remaining sauce. Serves 6.

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**49¢**

**CHB - Fresh Whole Egg  
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Full Quart **39¢**  
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**Borden's Sliced American Cheese** **55¢** 12-oz. Pkg.

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APPLE JUICE**  
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**AL'S RANCH MARKET**  
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