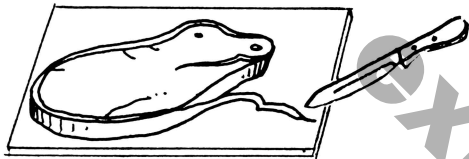


LIVER AND ONIONS

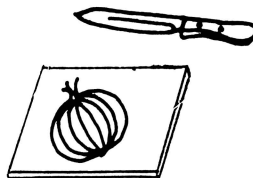
For 6 servings, you need:
 1-1/2 pounds sliced beef or pork liver
 1 large onion
 1/2 cup flour
 2 tablespoons fat
 1-1/2 teaspoons salt
 1/4 teaspoon pepper
 1/4 cup water

MENU SUGGESTION
 Mashed Potatoes
 Tossed Green Salad
 Fruit
 Milk Coffee

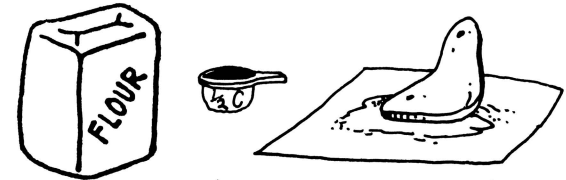
①



Peel any skin from 1-1/2 pounds sliced beef or pork liver.

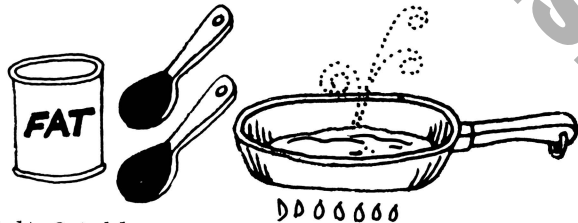


Slice 1 large onion.



Put 1/2 cup flour in a dish or on wax paper. Dip liver in flour.

②



Melt 2 tablespoons fat in fry pan over medium heat.



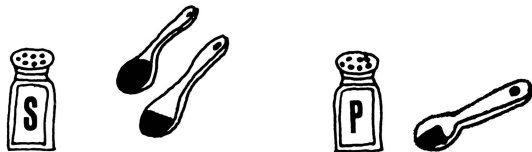
Brown liver on one side.



Turn liver.

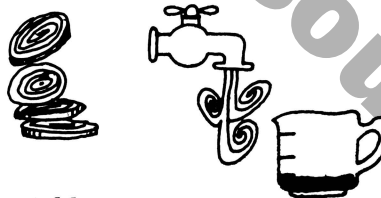
③

Sprinkle liver with...



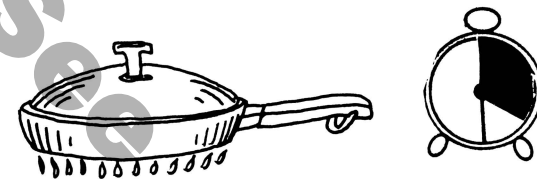
1-1/2 teaspoons salt,

and 1/4 teaspoon pepper.



Add.... onion and

1/4 cup water.



Cover pan tightly. Cook over low heat 20 to 30 minutes until liver is tender.



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SMART SHOPPER RECIPE

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University of Missouri-Columbia
 Extension Division

MP 137

