

MENU

- * MEAT AND KIDNEY BEANS
- CAULIFLOWER WITH CHEESE SAUCE
- FRESH CITRUS SALAD
- BISCUITS BUTTER OR MARGARINE
- CANNED PEARS OR PEACHES
- MILK

SMART SHOPPER RECIPE

MEAT AND KIDNEY BEANS

1



1 TABLESPOON



MELT FAT IN FRY PAN

2

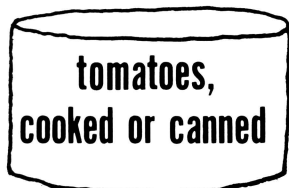


2 1/2 CUPS



PUT MEAT IN THE PAN, COOK UNTIL BROWN ON ALL SIDES

3

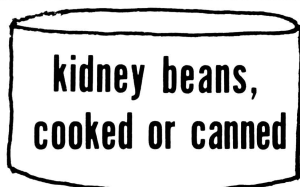


2 CUPS (1 POUND CAN)



PUT TOMATOES IN THE PAN

4

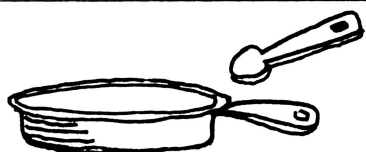


2 1/2 CUPS



PUT BEANS IN THE PAN

5



MIX WELL, COOK SLOWLY UNTIL HOT

MAKES 6 SERVINGS,
1 CUP EACH

