FAVORITE MACARONI RECIPES

WITH NOTES ON THE HISTORY AND PROGRESS OF NORTH AMERICA'S MOST POPULAR MACARONI PRODUCTS
The idea of quick-cooking, convenience meals is not new. Today it is growing in popularity . . . but in 1912 it was new.

Some of you may still recall when Creamettes were first introduced to the American market.

A brand new type of nutritious food which blends so quickly and easily with cheese, meat, fruits, or vegetables. And now, over a half century later, Creamettes continue to gain in popularity, year by year . . . there must be a reason.

The man responsible for this "macaroni magic" was the late James T. Williams, a boy who left the farm to introduce the world's first "quick cooking" macaroni . . . Creamettes.

Prior to 1912, macaroni and spaghetti products were largely consumed by Italians and Americans of Italian descent. As they were not large meat eaters, they desired a heavy macaroni. The cooking time of the heavy, thick-walled macaroni and spaghetti produced at that time was between twenty and thirty minutes. Mr. Williams' new type elbow macaroni was a thin-walled, quick-cooking macaroni. He coined the name CREAMETTES for this product and packaged it in the now familiar green box.

CREAMETTES were an "instant" success.

This new type elbow macaroni required only seven minutes cooking time. Housewives across the country were quick to recognize the advantages of CREAMETTES, the more tender, more delicious macaroni, not only for the time saved in cooking, but also for their distinctive pleasing flavor, and handy elbow shape. A main-course meal with cheese, meat, fish or fowl . . . or delicious salads with fruits and vegetables.

New techniques were developed through the years — 1916, 1926, 1929, 1945, 1954, 1964 and 1967 — to constantly improve the excellence of CREAMETTES.

Today, CREAMETTES, the original quick-cooking macaroni, are internationally famous. The plant in Winnipeg supplies an extensive Canadian trade, while the main Minneapolis plant serves the entire United States.
HOMEMAKERS HOLIDAY CASSEROLE

(ILLUSTRATED ABOVE)

1 7-ounce package Creamettes (2 cups dry)
1 10½-ounce can condensed cream style soup (mushroom, celery)
1 cup milk

¼ pound processed Cheddar cheese, grated (1 cup)
¼ cup chopped green pepper
1 12-ounce can luncheon meat, cut into ⅛-inch strips or cubes

Cook Creamettes according to general directions on package. Meanwhile, combine soup, milk, and cheese. Heat slowly, stirring occasionally, until cheese is melted. Mix Creamettes, green pepper and luncheon meat in a 1½-quart casserole. Add cheese sauce and blend well. Bake at 325° F. about 30 minutes or until sauce is bubbly. Makes 4 to 6 delicious servings.
CREAMETTES SALAD WITH LUNCHEON MEAT

1 7-ounce package Creamettes (2 cups dry)  ¼ teaspoon black pepper
1 12-ounce can luncheon meat, cubed  1 cup mayonnaise
1½ cups chopped celery  Stuffed olives, sliced
1 tablespoon chopped pimiento 1 Head Lettuce

Cook Creamettes according to directions on package. Drain and chill. To chilled Creamettes, add luncheon meat, celery, pimiento, pepper, mayonnaise. Mix well. Serve on lettuce leaf. Garnish with sliced olives. Serves 6.

MEAT BALLS WITH SPAGHETTI

2 7-oz. packages Creamette Long Spaghetti  2 tablespoons shortening
1 egg  2 tablespoons flour
½ teaspoon salt  1 teaspoon salt
1 medium onion, grated or chopped fine  1 teaspoon chili powder
1 pound ground beef  2 15-ounce cans tomato sauce

Parmesan cheese (if desired)

Cook spaghetti as directed on package. Drain and chill in cold water. Beat egg, ½ teaspoon salt and onion together slightly. Add ground beef and knead well. Form into meat balls. Melt shortening in skillet and brown meat balls. Remove as they become brown. Stir flour, 1 teaspoon salt and chili powder into the hot shortening. Add tomato sauce and cook, stirring constantly, until smooth and thick. Return meatballs to skillet and simmer in sauce for 20 minutes. Reheat spaghetti in hot water for 3 minutes before serving. Drain well. Serve sauce and spaghetti at once. Sprinkle with Parmesan cheese if desired. Serves 6 to 8.

MEAT BALL RECIPE

½ lb. ground beef (hamburger) ½ medium onion chopped fine
3 pieces of dry toast crushed into crumbs ½ cup milk

Mix meat and onions. Season to taste. Warm milk and pour over toast crumbs, let soak. Mix and knead all ingredients. Make small balls and fry over low fire until thoroughly cooked.

MEATLESS SPAGHETTI SAUCE

1 8-ounce package Creamette Spaghetti  1 6-oz. can tomato paste
½ cup chopped onion  1 tbsp. chili sauce
1 clove garlic  ½ tsp. sugar
2 tbsp. cooking oil  ¼ tsp. pepper
1 No. 2 can tomato juice 1 dash cayenne ½ tsp. salt

LASAGNA d’ITALIA

- 1 pound Creamette Lasagna
- 2 tbsp. vegetable oil
- ½ cup grated Parmesan
- 2 15-oz. cans tomato sauce or puree
- ½ pound Mozzarella (Italian soft cheese)
- 1 pound ground beef
- 1 lb. dry cottage cheese
- salt and pepper

Brown ground beef in oil. Add tomato sauce or puree. Season to taste. Simmer slowly for 20 minutes.

Cook Creamette Lasagna as directed on package; drain and chill in cold water. Arrange one layer of cooked Lasagna in parallel strips in bottom of greased baking dish (about 11” x 7”) and cover with your sauce, thin slices of Mozzarella and cottage cheese. Repeat layers of these ingredients until all of the Lasagna has been used. Cottage cheese should be used last on each layer. Sprinkle top with grated Parmesan cheese. Bake in moderate (375°) oven for about 30 minutes, or until Mozzarella is melted. Serves six to eight.

LASAGNA A LA MARIE

- 1 pound Creamette Lasagna
- 1 large onion (chopped)
- ½ tsp. garlic powder
- 2 15-oz. cans tomato sauce or puree
- 1 pound Italian Mozzarella or American cheese
- 1 pound ground beef
- 2 tbsp. vegetable oil
- salt and pepper

Brown onion with garlic powder in vegetable oil, add ground beef and cook until done. Add tomato sauce or puree. Season to taste. Simmer slowly for 20 minutes.

Cook Creamette Lasagna as directed on package; drain and chill in cold water. Arrange one layer of cooked Lasagna in parallel strips in bottom of greased baking dish (about 11” x 7”). Cover with the hamburger-tomato sauce. Top with thin slices of Italian Mozzarella or American cheese, as preferred. Repeat until all ingredients are used. Bake in 375° oven for 30 minutes. Let stand for 10 minutes before cutting into slices. Serves six to eight.
CHEF'S SPAGHETTI SAUCE (for a crowd)

2 pounds Creamettes Long Spaghetti
¼ cup butter
3 pounds ground beef
1 green pepper, chopped fine
2 medium onions, chopped fine
½ teaspoon garlic powder
3 4-oz. cans mushroom pieces, drained
3 15-oz. cans tomato sauce
1 #303 can tomatoes
2 tablespoons Worcestershire sauce
2 tablespoons vinegar
1 tablespoon sugar
3 teaspoons salt
½ teaspoon pepper
1 teaspoon celery salt
¼ tsp. Cayenne pepper (if desired)

Heat butter in dutch oven or large skillet. Add beef and simmer until brown. Add all remaining ingredients. Simmer slowly, uncovered, 1 hour. Cook spaghetti as directed on package. Chill in cold water. Re-heat in hot water for 3 minutes before serving. Serves 12 to 15.

A sauce of this kind, served on a generous measure of spaghetti is intended to be a meal in itself. Serve spaghetti and sauce in separate bowls, permitting guests to serve themselves. Parmesan cheese may be sprinkled on by guests. Accompanied by a crisp green salad, it is delicious and certainly an easy way to handle a sizeable party.
who puts the holes in Creamettes?

A special Die is used to make CREAMETTES so that they are quick cooking. The Die is a heavy bronze disc with hundreds of holes in it. The illustration at right shows one of these holes.

A Pin is positioned in the exact center of each hole and extends to the face of the die. "Wings" on these pins hold them in position in each hole.

The CREAMETTE dough, when pushed through the Die holes and around the pins, forms a tube or elbow. A knife, revolving on the face of the Die, cuts the CREAMETTES to their proper length.

NEW! "QUICK-COOKING" METHOD
Boil Creamettes only 2 MINUTES
Saves Time . . . Saves Vitamins . . . Saves Flavor

Directions:
1. Bring 1 1/2 quarts of water to a rapid boil to which 1 teaspoon of salt has been added. Pour in 2 cups (or one 7 oz. pkg.) of Creamettes.
2. Bring water to a second boil, and boil Creamettes for 2 minutes, stirring constantly.
3. Cover pan tightly and remove from heat. Allow covered pan to sit for 7 to 9 minutes.
4. Now, drain well and mix in one teaspoon of butter or margarine. Creamettes are now ready for a pour-over sauce or a casserole.
for goodness sake

... for salads, casseroles or quick skillet meals, wise homemakers will always use CREAMETTES macaroni. After all, the macaroni is the basic part of the dish. And since all macaroni dishes are extremely economical, don't risk spoiling an entire meal by trying to save a penny or two on low-grade macaroni.

CREAMETTES are the "cream" of all macaroni. They're made from the best amber durum wheat grown. Semolina is the granular form of the hearts of amber durum wheat.

Durum, incidentally, is the hardest wheat grown. Not only does it contain more protein than other wheats, but it has a special gluten, so that CREAMETTES hold their shape after cooking. Durum wheat is also very low in starch.

Here are three important reasons for always using CREAMETTES macaroni:

QUICK COOKING ... only seven minutes, yet each golden tube is tender, retains its shape, delicate texture and sweet, nutty flavor. And with CREAMETTES, you never pour part of the goodness down the drain as you do with low quality macaroni, which tends to dissolve in the cooking water.

FLAVOR BLENDING ... a distinct characteristic of CREAMETTES' porous texture. CREAMETTES "drink in" the juices and flavors of fruits, meats, cheese, et cetera. That's why any macaroni recipe made with CREAMETTES is more satisfying in every way.

VITAMIN ENRICHED ... each four ounces (uncooked weight) of this product will supply not less than the following proportions of the minimum adult daily requirements of: Vitamin B₁ - 50%, Vitamin B₂ - 25%, Niacin 40% and Iron 35%.

---

ITALIAN STYLE SPAGHETTI SAUCE

(ILLUSTRATED ABOVE)

1 14 to 16-oz. package Creamette Long Spaghetti
2 tablespoons shortening
1 pound ground beef
1 15-ounce can tomato sauce
1 6-ounce can tomato paste
¾ cup water
½ cup chopped parsley
1 teaspoon garlic powder
1½ teaspoons salt
¼ teaspoon pepper
½ teaspoon oregano (if desired)
½ teaspoon basil (if desired)
Parmesan cheese (if desired)

Heat shortening in skillet and add meat. Cook until brown. Add all ingredients except spaghetti and Parmesan cheese. Simmer slowly, uncovered, 1 hour or until sauce becomes thick. Meanwhile, cook spaghetti as directed on package. Chill in cold water, then re-heat in hot water for 3 minutes before serving. Serve spaghetti and sauce in separate bowls, permitting guests to serve themselves. Guests may sprinkle servings with Parmesan cheese if desired. Serves 6 to 8.

CREAMETTES SEAFOOD SALAD

(ILLUSTRATED BELOW)

1 7-ounce package Creamettes
1 cup chopped celery
1 medium onion, chopped fine
1 7-ounce can tuna, drained
¼ cup chopped pimiento
1 can peas, drained
2 tablespoons salad dressing
1 head lettuce
3 hard cooked eggs, sliced

Cook Creamettes as directed on package. Drain and chill. Mix celery, onion, tuna, pimiento and peas. Add chilled and drained Creamettes, salad dressing, and salt to taste. Mix gently but thoroughly. Serve on lettuce leaf. Garnish with hard-cooked egg slices. Serves four to six. For variety: Chicken, luncheon meat, lobster, etc. may be substituted for tuna.
RIGATONI AND CHEESE SAUCE

1 lb. Rigatoni  
³⁄₄ lb. butter or margarine  
2 cups Cheddar cheese, grated  
1 cup Parmesan cheese, grated

2 tbsp. flour  
1 1⁄₂ tsp. salt  
1 1⁄₂ tsp. pepper  
1 quart milk

Melt butter or margarine in large saucepan. Add flour and stir until smooth. Add milk slowly, while stirring. Season with salt and pepper. Add grated Cheddar and Parmesan cheese, stirring until melted. Pour sauce over cooked Rigatoni (see general cooking directions). Serves six to eight.

Serve these dishes immediately . . .  
WITHOUT BAKING

RIGATONI AND MEAT SAUCE

1 lb. Rigatoni  
1 lb. beef or pork, ground  
1 medium sized onion, minced  
2 15-oz. cans tomato sauce or puree

1 tbsp. oil  
1 1⁄₂ tsp. garlic powder  
1 1⁄₂ tsp. salt  
1⁄₂ tsp. pepper

Brown the meat, seasoned to taste. Add the oil, minced onion and garlic powder and mix thoroughly. Place this mixture in a saucepan and add tomato sauce or puree. Let it simmer 5 minutes. Pour sauce over cooked Rigatoni. Serves six to eight.
CREAMETTES AND TUNA CASSEROLE (Quick and Easy)

1 7-oz. package Creamettes (2 cups dry)
2 10½-oz. cans Cream of Mushroom soup
1 8-ounce can tuna

Cook Creamettes as directed on package. Drain and chill. Mix in soup and tuna. Place in buttered casserole and bake at 350° F. for 30 minutes. For variety: Cubed luncheon meat may be substituted for tuna. Serves four to six.

CREAMETTES AND MELTED BUTTER

Quickly prepared and especially delightful when served with roast, steaks, chops. Cook one 7-ounce package of Creamettes according to directions on package. Drain and chill in cold water. Place drained, chilled Creamettes in a casserole or saucepan and add ¼ cup melted butter. Season to taste. Heat for only a few minutes and serve.

CREAMETTES AND GROUND BEEF (A Quickie)

1 7-oz. package Creamettes (2 cups dry)
3 tablespoons butter
1 medium onion, chopped
½ pound ground beef
1 10½-oz. can tomato soup or 1 8-ounce can tomato sauce
1 cup finely chopped celery
1 teaspoon salt
¼ teaspoon pepper

Melt butter in fry pan. Add onion and fry slightly. Add meat and fry until brown. Add tomato soup or sauce, celery, and seasonings. Cover. While this is simmering, cook Creamettes according to directions on package. When tender, drain Creamettes and pour on the hot sauce immediately. Serves four to six.
EGG NOODLE BAKE

8 to 10 oz. of Creamette egg noodles
3 eggs
½ pound processed Cheddar cheese, grated (1 cup)
2 tablespoons butter, melted
2 pimientos, chopped
1 cup milk
1 teaspoon salt
1¼ cups soft bread crumbs
Basic cream sauce
8 hard cooked eggs, chopped

Cook egg noodles as directed on package. Drain and chill in cold water. Beat eggs. Add cheese, butter, pimiento, milk, salt, and bread crumbs. Re-drain cooked noodles and place in an 8 x 8 x 2-inch baking dish (1½-quart). Pour on sauce and mix thoroughly. Bake at 350°F. 40 minutes.

Prepare basic cream sauce (see recipe below) and mix with chopped eggs. Serve this mixture in a separate bowl so that it may be spooned over servings of the baked dish. Serves six.

BASIC CREAM SAUCE

Melt 3 tbsp. butter and blend in 3 tbsp. flour. Stir in 2 cups milk and bring to boil. Add 1 tsp. salt and ½ tsp. pepper. Variation: One cup of milk may be replaced with one cup of vegetable liquor or meat broth.

CREAMETTES AND CHEESE CASSEROLE (Always Popular)

1 7-ounce package Creamettes (2 cups dry)
1½ cups grated Cheddar cheese
2 tablespoons butter
Salt, Paprika
1 tomato, sliced

Cook Creamettes according to general directions on package. Drain and chill. Re-drain Creamettes and place half in buttered 1-quart casserole. Sprinkle with half the cheese, dot with butter, and season with salt and paprika. Repeat with remaining ingredients. Top with tomato slices. Bake at 400°F. 15 to 20 minutes. Serves four to six.

FRONTIER DINNER (So Satisfying)

1 7-oz. pkg. Creamettes (2 cups dry)
1 16-oz. can chili con carne with beans
1 10-oz. can tomato soup

Cook Creamettes as directed on the package. Drain and chill in cold water. Meanwhile, heat chili con carne and tomato soup in a large skillet. Blend in the chilled and drained Creamettes. Stir until mixture is heated throughout. A hot and tasty meal for six to eight. And it's just as good when re-heated for serving later on.
other Creamettes products you’ll enjoy...

all vitamin enriched