57 PRIZE-WINNING RECIPES

From H. J. Heinz Co.

$25,000-00
COOK WITH KETCHUP Contest
**MINTED LAMB SHANKS**

1.1 large onion, thinly sliced
1.1 cup Heinz Tomato Ketchup
1.1 cup water
1/2 cup Heinz Mint Flavored Apple Jelly
2 tablespoons lemon juice
4 pounds lamb shanks
1/2 cup flour
2 teaspoons salt
1/4 teaspoon pepper
2 tablespoons shortening

Combine first 5 ingredients; heat until jelly melts. Dredge lamb shanks in mixture of flour, salt and pepper. Brown in shortening in Dutch oven or deep skillet. Add sauce. Cover; simmer 1 1/2 hours or until tender. Remove cover; continue cooking, stirring occasionally, until sauce is of desired consistency. Remove excess fat. Garnish with parsley. Makes 6-8 servings.

**LIVER LOAF**

2.1 pound beef liver
1/4 cup water
1/2 pound ground lean, fresh pork
1 cup soft bread crumbs
2 eggs, slightly beaten
1 medium onion, chopped
1/2 cup Heinz Tomato Ketchup
1 tablespoon Heinz Vinegar
1 1/2 teaspoons salt
1/4 teaspoon pepper

Heat oven to 350°F. (moderate). Simmer liver 5 minutes in just enough water to cover; drain; chop. Combine with remaining ingredients. Press into greased loaf pan (8 1/2" x 4 1/2" x 2 1/2") or 6 custard cups. Bake 1 hour for loaf; 30 minutes for custard cups. Let stand a few minutes; loosen from pan with spatula or knife; unmold. Garnish with parsley. Makes 6 servings.
**HIGHLAND POT ROAST**

2 pounds rump beef, in 1 piece  
2 tablespoons shortening  
8 small potatoes, peeled  
2 stalks celery, cut into 2-inch pieces  
4 medium or small carrots, quartered lengthwise  
1 tablespoon salt  
¼ teaspoon pepper  
16 dried apricots, washed  
1 cup sliced mushrooms  
1 cup Heinz Tomato Ketchup

Heat oven to 325°F. (moderate). Brown beef in shortening in Dutch oven over medium heat. Arrange vegetables around meat. Sprinkle with salt and pepper. Top meat with apricots and mushrooms. Pour ketchup over all. Cover. Bake 2 hours or until meat and vegetables are tender. Baste occasionally. Add a little water if thinner gravy is desired. Makes 8 servings.

**CITRUS SURPRISE STEAK**

⅛ cup flour  
1 teaspoon salt  
⅛ teaspoon pepper  
2 pounds round steak, ½ inch thick  
3 tablespoons shortening  
1 cup Heinz Tomato Ketchup  
½ cup water  
1 medium onion, thinly sliced  
1 orange, unpeeled, thinly sliced  
1 lemon, unpeeled, thinly sliced  
6 whole cloves

TOLEDO HAM

1 slice pre-cooked, smoked ham, approximately 1 1/2 pounds
2 tablespoons finely chopped onion
1 tablespoon butter or margarine
2 hard-cooked eggs, sliced
1 cup Heinz Tomato Ketchup
1/2 teaspoon anise seed
2 tablespoons finely grated process American cheese

Heat oven to 400°F. (moderately hot). Place ham in baking dish (10" x 6" x 1 1/2"). Sprinkle with onion; dot with butter. Bake 15 minutes. Lower heat to 375°F. Cover ham with egg slices. Pour ketchup over eggs. Sprinkle with anise seed and cheese. Bake 20 minutes or until cheese melts and ham is hot. Makes 4 servings.

HAWAIIAN SPARERIBS

2 pounds spareribs, cut into 1 rib sections
1/4 cup flour
1 tablespoon salt
1/4 teaspoon pepper
2 tablespoons shortening
1 can (9 ounces) pineapple chunks or tidbits
2 tablespoons brown sugar
2 tablespoons Heinz Vinegar
1/4 cup Heinz Tomato Ketchup
1 small onion, quartered
1 medium green pepper, cut into 1-inch squares

Shake spareribs in paper bag with flour, salt and pepper. Brown in shortening in skillet. Drain pineapple; retain juice; add water to make 1 1/4 cups. Combine with sugar, vinegar, ketchup and onion; pour over spareribs. Cover; simmer 1 hour 15 minutes, basting occasionally, or until meat is tender. Add green pepper and pineapple; simmer 5 minutes or until green pepper is tender. Remove excess fat. Makes 4 servings.
**HAM LOAF WITH APRICOT-TOMATO SAUCE**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 pound (2 cups) ground lean, cooked ham</td>
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<tr>
<td>1 cup soft bread crumbs</td>
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<td>1/2 cup chopped onion</td>
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<td>1/2 cup chopped green pepper</td>
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<td>1 egg</td>
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<td>1/2 teaspoon salt</td>
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<td>1/8 teaspoon pepper</td>
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<tr>
<td>1/8 teaspoon ground cloves</td>
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<tr>
<td>1 cup apricot nectar</td>
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<tr>
<td>1/2 cup Heinz Tomato Ketchup</td>
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<tr>
<td>1/4 cup drained, crushed pineapple</td>
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<td>1/2 teaspoon lemon juice</td>
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Heat oven to 350°F. (moderate). Combine ham and next 7 ingredients. Mix well; form into loaf. Place in baking pan (8" x 8" x 2") or (10" x 6" x 11/2"). Cover with sauce made by combining apricot nectar and remaining ingredients. Bake 1 hour or until done, basting frequently. Makes 6 servings.

**MACARONI VIENNESE**

<table>
<thead>
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<th>Ingredient</th>
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<tbody>
<tr>
<td>1 medium onion, thinly sliced</td>
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<td>1/2 cup sliced celery</td>
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<tr>
<td>2 tablespoons butter or margarine</td>
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<tr>
<td>1/2 cup Heinz Tomato Ketchup</td>
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<td>2 tablespoons water</td>
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<td>1/2 teaspoon salt</td>
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<tr>
<td>1/2 teaspoon Heinz Worcestershire Sauce</td>
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<td>Dash pepper</td>
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<tr>
<td>1 can (4 ounces) Vienna sausages, drained</td>
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<tr>
<td>2 cans (151/4 ounces) Heinz Macaroni with Cheese Sauce</td>
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Sauté onion and celery in butter until tender. Stir in ketchup and remaining ingredients except macaroni; bring to boil; simmer 5 minutes. Heat macaroni; place on platter with meat sauce in center. Garnish with parsley. Makes 4 servings.
9 HARVEST CHICKEN

2 to 2½ pound chicken, cut up
3 tablespoons shortening
Salt and pepper
½ cup sliced onion
1 clove garlic, minced
½ cup chopped carrots
2 tablespoons chopped parsley
1 cup Heinz Tomato Ketchup
1 cup water
1 tablespoon Heinz Vinegar
1 bay leaf
1 teaspoon salt


10 ALMOND CHICK-UP

3 pound fryer, cut up
½ cup flour
1 tablespoon salt
¼ teaspoon pepper
1 tablespoon paprika
½ cup melted shortening
½ cup almonds, blanched, slivered
½ cup water
1 can (10½ ounces) Heinz Condensed Consommé, undiluted
1 bottle (14 ounces) Heinz Tomato Ketchup
½ cup dairy sour cream
½ cup grated process American cheese

BARBECUED CHICKEN

2 1/2 to 3 pound fryer, cut up
1/4 cup shortening
Salt and pepper
1 tablespoon Heinz Vinegar
2 tablespoons Heinz Worcestershire Sauce
1 tablespoon Heinz 57 Sauce
1/4 cup Heinz Tomato Ketchup
1 tablespoon sugar
Dash tabasco sauce

Heat oven to 350°F. (moderate). Sauté chicken in shortening until brown on all sides. Season with salt and pepper. Remove to baking pan. Combine vinegar and remaining ingredients; pour over chicken. Bake 50-60 minutes or until tender, basting frequently with sauce in pan. Makes 4 servings.

COUNTRY CAPTAIN

3 to 3 1/2 pound chicken, cut up
1/2 cup flour
1 tablespoon salt
1/4 teaspoon pepper
1/4 cup shortening
1 cup chopped onions
1 cup chopped green peppers
1 clove garlic, minced
1/2 cups water
1 bottle (14 ounces) Heinz Tomato Ketchup
2 teaspoons curry powder
1/2 teaspoon ground thyme
3 cups hot, cooked rice
1/2 cup dried currants
1/2 cup chopped, toasted, blanched almonds

Heat oven to 350°F. (moderate). Remove skin from chicken; coat with mixture of flour, salt and pepper. In Dutch oven or roaster, brown chicken in shortening. Remove from pan. Add onions, green peppers and garlic to same pan; sauté until lightly browned. Add water, ketchup, curry powder and thyme; mix well. Add chicken, making sure each piece is well coated with sauce; cover. Bake, stirring occasionally, 1 hour or until chicken is very tender. Remove chicken to large platter; surround with rice. Add currants to sauce: pour over chicken. Sprinkle with almonds. Makes 6 servings.
13  **CHICKEN CACCIATORE**

2 to 2½ pound chicken, cut up  
3 tablespoons shortening  
Salt and pepper  
½ cup sliced onion  
1 clove garlic, minced  
½ cup chopped carrots  
2 tablespoons chopped parsley  
1 cup Heinz Tomato Ketchup  
1 cup water  
1 bay leaf  
1 teaspoon salt  
Dash pepper  
2 tablespoons dry red wine or sherry


14  **CHICKEN LEGS PIQUANT**

6 whole chicken legs and thighs (2 to 2½ pounds)  
2 tablespoons butter or margarine  
1 cup chopped celery  
1 cup chopped onions  
1 bottle (14 ounces) Heinz Tomato Ketchup  
2 tablespoons Heinz Vinegar  
1 tablespoon Heinz Prepared Mustard  
1 tablespoon Heinz Worcestershire Sauce  
1 cup water  
1 teaspoon salt  
¼ teaspoon pepper

Heat oven to 375°F. (moderately hot). Sauté chicken in butter until lightly browned; remove to greased 2-quart casserole. Using same skillet, combine celery and remaining ingredients; simmer 10 minutes. Pour sauce over chicken. Cover; bake 1 hour. Uncover; bake 30 minutes more, basting occasionally. Makes 6 servings.
15 BROILED FISH FILLETS

2 tablespoons butter or margarine, melted
2 tablespoons Heinz Vinegar
2 tablespoons Heinz Tomato Ketchup
1 tablespoon Heinz Worcestershire Sauce
1 pound fillets of sole, haddock or whitefish

Combine first 4 ingredients. Place fillets on broiler; brush with sauce. Broil 8-10 minutes each side; brush frequently with sauce. Garnish with parsley or lemon wedges. Makes 4 servings.

16 BAKED FISH IN TOMATO DILL SAUCE

1 cup chopped onions
2 tablespoons butter or margarine
1 tablespoon flour
1 can (10½ ounces) Heinz Condensed Consommé, undiluted
½ cup Heinz Tomato Ketchup
¾ cup sliced Heinz Dill Pickle
1 pound fish fillet

Heat oven to 400°F. (moderately hot). Sauté onions in butter. Stir in flour; gradually add consommé and ketchup. Simmer 25 minutes, stirring occasionally. Add pickles. Place fish in baking dish (10” x 6” x 1½”); cover with sauce. Bake 25-30 minutes or until fish flakes easily with fork. Makes 4 servings.

NOTE: Lenten adaptation—1 cup water and 2 tablespoons Heinz 57 Sauce may be substituted for Heinz Consommé.
BARBECUED FISH

1 1/2 pounds fillets of haddock, bass or perch
2 tablespoons chopped onion
1 tablespoon shortening or salad oil
3/4 cup Heinz Tomato Ketchup
3/4 cup Heinz Vinegar
1 tablespoon Heinz Worcestershire Sauce
2 tablespoons brown sugar
1/2 teaspoon salt

Heat oven to 375°F. (moderately hot). Place fish in greased shallow baking pan. Brown onion lightly in shortening; add remaining ingredients; simmer 5 minutes. Pour over fish; bake for 30 minutes or until fish is tender. Garnish with parsley. Makes 5-6 servings.

CRAB BISCAYNE

1 pound cooked or canned crab meat
3 hard-cooked eggs, chopped
1 cup grated process American cheese
2 cups soft bread crumbs
1/2 cup Heinz Tomato Ketchup
1 tablespoon lemon juice
1 tablespoon Heinz Tarragon Vinegar
1 tablespoon butter or margarine, melted
1 tablespoon Heinz Worcestershire Sauce
1/4 teaspoon tabasco sauce
1/4 teaspoon salt

Heat oven to 375°F. (moderately hot). Remove tendons from crab meat and break into bite size pieces. Combine all ingredients; mix lightly with fork. Lightly pile mixture into 8 individual shells or casseroles. Bake 15 minutes or until hot. Makes 8 servings.
SHRIMP KABOBS

1/2 cup Heinz Tomato Ketchup  
2 tablespoons Heinz India or Sweet Relish  
1 teaspoon prepared horseradish  
1/4 teaspoon Heinz Worcestershire Sauce  
1 teaspoon Heinz Vinegar  
3/4 pound green shrimp, cooked, cleaned  
4 slices bacon, cut into squares, partially cooked  
16 whole mushroom caps


JAMBALAYAH

3/4 cup uncooked rice  
3/4 cup chopped celery  
3/4 cup chopped onion  
3/4 cup chopped green pepper  
3 tablespoons butter or margarine  
1 can (10 1/2 ounces) Heinz Condensed Cream of Tomato Soup, undiluted  
1/4 cup Heinz Tomato Ketchup  
1 tablespoon Heinz Worcestershire Sauce  
1/4 teaspoon salt  
1 pound green shrimp, cooked (3/4 pound cleaned)

Cook rice in boiling salted water until tender. Meanwhile, sauté celery, onion and green pepper in butter. When tender, add soup and next 3 ingredients. Simmer, covered, for 5 minutes, stirring occasionally. Add shrimp; simmer 5 minutes more. Serve over hot rice. Makes 4 servings.
**SHRIMP FIESTA**

1 1/2 cup chopped onion  
2 tablespoons butter or margarine  
2 cans (10 1/2 ounces) Heinz Condensed Cream of Mushroom or Cream of Celery Soup, undiluted  
3/4 to 1 teaspoon chili powder  
1/2 cup milk  
1/4 cup Heinz Tomato Ketchup or Chili Sauce  
1 1/2 pounds green shrimp, cooked (3/4 pound cleaned)

Sauté onion in butter until tender. Stir in remaining ingredients. Simmer, stirring occasionally, for 10 minutes. Serve over toast. Makes 5-6 servings.

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**SHRIMP ORIENTAL**

1 cup sliced carrots  
1 medium green pepper, cut into 1-inch squares  
1 clove garlic, minced  
2 tablespoons butter or margarine  
3/4 cup Heinz Tomato Ketchup  
1 cup water  
1 tablespoon soy sauce  
1 teaspoon sugar  
1/2 teaspoon salt  
1 1/2 tablespoons cornstarch  
3 tablespoons water  
2 pounds green shrimp, cooked (1 pound cleaned)

Sauté carrots, pepper and garlic in butter. Stir in ketchup and next 4 ingredients. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally. Make paste of cornstarch and water; add to ketchup mixture, stirring constantly until smooth. Add shrimp; heat. Serve over hot buttered rice. Makes 6 servings.
DEVILED EGGS

4 hard-cooked eggs
1 tablespoon Heinz Sweet or India Relish
1 tablespoon Heinz Tomato Ketchup
1 tablespoon mayonnaise or salad dressing
½ teaspoon Heinz Prepared Mustard
Salt and pepper to taste

Cut eggs lengthwise; remove yolks. Mash yolks; blend with remaining ingredients. Refill egg whites with mixture. Chill. Makes 8 deviled eggs.

EGGS AMPLE

3 cups hot mashed potatoes
¼ cup scalded milk
1 egg, beaten
3 tablespoons butter or margarine, melted
1 teaspoon salt
½ teaspoon pepper
6 tablespoons Heinz Tomato Ketchup
6 eggs

Heat oven to 325°F. (moderate). Whip potatoes with next 5 ingredients. Spoon ½ cup potatoes around edge of each of 6 individual casserole. Place 1 tablespoon ketchup in center of each potato ring. Drop egg onto ketchup. Bake 15 minutes or until egg is cooked. Garnish with paprika. Makes 6 servings.
**EGGS ORIENTAL**

1 cup sliced fresh mushrooms
1/2 cup chopped green pepper
1/4 cup butter or margarine
1 can (10 1/2 ounces) Heinz Condensed Cream of Mushroom Soup, undiluted
1/2 cup Heinz Tomato Ketchup
2 tablespoons milk
1/2 cup grated process American cheese
1/2 teaspoon Heinz Worcestershire Sauce
1/2 teaspoon salt
4 hard-cooked eggs, sliced

Sauté mushrooms and pepper in butter until tender. Add soup and remaining ingredients except eggs. Heat, stirring, until cheese melts; add eggs. Serve over hot chow mein noodles or rice. Makes 4-5 servings.

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**TEXAS HOT EGGS**

1 clove garlic, minced
1/2 cup chopped onion
1 tablespoon shortening
3/4 cup Heinz Tomato Ketchup
4 eggs
Salt and pepper
1/4 cup grated process cheese

Heat oven to 325°F. (moderate). Sauté garlic and onion in shortening until tender; mix with ketchup. Divide equally in 4 individual ramekins. Drop an egg into each ramekin. Sprinkle with salt, pepper and cheese. Bake 15 minutes or until white is set. Garnish with parsley. Makes 4 servings.
Fluffy Omelet with Crimson Sauce (recipe on page 29)

Barbecued Fish (recipe on page 11)

Highland Pot Roast (recipe on page 4)
Ham Loaf with Apricot-Tomato Sauce
(recipe on page 6)

Deviled Onions
(recipe on page 23)

Shrimp Oriental served with fluffy rice
(recipe on page 13)
FOR TASTY NEW SANDWICH TREATS

Cook with Ketchup

Cooks wise in the art of sandwich making realize the importance of a full-flavored condiment like tomato ketchup.

27 BRAZILIAN CHEESE DREAMS

1 1/2 cups grated process sharp cheese
1/2 cup Heinz Tomato Ketchup
1/4 cup finely chopped Brazil nuts
1 teaspoon finely chopped onion
6 slices bread

Combine cheese and next 3 ingredients. Toast bread on one side. Spread 1/4 cup cheese mixture on untoasted side of each slice of bread. Broil until cheese melts. Makes 6 sandwiches.

28 HAM AND CHEESE SNACKS

1 package (8 ounces) oven-ready biscuits
1/2 can (12 ounces) chopped ham, minced
1 cup grated process sharp cheese
1/4 cup Heinz Tomato Ketchup
1/3 cup Heinz Sweet, India or Fresh Cucumber Relish
1 teaspoon Heinz 57 Sauce

Heat oven to 425°F. (hot). Place biscuits on greased baking sheet; flatten biscuits to approximately 3 1/2 inches in diameter. Bake 10 minutes; remove from oven. Meanwhile, combine ham and remaining ingredients; spread mixture on each biscuit. Return biscuits to oven; bake 10 minutes or until cheese melts and sandwiches are hot. Makes 10 sandwiches. Delicious accompaniment for a soup and salad luncheon.
PARTY PIZZAS

1/2 cup Heinz Tomato Ketchup or Chili Sauce
1 teaspoon Heinz Vinegar
2 tablespoons finely chopped onion
1/4 teaspoon ground oregano
1/4 teaspoon minced garlic
4 English muffins or large sandwich buns, halved
3/4 cup grated process American or sharp cheese
4 teaspoons Parmesan cheese

Heat oven to 425°F. (hot). Combine first 5 ingredients; spread mixture on muffins or buns. Sprinkle with cheeses. Bake 10 minutes or until pizzas are hot and cheese is lightly browned. Makes 8 pizzas.

BROILED SHRIMP SANDWICH

3 tablespoons butter or margarine
1/4 cup flour
1/4 teaspoon salt
1 cup milk
1/2 cup Heinz Tomato Ketchup
1 teaspoon Heinz Prepared Mustard
1 tablespoon finely chopped onion
1 1/2 pounds green shrimp, cooked, cleaned, coarsely chopped (1 1/2 cups)
4 sandwich buns, split, toasted
1 1/2 cups grated process American cheese

\textbf{MINCED HAM AND BEAN SANDWICHES}

1 cup finely chopped cooked ham
1 tablespoon butter or margarine
1 can (1 pound) Heinz Beans
\(\frac{1}{4}\) cup Heinz Tomato Ketchup
\(\frac{1}{4}\) cup Heinz Fresh Cucumber Relish
4 round sandwich buns, halved, toasted


\textbf{SLOPPY JOES}

2 tablespoons shortening
1 pound ground beef
\(\frac{3}{4}\) cup chopped onions
1 teaspoon salt
\(\frac{1}{8}\) teaspoon pepper
1 tablespoon flour
1 cup water
2 teaspoons Heinz Worcestershire Sauce
\(\frac{3}{4}\) cup Heinz Tomato Ketchup
10 sandwich buns, heated

Melt shortening in chafing dish or skillet; add beef and next 4 ingredients; cook until meat loses red color, stirring occasionally. Drain off any excess fat. Stir in water, Worcestershire sauce and ketchup; simmer, stirring occasionally, for 15-20 minutes or until of desired consistency. Serve in buns. Makes 10 sandwiches.
FOR FAMILY-PLEASIN' VEGETABLE DISHES

cook with Ketchup

If vegetables are the problem plate at your home, try some of these flavorful suggestions from the Heinz Home Economics Department.

### 33 HARLEQUIN SPINACH

- ½ cup chopped onion
- 2 tablespoons butter or margarine
- ½ cup Heinz Tomato Ketchup
- 1 tablespoon lemon juice
- ½ teaspoon chili powder
- 2 pounds fresh or 2 packages frozen spinach, cooked, drained
- ¼ cup grated process American cheese


### 34 SPICY VEGETABLE CASSEROLE

- 4 cups (5 medium) thinly sliced, pared potatoes
- 1 small onion, sliced, separated into rings
- 1 can (10½ ounces) Heinz Condensed Beef Soup with Vegetables, undiluted
- ½ cup Heinz Tomato Ketchup or Chili Sauce
- ½ cup water
- 1 teaspoon salt

Heat oven to 375°F. (moderately hot). Place half of potatoes and onion in greased 1½-quart casserole; top with half of sauce made by combining soup and next 3 ingredients. Repeat layers. Bake, covered, 1¼ to 1½ hours or until potatoes are tender. Makes 5-6 servings.

21
GLAZED CARROTS

12 medium carrots, halved lengthwise
½ cup Heinz Tomato Ketchup
3 tablespoons brown sugar
2 tablespoons bacon drippings
¼ teaspoon allspice

Cook carrots in boiling salted water until tender; drain. Combine ketchup and remaining ingredients; pour over carrots. Simmer carrots 15 minutes, turning and basting occasionally, until they are well glazed and sauce is thick. Garnish lightly with minced parsley. Makes 6 servings.

CORAL RICE ISLAND CASSEROLE

3 slices bacon, diced
1 cup Heinz Tomato Ketchup
2 tablespoons dairy sour cream
1 can (4 ounces) mushroom pieces, drained
½ cup finely chopped, blanched almonds
1¼ teaspoons salt
½ cup halved, pitted ripe olives
1 small can gooseberries, drained (optional)
3 cups cooked rice
6 whole almonds, blanched

37 DEVILED ONIONS

4 large or 8 small onions  
1/3 cup Heinz Tomato Ketchup  
1/3 cup water  
1 tablespoon butter or margarine, melted  
1/4 teaspoon salt  
Few grains pepper


38 ITALIAN POTATOES

1 medium onion, sliced  
1/4 cup shortening  
4 cold, cooked medium potatoes, thinly sliced  
8 black olives, sliced  
1/2 cup Heinz Tomato Ketchup  
1/2 cup water  
1 teaspoon salt

Brown onion in shortening. When onion is tender, add potatoes; brown. Combine remaining ingredients. Pour over potatoes; simmer 5 minutes. Makes 4 servings.
**GREEN BEANS WITH NAPOLI SAUCE**

4 slices bacon, diced  
1 tablespoon bacon drippings  
1 small onion, sliced  
½ cup Heinz Tomato Ketchup or Chili Sauce  
¼ teaspoon salt  
¼ teaspoon allspice  
¼ teaspoon mace  
¼ cup water  
2 cups hot, cooked green beans

Sauté bacon in skillet until crisp; drain on paper toweling. Pour off all but 1 tablespoon drippings. Lightly brown onion in drippings. Stir in ketchup, spices and water. Simmer 10 minutes, stirring occasionally. Stir in bacon just before pouring sauce over beans. Makes 3-4 servings.

**SAVORY NOODLES**

6 ounces (4 cups) medium wide noodles  
2 quarts boiling water  
2 teaspoons salt  
2 tablespoons butter or margarine  
¼ cup chopped onion  
½ cup chopped green pepper  
¼ cup water  
½ cup Heinz Tomato Ketchup or Chili Sauce  
1 ½ cups grated process cheese

Cook noodles in boiling water with salt until tender; drain. Meanwhile, melt butter in skillet; add onion and green pepper; cook until tender. Stir in water, ketchup and cheese. Heat, stirring, until cheese melts, then mix in noodles. Heat. Makes 4-5 servings.
FOR TRULY DISTINCTIVE DESSERTS

cook with Ketchup

Contrary to popular belief, the tomato is a fruit, not a vegetable. So why not use tomato ketchup in desserts? Here’s wonderful fruit and spice flavor all in one.

**41 ROSY APPLE CRUMBLE**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>4 cups sliced, pared tart apples</td>
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<tr>
<td>½ cup Heinz Tomato Ketchup</td>
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<tr>
<td>2 teaspoons lemon juice</td>
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<tr>
<td>¾ cup sifted flour</td>
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<tr>
<td>¼ cup sugar</td>
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<tr>
<td>½ cup softened butter or margarine</td>
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<td>½ teaspoon ground cinnamon</td>
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Heat oven to 350°F. (moderate). Place apples in buttered baking pan (10” x 6” x 1½” or 8” x 8” x 2”). Combine ketchup and lemon juice; spoon over apples. With fingers, work together flour and remaining ingredients until crumbly. Spread over apples. Bake 40 minutes. Serve warm with vanilla ice cream. Makes 6-8 servings.

**42 TROPICANA SUNDAE**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>½ cup Heinz Mint-Flavored Apple Jelly</td>
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<tr>
<td>¼ cup Heinz Tomato Ketchup</td>
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<tr>
<td>¼ cup chopped walnuts or pecans</td>
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Combine jelly and ketchup in saucepan. Simmer, stirring, 5 minutes. Add nuts. Serve warm or cold over vanilla ice cream. Makes about ½ cup sauce.
PINK PEACH SUNDAE

3/4 cup peach preserves
1/4 cup Heinz Tomato Ketchup
1 tablespoon lemon juice
1/4 teaspoon allspice

Combine ingredients in saucepan; simmer, stirring, 5 minutes. Serve warm or cold over vanilla ice cream. Makes about 3/4 cup sauce.

CRIMSON FRUIT CAKE

1/2 teaspoon soda
3/4 cup Heinz Tomato Ketchup
2 1/4 cups sifted flour
1 1/2 teaspoons baking powder
1 1/2 teaspoons ground cinnamon
1/2 cup shortening
1 cup sugar

3 eggs
1 cup raisins
1 cup chopped dates
1/2 cup glazed mixed fruit
1/2 cup currants
1 1/2 cups chopped nuts
1/4 cup flour

Heat oven to 350°F. (moderate). Combine soda and ketchup. Sift together flour, baking powder and cinnamon. Cream shortening and sugar until light and fluffy. Beat in eggs one at a time. Add sifted dry ingredients, alternately, with ketchup. Mix fruit and nuts with 1/4 cup flour; stir into batter. Spoon evenly into a greased tube pan (9" x 3 1/2") lined with waxed paper. Bake 1 hour or until done. Remove from pan; cool on cake rack. Wrap cake in cheesecloth soaked in orange juice. Store in airtight container.
MAJOR LEAGUE RHUBARB

¾ cup sugar
¼ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 cups soft bread crumbs
3 cups unpeeled rhubarb in 1-inch pieces
1 medium banana
1 medium tart apple
½ cup Heinz Tomato Ketchup
1 tablespoon grated lemon rind
1 tablespoon lemon juice
3 tablespoons butter or margarine

Heat oven to 350°F. (moderate). Combine first 5 ingredients. Mix ⅔ of this mixture (1½ cups) with rhubarb in greased 1½ quart casserole. Peel and thinly slice banana and apple; place in casserole. Combine ketchup, lemon rind and juice; pour over fruit. Sprinkle with remaining bread crumb mixture. Dot with butter. Bake, covered, 1½ to 1¾ hours. Serve warm or cold. Garnish with whipped cream or cottage cheese. Makes 8 servings.

SPICE NUT CAKE

2½ cups sifted cake flour
1¼ cups sugar
1½ teaspoons baking soda
½ teaspoon double-acting baking powder
½ teaspoon salt
1 teaspoon nutmeg
½ cup shortening
½ cup Heinz Tomato Ketchup
½ cup milk
3 eggs
½ cup milk
½ cup finely chopped walnuts
Grated rind of 1 lemon

Heat oven to 350°F. (moderate). Sift first 6 ingredients into mixing bowl. Add shortening, ketchup and ¾ cup milk; beat 300 strokes with spoon or 2 minutes at medium speed. Add eggs and ½ cup milk; beat 2 minutes longer. Fold in nuts and lemon rind. Spread batter evenly in 2 greased and floured layer pans (9" x 2"). Bake 30-35 minutes. Frost with butter cream or cream cheese frosting.
**SPICY PEAR COMPOTE**

- 1 can (1 pound 14 ounces) pear halves
- 1 cup orange juice
- ½ cup brown sugar
- ½ cup Heinz Tomato Ketchup
- 1 tablespoon lemon juice
- 1 teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 2 tablespoons butter or margarine
- ½ cup slivered, blanched almonds (optional)

Heat oven to 450°F. (hot). Drain pears, reserving ½ cup syrup. Combine pear syrup with orange juice and next 6 ingredients; boil 20 minutes. Arrange pear halves in baking dish (10" x 6" x 1½") cover with sauce. Sprinkle with almonds. Bake 10 minutes. Serve warm with cream or ice cream. Makes 5-6 servings.

**NOODLE PUDDING DELIGHT**

- 2 cups medium wide noodles
- 2 eggs
- 3 tablespoons Heinz Tomato Ketchup
- 3 tablespoons sugar
- 1 tablespoon lemon juice
- Dash salt
- 1 teaspoon vanilla
- 3 tablespoons salad oil
- 1 can (1 pound 4 ounces) crushed pineapple, drained
- 1 cup seedless raisins

Heat oven to 400°F. (moderately hot). Cook noodles in boiling salted water until tender; drain; rinse. Beat eggs with next 5 ingredients until well blended. Add drained noodles; stir in salad oil. Add pineapple and raisins; turn mixture into greased 1½-quart casserole or individual casseroles. Bake 40-45 minutes or until mixture is set. Serve hot. Makes 6-8 servings.
CRIMSON SAUCE FOR OMELET: Sauté 1 large, thinly sliced onion and \( \frac{3}{4} \) cup chopped green pepper in 3 tablespoons shortening until tender and lightly browned. Stir in \( \frac{1}{2} \) cup Heinz Tomato Ketchup and 2 teaspoons Heinz Vinegar. Heat thoroughly. Serve over fluffy 6-egg omelet. Makes 6 servings.

KETCHUP MERINGUE TOPPING FOR MEAT PIES: Heat oven to 350°F. (moderate). Add \( \frac{1}{8} \) teaspoon salt and \( \frac{1}{4} \) teaspoon cream of tartar to 2 egg whites. Beat until stiff. Fold in \( \frac{1}{4} \) cup Heinz Tomato Ketchup. Spoon over top of 4 hot individual meat pies. Bake 15 minutes or until golden brown.

BARBECUE SAUCE: Sauté \( \frac{1}{2} \) cup minced onion and \( \frac{1}{2} \) cup minced green pepper in 2 tablespoons butter or margarine. Stir in \( \frac{3}{4} \) cup Heinz Tomato Ketchup, 2 tablespoons brown sugar, 2 tablespoons Heinz Prepared Mustard, 1 tablespoon Heinz Worcestershire Sauce and 1 teaspoon salt. Simmer 15 minutes. Use as a basting sauce when barbecuing meat. Makes \( 1\frac{1}{8} \) cups.

A "BELL RINGER" SALAD DRESSING: With a rotary beater, blend ¼ cup dairy sour cream, ½ cup Heinz Tomato Ketchup, 2 tablespoons lemon juice, ½ teaspoon salt and ½ teaspoon pepper. Serve with tossed greens. Makes 1 cup.

THOSE LAST DROPS OF KETCHUP that cling to the sides of the bottle can be used in gravies and salad dressings. Swish water around in the bottle; add the diluted ketchup to meat stock or drippings. For a salad dressing, simply add vinegar and oil and give the mixture in the bottle a few shakes.

TRY THIS TRICK next time you open a new bottle of Heinz Ketchup. Tilt the bottle slightly and tap the neck with your fingers. Presto—out comes the ketchup in a smooth, even flow.
HOW ABOUT COOKING WITH CHILI SAUCE?

Like Heinz Ketchup, Heinz Chili Sauce is made from red-ripe aristocrat tomatoes, the finest of the crop. Made from an old-fashioned, country kitchen recipe, chili sauce may be substituted for ketchup in many recipes—especially when a more piquant flavor or less smooth consistency is desired.

55 RUSSIAN DRESSING

2 cups mayonnaise
1/2 cup Heinz Chili Sauce
1 hard-cooked egg, chopped


56 BROILED CHILI CHEESE SANDWICH

1 slice bread
1 large slice American cheese
1 tablespoon Heinz Chili Sauce
1 slice bacon, cut in half, partially cooked

Toast bread on one side. Place cheese on untoasted side. Spread chili sauce over cheese to edges of bread. Arrange bacon on top. Broil slowly until cheese melts. Makes 1 sandwich.

57 SPICY BARBECUES

1 teaspoon Heinz Prepared Mustard
3 tablespoons brown sugar
2 to 3 tablespoons Heinz Vinegar
3/4 cup Heinz Chili Sauce
1 teaspoon Heinz Worcestershire Sauce
3/4 pound chipped, spiced ham
8 sandwich buns, heated

Combine first 5 ingredients in saucepan; simmer 10 minutes, stirring occasionally. Add ham; simmer 5 minutes. Serve in sandwich buns. Makes 8 sandwiches.