Thrifty new tips on a grand old favorite
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H. J. HEINZ COMPANY
Pittsburgh, Pa.
And here's the biggest tip of all about BAKED BEANS

Before you pass on to the tempting recipes and menus in this book, let me ask you a question: Are you sure the baked beans you serve are really baked?

That question is not as foolish as it sounds! For most of the beans that people call "baked" beans are not really baked at all—they’re merely steamed or boiled. So take this tip: *Read the labels on the different brands of beans. Unless you* find the word "baked" on the label, those beans aren’t baked!
Does baking really make a difference? Indeed it does! There is just as much difference between steamed or boiled beans and baked beans as there is between a boiled potato and a flaky baked potato.

That’s why all Heinz beans are baked. Yes, oven-baked to bring out every bit of luscious flavor—to let the luscious Heinz sauces penetrate through and through, just as butter permeates a baked potato.

Heinz Oven-Baked Beans come in four different styles. Two styles with tomato sauce—one with pork, one without. Then there are Boston Style Beans—with pork and a rich, molasses-flavored sauce. And, last, Heinz Oven-Baked Red Kidney Beans—these, too, in a savory sauce done to Heinz perfection.

You will be especially interested in the suggestions on pages 10 and 11 for serving the four different kinds of Heinz Oven-Baked Beans in thrifty “one-plate” meals. And I know you’ll like the many recipes! (For some interesting information about the high nutritional value of baked beans, see page 20.) If there is any way in which I can be of further help, won’t you write me?

(Signed) Josephine Gibson,
Director, Home Economics Department
H. J. Heinz Company
Pittsburgh, Pa., U. S. A.

Here are novel answers to that old, old question, "What shall we have?"

And only you, the budget-keeper, need ever know this—these recipes are wonders at keeping the meat bill down! For some of these dishes replace meat altogether. Others make a little meat go a long way.

You will find the following suggestions for menus—and the recipes for carrying them out—an inspiration in planning meals.

**DINNER MENUS**

**I**
- Quick Chili Con Carne
- Cooked Rice
- Celery and Green Pepper Salad with French Dressing
- Sliced Oranges with Custard Sauce
- Hermits

**II**
- Grapefruit Juice
- Baked Bean Casserole
- Cabbage and Sliced Stuffed Olive Slaw
- Toasted Brown Bread
- Date Tapioca Cream

**III**
- Heinz Tomato Juice
- Casserole of Kidney Beans and Corn Garnished with Sausages
- Sliced Hot Beets in Vinegar Celery Heated Rolls
- Spice Cup Cakes Foamy Sauce

**IV**
- Heinz Vegetable Soup
- Pork Chops with Oven-Baked Beans Buttered Onions
- Heinz Fresh Cucumber Relish Baked Apples

**V**
- Baked Tomatoes Stuffed with Oven-Baked Beans
- Buttered Cauliflower
- Heinz Preserved Sweet Gherkins Lettuce Salad
  with Roquefort Dressing
- Bread Butter

**VI**
- Baked Bean Patties with Crisp Bacon
- Buttered Spinach Garnished with Diced Beets
- Baking Powder Biscuits Orange Salad Crisp Crackers
Bermuda Onions Stuffed with Beans

- 6 large Bermuda onions
- 3 tablespoonfuls butter
- 1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
- 1/4 cupful Heinz Tomato Ketchup
- 1 teaspoonful salt
- 1/4 teaspoonful pepper
- 1/2 cupful dry bread crumbs

Peel the onions carefully, scoop out centers, leaving hollow cup with opening at the top about as big as a fifty-cent piece. Chop 1/2 cupful of the onion removed from centers and let simmer in butter 10 minutes. Remove from fire and combine with Heinz Oven-Baked Beans, ketchup, seasonings and bread crumbs. Fill onions with prepared mixture. Place in a deep, covered baking dish with a little water. Bake in moderate oven (375° F.) 1 1/2 hours or until onions are tender. Serves 6.

Shepherd’s Pie—New England Style

- 2 cupfuls mashed potatoes
- 1 medium can Heinz Oven-Baked Red Kidney Beans
- 1 tablespoonful minced onion, if desired
- 1 tablespoonful Heinz Prepared Mustard
- 1/2 cupful grated American cheese
- Paprika

- **Quick Chili Con Carne**
  1 pound ground beef
  1 tablespoonful butter
  1 medium onion, chopped
  1 medium can Heinz Oven-Baked Red Kidney Beans
  1 small can Heinz Cream of Tomato Soup
  Dash of salt and pepper
  ⅛ teaspoonful chili powder, if desired

Brown beef in a skillet with butter and chopped onion. Add Heinz Oven-Baked Beans and stir until well blended. Pour over this the soup, and season with salt and pepper, and chili powder if desired. Cook slowly for ½ hour. Serves 6.

- **Casseroles of Kidney Beans and Corn**

Mix Heinz Oven-Baked Beans, corn, green pepper, salt and well-beaten egg. Put in greased baking dish, and sprinkle top with grated cheese and a layer of fine, buttered crumbs. Bake in a moderate oven (375° F.) for 35 to 40 minutes. Serve with Heinz Chili Sauce. Serves 6.

- **Tomato Sauce**

1 tablespoonful butter
1 tablespoonful flour
⅛ cupful milk
¼ cupful Heinz Tomato Ketchup

Melt butter, add flour and blend thoroughly. Add milk slowly and cook until thickened. Add ketchup gradually and remove from fire.
• Cape Cod Baked Beans and Corn

1 medium can Heinz Oven-Baked Beans (Boston Style)
2 cupfuls canned corn or 4 ears fresh corn
1 teaspoonful sugar
½ teaspoonful salt
1 teaspoonful molasses
1 small onion, whole
2-inch square salt pork or several slices bacon

Place Heinz Oven-Baked Beans in an earthenware pot or in casserole; add corn from can, or, if fresh corn is available, split the kernels through the center with a sharp knife, then slice from the ear. Mix well with the beans; add sugar, salt and molasses. Peel onion and place whole among the beans and corn. Bury the salt pork or bacon in the pot or casserole. If salt pork is used, cut the rind in several places and place it so that the rind protrudes above the beans. Bake in a moderate oven (375° F.) 1½ hours or until onion is tender and the flavor of the pork is well through the beans and corn. The onion may be removed before serving, if desired. Serves 6. This recipe is adapted from a very old one used on Cape Cod.

• Pork Chops with Oven-Baked Beans

4 to 6 pork chops
1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
1 teaspoonful sugar
½ cupful Heinz Tomato Ketchup

Fry pork chops until nicely brown. Pour over chops the Heinz Oven-Baked Beans; add sugar and ketchup. Mix lightly. Bake in a moderate oven (375° F.) for about 20 minutes. Serves 4 to 6.

• New England Roast

1 medium can Heinz Oven-Baked Red Kidney Beans
1 cupful soft crumbs
1 cupful grated cheese
1 medium onion, chopped finely
½ teaspoonful Heinz Worcestershire Sauce
½ teaspoonful salt
1 egg

Mash Heinz Oven-Baked Beans or put through food chopper. Mix with other ingredients. Bake in a greased baking dish in moderate oven (375° F.) 30 minutes or until firm and nicely brown. Serve with Tomato Sauce. Serves 6.

• Baked Sausages with Kidney Beans

1 pound sausage
1 medium can Heinz Oven-Baked Red Kidney Beans

Form sausage into patties and brown in a skillet. Pour over them the Heinz Oven-Baked Beans. Simmer on top of stove for 15 minutes or bake in a slow oven (350° F.) for 15 to 20 minutes. Place the beans in center of platter, surround with the sausage and garnish with small branches of parsley. Serves 6.
• Baked Bean Casserole

2 small onions
2 seeded green peppers
3 tablespoonfuls butter
1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
3/4 cupful grated American cheese
1/2 cupful fine, fresh bread crumbs
6 bacon slices

Cook the onions and green peppers, chopped finely, in 2 tablespoonfuls fat until they are tender and golden-brown in color. Then add the Heinz Oven-Baked Beans and combine thoroughly. Arrange beans in alternate layers with the cheese in a greased casserole having beans on top. Top with the crumbs mixed with remaining butter. Arrange bacon over the top and bake in a moderate oven (375° F.) for 30 minutes. Serves 4.

• Baked Tomatoes Stuffed with Oven-Baked Beans

6 large tomatoes
2 green peppers, chopped
6 slices bacon, cut finely
1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
Salt and pepper

Scald and peel tomatoes, and cut a slice from the top of each and scoop out inside. Turn upside down to drain. In skillet, fry green peppers and bacon. When slightly brown, add to Heinz Oven-Baked Beans and the drained pulp from the inside of the tomatoes. Season with salt and pepper and fill the tomato shells. Bake in a moderate oven (375° F.) for 20 minutes or until the tomatoes are tender. Serves 6.

• Oven-Baked Beans in Green Pepper Cases

4 large green peppers
1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
1 cupful Heinz Rice Flakes or bread crumbs, buttered

Wash green peppers, cut in halves lengthwise and remove the seeds. Place in boiling water and allow to stand for five minutes to remove sting from the peppers. Fill pepper cases with Heinz Oven-Baked Beans, sprinkle with buttered rice flakes or crumbs, place in a deep baking dish, add 3/4 cupful water and bake in a moderate oven (375° F.) for 30 minutes or until peppers are tender and the crumbs brown. Serves 4.

• Baked Bean Patties

1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
1 cupful dry bread crumbs
2 eggs, slightly beaten
2 tablespoonfuls butter, melted
6 tablespoonfuls flour
Salt and pepper
Heinz Worcestershire Sauce
Onion juice

Mash Heinz Oven-Baked Beans finely and add bread crumbs, eggs, melted butter, flour, and salt, pepper, Worcestershire Sauce and onion juice to season. Drop by spoonfuls into a skillet, having a 1/4-inch layer of hot fat. Fry until brown, turn and brown other side. Serve with or without Tomato Sauce. Serves 6.
If you're not already one of those who know about Heinz Bean Sandwiches, then you should be! They’re hearty—they’re filling—they’re sensible for kiddies and grown-ups. More important still, they’re so wonderfully good!—so good that you’ll be voted the world’s most popular wife and mother.

**Boston Bean Sandwich**

1 medium can Heinz Oven-Baked Beans (Boston Style)

1/2 teaspoonful salt

4 Heinz Preserved Sweet Gherkins, chopped

8 Heinz Stuffed Spanish Olives, chopped

Heinz Mayonnaise Salad Dressing

**Drain** Heinz Oven-Baked Beans and press through a sieve or mash until entirely free from lumps. Add salt, gherkins and olives. Add just enough mayonnaise to make a smooth filling and spread between buttered slices of Boston brown bread or whole wheat bread.
• **Aviation Sandwich**
  3 slices buttered whole wheat bread for each sandwich
  1 small can Heinz Oven-Baked Beans (Vegetarian Style)
  2 tablespoonfuls Heinz Tomato Ketchup or Chili Sauce
  2 to 3 tablespoonfuls minced onion
  ½ teaspoonful salt
  1 large green pepper, chopped
  Lettuce

  **MASH** Heinz Oven-Baked Beans, add ketchup or chili sauce, onion and salt, and spread one slice of buttered bread with this; top with another slice, spread with a layer of green pepper, lettuce and salt combined; and top with third slice of bread. Cut sandwiches diagonally and place cut edges toward edge of plate. Insert 3 toothpicks in each, and top them with Heinz Preserved Sweet Onions or Heinz Stuffed Spanish Olives. Garnish center with a leaf of lettuce and a ring of green pepper.

• **Baked Bean Sandwich**
  1 small can Heinz Oven-Baked Beans (Vegetarian Style)
  1 teaspoonful Heinz Evaporated Horseradish, soaked in 2 teaspoonfuls cold water for 10 minutes
  4 tablespoonfuls Heinz Chili Sauce
  Few drops onion juice

  **DRAIN** and mash Heinz Oven-Baked Beans. Season with horseradish, chili sauce and onion juice. Spread between slices of buttered whole wheat bread or fill whole wheat rolls. Serve with Heinz Preserved Sweet Mixed Pickles.

• **Baked Bean, Bacon and Olive Sandwich**
  3 slices toast for each sandwich
  ¼ pound bacon, sliced thinly
  1 small bottle Heinz Stuffed Spanish Olives, sliced
  1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)

  **Fry** bacon until crisp and brown. Add sliced olives and allow to heat in the fat. Heat Heinz Oven-Baked Beans. On first slice of toast, place a generous layer of hot beans, cover with a second slice of toast, add slices of bacon and olives. Add third slice of toast. Cut sandwich in halves diagonally and garnish with slices of Heinz Genuine Dill Pickle or with additional olives. Serve with knife and fork. This sandwich, with a hot beverage, makes a nourishing and satisfying winter luncheon.

• **Broiled Bean Sandwich**
  6 slices bread
  Butter
  1 medium can Heinz Oven-Baked Beans (Boston Style)
  ½ lb. package American cheese
  6 slices bacon

  **PLACE** slices of buttered bread on a baking sheet. Spread generously with Heinz Oven-Baked Beans. Cut cheese in 6 lengthwise slices and place a slice on each sandwich on top of beans. Top each with a slice of bacon. Place under low broiler flame 5 minutes or until cheese is melted and bacon crisp. Serve hot, garnished with Heinz Chow Chow Pickle. Serves 6.
Appealing Plate Dinners


- The plate below features Heinz Oven-Baked Beans, Vegetarian Style. An ideal meal for Lent or other "meatless" days. Accompaniments are Fried Apple Rings . . . Stuffed Celery and Sweet Gherkins . . . Muffins . . . and Currant Jelly.
Quickly Prepared


Supper Snacks

Ah—here’s novelty for you! For Sunday night supper... for midnight raids on the pantry... for any time when you want to serve something filling—quick—unusual—and, above all, tempting!

Here are the menus and the recipes, too.

**SUPPER MENUS**

**Bridge Supper**
- Heinz Tomato Juice
- Crackers Spread with Cream
- Cheese and Onion
- American Chow Mein
- Assorted Relishes
- Apple and Nut Salad
- Coffee

**After Bridge or Theater Supper**
- Welsh Rarebit with Kidney Beans
- Sliced Tomatoes Marinated in
  - French Dressing
- Heinz Ripe Mission Olives
- Lime Gelatin Whip
- Lady Fingers
- Coffee

**Sunday Evening Family Supper**
- Brazilian Cabbage Salad
- Baking Powder Biscuits
- Heinz Crabapple Jelly
- Mincemeat Turnovers
- Coffee

**Buffet Supper**
- Corned Beef Supper Snacks
- Jellied Tomato Salad
- Hot Graham Nut Muffins
- Celery
- Pickled Pears
- Chocolate Layer Cake
- Beverage

**Before the Fire Sunday Night Supper**
- Hot Open Bean Sandwich with
- Sliced Beef
- Heinz Genuine Dill Pickle
- Coffee Spanish Cream
- Sugar Cookies
- Coffee

**Sunday Evening Guest Supper**
- Cold Sliced Ham
- Tomato and Boston Bean Salad
- Baking Powder Biscuits
- Heinz Quince Jelly
- Caramel Ice Cream
- Cake
- Coffee
• Corned Beef Supper Snacks

1 small can corned beef
1 small can Heinz Oven-Baked Beans (Vegetarian Style)
1 tablespoonful onion, minced
½ cupful Heinz Chow Chow Pickle, chopped finely
1 tablespoonful mustard sauce, from pickle

Chill corned beef in can several hours, then cut in thin slices. Mash Heinz Oven-Baked Beans and combine with pickle and mustard sauce. Spread baked bean mixture between slices of corned beef. Arrange on a platter and garnish with parsley.

• Stuffed Ham Rolls

1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
1 teaspoonful Heinz Prepared Mustard
2 tablespoonfuls Heinz Tomato Ketchup
12 thin slices boiled ham

Mash Heinz Oven-Baked Beans slightly, add seasonings, spread mixture on thin slices of ham and roll like jelly roll. Fasten with toothpicks. Fry in a skillet, which has in it a small amount of melted butter, until ham is thoroughly heated and slightly brown. These may be placed in shallow pans and baked in a moderate oven (375° F.) for about 20 minutes. Serves 6.
**Welsh Rarebit with Kidney Beans**

4 tablespoonfuls butter  
4 tablespoonfuls flour  
2 cupfuls milk  
Dash of pepper  
½ teaspoonful salt  
1½ cupfuls grated American cheese  
1 medium can Heinz Oven-Baked Red Kidney Beans

**Method**

Melt butter in top of double boiler, remove from fire and mix with the flour. Scald the milk and stir into the butter and flour. Season with salt and pepper. Cook over boiling water until the mixture thickens, stirring constantly. Beat in the grated cheese, and when the cheese melts, add the drained Heinz Oven-Baked Beans. Serve on slices or cubes of hot toast with crisp bacon. Serves 6.

**Hot Open Bean Sandwich with Sliced Beef**

1 small jar dried beef  
1 tablespoonful butter  
1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)  
2 tablespoonfuls Heinz Tomato Ketchup  
1 teaspoonful sugar  
6 slices hot buttered toast

**Method**

Break beef into small pieces and brown in frying pan with the butter. After a few minutes, add Heinz Oven-Baked Beans, ketchup and sugar and allow to heat thoroughly. Serve on slices of golden brown toast. A slice of Heinz Genuine Dill Pickle is a suitable accompaniment to this dish. Serves 6.

**American Chow Mein**

2 tablespoonfuls butter  
1 cupful onion, coarsely chopped  
1½ cupfuls celery, coarsely chopped  
½ cupful water  
½ teaspoonful salt  
1 medium can Heinz Oven-Baked Red Kidney Beans  
1 tablespoonful flour  
2 tablespoonfuls molasses  
2 cans chow mein noodles

**Method**

Melt butter in large saucepan, add onions and cook until lightly browned. Add celery, water and salt and simmer gently 10 minutes. Add Heinz Oven-Baked Beans and simmer 5 minutes longer. Blend together flour and molasses and add to bean mixture, stirring until mixture thickens. Pour over crisp noodles on a large platter. Serve hot. Serves 6.

**Tomato Welsh Rarebit with Kidney Beans**

4 tablespoonfuls butter  
4 tablespoonfuls flour  
2 cupfuls milk  
½ teaspoonful salt  
Dash of pepper  
1½ cupfuls grated American cheese  
½ cupful Heinz Tomato Ketchup  
1 medium can Heinz Oven-Baked Red Kidney Beans

**Method**

Melt butter in top of double boiler, remove from fire and mix with the flour. Scald the milk and stir into the butter and flour. Season with salt and pepper. Cook over boiling water until the mixture thickens, stirring constantly. Beat in the grated cheese, and when the cheese melts, add ketchup and drained Heinz Oven-Baked Beans and allow beans to heat through. Serve on slices of hot toast or biscuit. Serves 6.
Salads

Here are "filling" salads—the kind you can use as a main dish... for lunch... for supper... or for whatever meal is at hand. And here, too, are salads that would give the smartest hostess a reputation for cleverness.

• Brazilian Cabbage Salad
  1 medium can Heinz Oven-Baked Red Kidney Beans
  2 cupfuls cabbage, coarsely shredded
  3 tablespoonfuls Heinz Fresh Cucumber Relish
  3 tablespoonfuls Heinz Tomato Ketchup
  3 tablespoonfuls Heinz Mayonnaise Salad Dressing
  ½ teaspoonful salt
  Lettuce


• Mexican Salad
  1 medium can Heinz Oven-Baked Red Kidney Beans
  ½ cupful peas
  ½ cupful celery, diced
  ½ cupful cold meat, diced (ham, veal or pork)
  6 Heinz Preserved Sweet Onions, chopped
  ½ teaspoonful salt
  Heinz Mayonnaise Salad Dressing
  Lettuce

  Drain Heinz Oven-Baked Beans and peas and rinse the sauce from the beans. Marinate the beans, peas and celery in French Dressing for half an hour. Add the meat, onions and salt, and mix with mayonnaise. Serve on crisp lettuce. Serves 6.

• Spring Salad
  1 medium can Heinz Oven-Baked Beans (Boston Style)
  1 cupful celery, cut in pieces
  ½ cupful radishes, sliced
  ½ teaspoonful salt
  ½ teaspoonful paprika
  Lettuce


• Vegetable Salad in Cabbage Shell
  1 medium can Heinz Oven-Baked Red Kidney Beans
  1 cupful raw carrot, shredded
  1 cupful cabbage, chopped
  1 Heinz Dill Pickle, chopped
  French Dressing
  1 head cabbage

  Drain the sauce from Heinz Oven-Baked Beans. Combine with carrot, cut in long thin strips, chopped cabbage and dill pickle. Marinate well in French Dressing. Chill. Prepare a cabbage shell by removing a thick slice from top of head of cabbage. Cut out inside leaving a shell about ½ inch thick. Cut edge of the shell into points or scallops. Fill with prepared salad mixture. Serves 6.
• Baked Bean and Egg Salad

1 medium can Heinz Oven-Baked Beans (Boston Style)
3 hard-cooked eggs
6 Heinz Preserved Sweet Gherkins, chopped
1 small onion, chopped
½ teaspoonful salt
Heinz Mayonnaise Salad Dressing
Lettuce


• Winter Supper Salad

1 medium can Heinz Oven-Baked Red Kidney Beans
1 cupful raw carrots, very finely diced
3 tablespoonfuls Heinz India or Fresh Cucumber Relish
1 tablespoonful onion, finely chopped
¼ cupful Heinz Mayonnaise Salad Dressing
Lettuce

Place Heinz Oven-Baked Beans in a strainer and run cold water over them. Drain. Add carrots, relish, onion and mayonnaise. Toss lightly together and chill. Serve a generous mound of the salad in a cup of crisp lettuce and garnish with a sprig of parsley. Serve for luncheon or supper with a hot soup, whole wheat bread or rolls and a beverage. Serves 5.
**Kidney Bean Salad**

1 medium can Heinz Oven-Baked Red Kidney Beans
1 cupful celery or cabbage, chopped
2 tablespoonfuls Heinz India or Fresh Cucumber Relish
½ teaspoonful salt
Heinz Mayonnaise Salad Dressing
Lettuce or cabbage

Put Heinz Oven-Baked Beans in a strainer and pour boiling water over them. Cool. Mix with celery or cabbage, relish and salt. Moisten with mayonnaise. Chill thoroughly. Arrange in nests of lettuce or cabbage and sprinkle with paprika, or garnish with slices of hard-cooked egg. Serves 6. (This salad may be served in tomato shells, as Tomato and Boston Bean Salad.)

**Tomato and Boston Bean Salad**

6 firm tomatoes
1 small can Heinz Oven-Baked Beans (Boston Style)
3 tablespoonfuls Heinz India or Fresh Cucumber Relish
2 tablespoonfuls Heinz Stuffed Spanish Olives, chopped
Heinz Mayonnaise Salad Dressing
Lettuce

Cut a thin slice from top of tomatoes, remove seeds, sprinkle with salt and invert to drain. To Heinz Oven-Baked Beans, add relish and olives. Moisten with mayonnaise. Mix thoroughly and stuff tomatoes. Top each with a spoonful of mayonnaise and place a narrow strip of tomato crosswise over the top as a garnish. Serve in a nest of crisp lettuce. Serves 6.
HERE we present four ways to make soup the main dish at the children’s lunch—or a welcome first course at any meal. These soups are wonderfully nourishing—children won’t go back to school half-fed. And soup-bowls won’t go back half-full—not when the soup’s as delicious as these!

• **Lenten Bean Soup**

1 medium can Heinz Oven-Baked Beans (Vegetarian Style)
1 quart cold water
1 small onion
2 stalks celery
1 small can Heinz Cream of Tomato Soup
1 tablespoonful Heinz Chili Sauce
1 teaspoonful salt
2 tablespoonfuls butter
2 tablespoonfuls flour

MASH Heinz Oven-Baked Beans, place in saucepan with water, onion and celery; bring to a boil and cook slowly for 30 minutes. Put through a sieve, and add soup, chili sauce and salt. Melt butter, add flour and bean mixture. Heat thoroughly. Serves 8.

• **Cream of Baked Bean Soup**

1 medium can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
1 cupful water
3 tablespoonfuls celery, chopped
3 tablespoonfuls onion, chopped
1 teaspoonful salt
Dash of pepper

COOK Heinz Oven-Baked Beans slowly with water and seasonings until the beans are soft. Press through a coarse wire strainer or colander. Add scalded milk to the strained bean mixture. Serves 4.

• **Purée of Baked Bean**

1 small can Heinz Oven-Baked Beans (with Pork and Tomato Sauce)
4 tablespoonfuls butter
4 tablespoonfuls flour
1½ teaspoonfuls salt
Dash of pepper
¼ teaspoonful paprika
1 teaspoonful onion juice
4 cupfuls milk
3 tablespoonfuls Heinz Tomato Ketchup


• **Meatless Vegetable Chowder**

1 can tomatoes (2 cupfuls)
1 onion, chopped finely
3 carrots, chopped finely
3 cupfuls water
1½ teaspoonfuls salt
1 teaspoonful sugar
Dash of pepper
1 medium can Heinz Oven-Baked Red Kidney Beans

School Lunches

Whether served at home or packed in a lunch-box, school lunches are always something of a problem. One important point to remember is that variety tempts young appetites. Your menus can be simple, but everything should be attractive and good. If possible, each lunch should include something hot.

Here are six school lunch menus. All of them are well-balanced, easy-to-prepare, and economical. The complete recipe for each of the baked bean soups and sandwiches will be found in the soup or sandwich section of this book.

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What nutrition experts say about Oven-Baked Beans

Their food value—their economy

- **High in food value.** Baked beans contain Vitamins A and B and are particularly rich in protein. According to an article in Charm Magazine, baked beans give approximately 300 calories to an average serving.

- **An excellent meat substitute.** The Food Facts Information Service of Ladies’ Home Journal states: “Beans are served as a meat substitute because they show a high percentage of protein”.

- **A valuable winter food.** In winter time, two chief sources of Vitamin B—fruits and leafy vegetables—are apt to be scarce. A bulletin of the U. S. Department of Agriculture says: “The presence of Vitamin B in beans makes them especially desirable in winter because the diet is likely to be low in this much needed vitamin”.

- **An economical energy food.** This same bulletin continues: “Their concentrated form makes beans a cheap source of energy. The large amount of protein and the relatively large amount of calcium make valuable additions to the diet at any time”.  

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HEINZ
57 VARIETIES

1. Heinz Oven-Baked Beans with Pork and Tomato Sauce
2. Heinz Oven-Baked Beans without Tomato Sauce, with Pork—Boston Style
3. Heinz Oven-Baked Beans in Tomato Sauce without Meat—Vegetarian
4. Heinz Oven-Baked Red Kidney Beans
5. Heinz Cream of Tomato Soup
6. Heinz Cream of Green Pea Soup
7. Heinz Cream of Celery Soup
8. Heinz Cream of Asparagus Soup
9. Heinz Cream of Oyster Soup
10. Heinz Vegetable Soup
11. Heinz Pepper Pot Soup
12. Heinz Mock Turtle Soup
13. Heinz Beef Broth
14. Heinz Mutton Broth
15. Heinz Noodle Soup
16. Heinz Gumbo Creole
17. Heinz Mince Meat
18. Heinz Plum Pudding
19. Heinz Fig Pudding
20. Heinz Peanut Butter
21. Heinz Cooked Spaghetti
22. Heinz Cooked Macaroni
23. Heinz Pure Fruit Preserves
24. Heinz Pure Jellies
25. Heinz Apple Butter
26. Heinz Preserved Sweet Gherkins
27. Heinz Mixed Pickles — Sweet or Sour
28. Heinz Sour Spiced Gherkins
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41. Heinz Tomato Ketchup
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43. Heinz Beefsteak Sauce
44. Heinz Pepper Sauce—Red or Green
45. Heinz Worcestershire Sauce
46. Heinz Prepared Mustard
47. Heinz Prepared Mustard Sauce
48. Heinz Evaporated Horse Radish
49. Heinz Salad Cream
50. Heinz Mayonnaise Salad Dressing
51. Heinz Pure Malt Vinegar
52. Heinz Pure Cider Vinegar
53. Heinz Distilled White Vinegar
54. Heinz Tarragon Vinegar
55. Heinz Rice Flakes
56. Heinz Breakfast Wheat
57. Heinz Tomato Juice