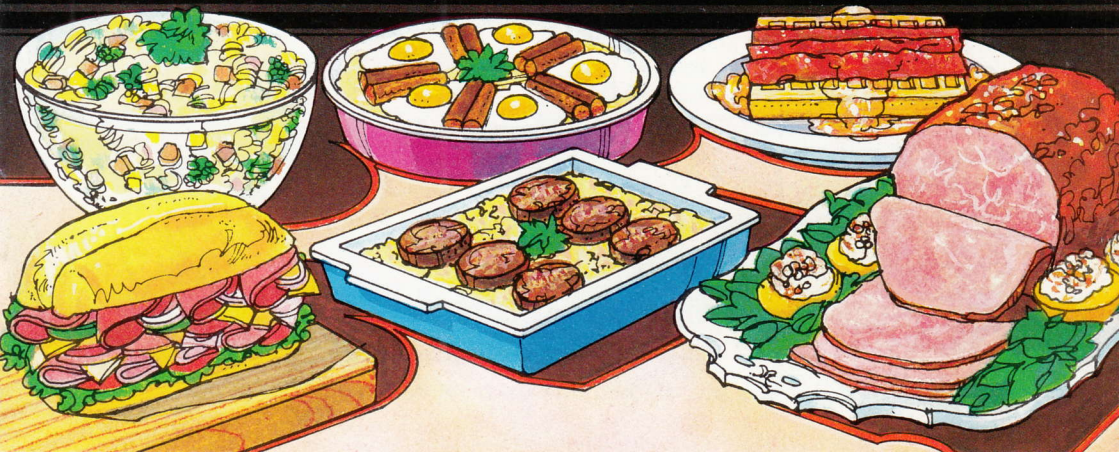


Beatrice

*'Round
the Clock
Recipes
with
Beatrice Meats*

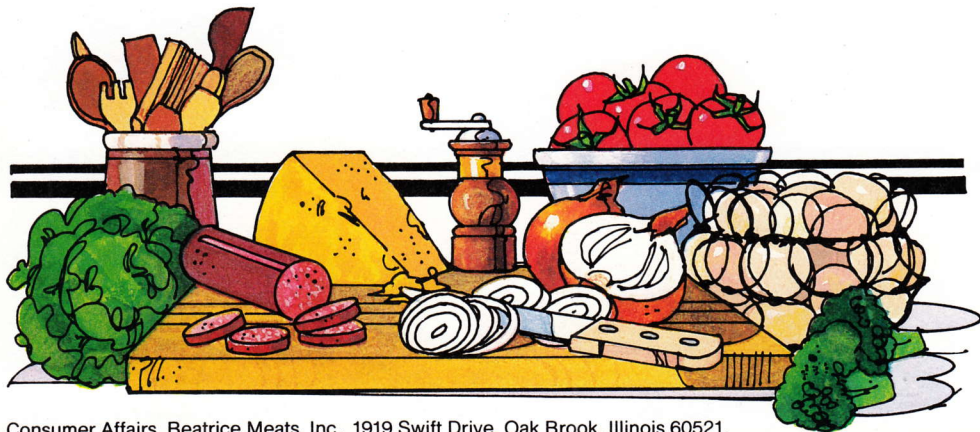


*All time favorites
for Swift Premium®
Brown 'N Serve™
Sausage Links and Roll
Sausage, Sizzlean®
Breakfast Strips and
Swift Premium® Hams and
Deli Meats.*



Time-pleasing Ways to Enjoy Beatrice Meats

Beatrice Meats, Inc. provides protein-rich foods for menus 24 hours a day. Beginning with daybreak breakfasts and running past meals beyond sunset, Brown 'N Serve Sausage, Sizzlean and Swift Premium Hams and Deli Meats are always on hand to be turned into nutritious, taste appealing dishes. Beatrice Meats, a new name representing years of quality Swift products, presents these recipes to serve 'round the clock.



A healthy way to begin each day...

DAY BREAK EGGS

Yield: 6 servings

- 6 Sizzlean breakfast strips
- 3 eggs
- $\frac{2}{3}$ cup half 'n half
- 1 teaspoon dried minced onion
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ to $\frac{3}{4}$ cup shredded mild Cheddar cheese

Preheat oven at 375°F. Cook Sizzlean on one side only in large skillet. Beat together eggs, half 'n half, onion and salt. Lightly grease bottom of each cup in muffin pan. Line each muffin cup with a strip of Sizzlean, uncooked side next to cup. Sprinkle 2 tablespoons cheese over bottom of each lined cup. Spoon egg mixture equally into each cup. Bake in oven 15 to 20 minutes or until egg mixture is set and slightly puffy.

A new setting for breakfast or lunch...

WAFFLES WITH CIDER SYRUP

Yield: 6 servings

- 1 package Sizzlean breakfast strips
- 1 cup apple cider or juice
- $\frac{1}{2}$ cup packed light brown sugar
- 1 tablespoon lemon juice
- 1 apple, cored and chopped
- 1 tablespoon butter or margarine
- 6 frozen waffles

Combine apple cider, brown sugar and lemon juice in small saucepan. Bring to boil and reduce heat. Simmer about 15 minutes or until slightly thickened. Stir in apple and butter. Set aside. Prepare Sizzlean according to package directions. Heat frozen waffles. Place Sizzlean on waffles. Pour syrup over all.

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Convenient pre-cooked sausage links point the way to good eating...

BROWN 'N SERVE CLOCKWORKS

Yield: 5 servings

8-ounce package Swift Premium Brown 'N Serve sausage links
 $\frac{2}{3}$ cup buttermilk pancake and waffle mix
2 eggs
3 tablespoons milk
2 tablespoons melted butter or margarine
2 tablespoons packed brown sugar
 $\frac{1}{8}$ teaspoon cinnamon
Dash of ground nutmeg
5 apple wedges
Maple syrup

Preheat oven at 450°F. Generously grease a 10-inch pie plate. Combine pancake mix, eggs, milk, butter, sugar and spices. Mix well. Pour into pie plate. Arrange sausage links by twos on batter around dish. Place one wedge of apple between every two sausage links. Bake in oven 12 to 15 minutes or until golden brown. Serve with maple syrup.

A favorite no matter how much or little time to savor...

ZERO HOUR OMELET

Yield: 5 servings

8-ounce package Swift Premium Brown 'N Serve sausage links
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped green pepper
5 eggs
 $\frac{1}{4}$ cup milk
1 tomato, chopped
 $1\frac{1}{2}$ tablespoons butter or margarine

Brown sausage in heavy 8-inch ovenproof skillet. Remove sausage and keep warm. Saute onion and green pepper. In a medium-sized bowl, combine eggs and milk. Add onion, green pepper and tomato. Melt butter in skillet. Add egg mixture and cook over low heat until eggs are almost set. Arrange sausage links on top of eggs. To finish cooking top of omelet, broil 4 inches from heat source until center is firm and top is lightly browned. Cut into 5 wedges and serve at once.

Simple to prepare yet classic to serve...

EGGS BENEDICT

Yield: 4 servings

- 8 Sizzlean breakfast strips
- 2 English muffins
- 1 ¼-ounce package Hollandaise sauce mix
- 4 eggs

Prepare Sizzlean according to package directions. Split and toast muffins. Prepare sauce mix according to package directions. Poach eggs. To assemble: on serving dish, place 2 folded strips Sizzlean on each muffin half. Place egg on top of Sizzlean. Spoon ¼ cup sauce over each.

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*Brown 'N Serve roll sausage
tops off each serving...*

TIME-SAVER SAUSAGE SQUARES

Yield: 6 servings

- 8-ounce package Swift Premium Brown 'N Serve roll sausage
- 2 cups Cheddar cheese croutons
- 5 eggs
- ¾ cup milk
- ½ teaspoon salt
- ½ teaspoon dry mustard

Preheat oven at 350°F. Slice roll sausage and brown according to package directions. Sprinkle croutons into greased 8-inch square baking dish. Arrange sausage on croutons. Combine remaining ingredients and pour over croutons and sausage. Bake in oven 25 minutes or until eggs are set.

Take time out for a nourishing lunch...

MID-DAY POTATO SOUP

Yield: 8 cups

- 12-ounce package Sizzlean
breakfast strips, cut into ¼-inch pieces
- 6 medium potatoes, pared and cut into
1-inch cubes
- 1 tablespoon chicken bouillon granules
- 1 rib celery, chopped
- 1 medium onion, chopped
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 1 cup milk
- ½ teaspoon dill weed
- ¼ teaspoon white pepper

Bring potatoes and 4 cups water to a boil in medium-sized saucepan. Add chicken bouillon granules and celery to water. Simmer 15 minutes, or until potatoes are tender. Drain potatoes, reserving liquid. Panfry Sizzlean in 10-inch skillet, browning lightly. Remove and drain on paper towel. Saute onion in drippings until tender. Add butter. Blend in flour. Add milk slowly, stirring until smooth. Add liquid from potatoes. Add Sizzlean, sauce from skillet and seasonings to potatoes. Heat 15 minutes, stirring occasionally. For thicker consistency, mash half the potatoes.

*Time after time, this
never loses its appetite appeal...*

HOT HAM HERO

Yield: 4 sandwiches

- ½ pound Swift Premium Virginia brand
ham, shaved
- ¼ pound Swift Premium hard salami,
shaved
- ¼ cup butter or margarine
- 1 large onion, sliced
- 2 tablespoons butter or margarine
- 4 hard rolls, sliced lengthwise
- 4 slices Provolone cheese

Cook ham and salami in ¼ cup butter in skillet over medium-high heat until lightly browned. Remove meat and set aside. Saute onion in remaining butter plus 2 tablespoons butter. Remove and set aside. Place rolls cut side down in remaining butter in skillet and brown cut side of each. Top each sandwich roll (2 halves) with meat, onion and 1 slice cheese. Broil until cheese is melted. Fold halves together and serve.

Fun to make; fun to eat...

SUPER DELI SANDWICH

Yield: 1 large sandwich, 15 inches long

- ¼ pound Swift Premium hard salami
- ¼ pound Swift Premium Genoa salami
- ¼ pound Swift Premium summer sausage
- ¼ pound Swift Premium pepperoni
- ⅔ cup olive oil
- ⅓ cup stuffed green olives, chopped
- 1 clove garlic, minced
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon lemon juice
- 1 loaf Italian bread, 15 inches long, sliced lengthwise
- Leaf lettuce, tomato and onion slices

Combine oil, olives, garlic, cheese, parsley and lemon juice in glass jar. Shake and let stand several hours or overnight. Spoon over cut sides of bread. Layer meats, lettuce, tomatoes and onions on bottom half of bread. Top with remaining half. Slice and serve.

Set the timer and discover how fast this main dish salad comes together...

SWEEP HAND SALAD

Yield: 8 cups

- ¾ pound Swift Premium hard salami or pepperoni, unsliced
- 8 ounces rotini pasta, cooked and drained
- 8-ounce bottle creamy garlic dressing
- ¼ pound American cheese, cubed
- 1 cup fresh broccoli flowerets
- ½ cup chopped Bermuda onion

Cube salami into ½-inch pieces. Combine all ingredients in serving bowl. Chill until serving time.

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Schedule this quick-cooking recipe for an appetizer, snack or entree...

PIZZA BREAD PRONTO

Yield: 8 servings

½ pound Swift Premium peperoni
4 mini French rolls, 8 inches long, sliced lengthwise

Butter or margarine
Grated Parmesan cheese
8-ounce can pizza sauce
Sliced mozzarella cheese
Oregano

Spread butter over cut sides of rolls and sprinkle with Parmesan cheese. Broil until lightly browned. Spread several tablespoons pizza sauce over each. Layer peperoni over sauce. Top with mozzarella cheese and sprinkle with oregano. Broil until cheese melts. Serve hot.

Time to spare for last minute touches for dinner...

TIME-HONORED HAM WITH SPARKLING APRICOT SAUCE

4-pound Swift Premium Hostess Ham
2 jars (12 ounces each) apricot preserves
2 teaspoons whole cloves
3 tablespoons lime juice
½ cup Liguore Galliano, sherry or apricot-flavored brandy

Heat ham according to directions. Combine remaining ingredients in saucepan. Simmer 5 minutes, stirring occasionally. Serve with sliced ham.

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A special occasion favorite...

STUFFED HAM ROLLS

Yield: 5 servings, 2 rolls each

10 thin slices Swift Premium Hostess Ham
10-ounce package frozen chopped
spinach, thawed and drained
1 cup corn bread (or herb seasoned)
packaged stuffing mix
2 cups sour cream
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{4}$ cup flour
2 cups milk
1 cup (4 ounces) shredded sharp
Cheddar cheese

Paprika

Grated Parmesan cheese, optional

Preheat oven at 350°F. Combine spinach, stuffing mix and sour cream. Spread about $\frac{1}{4}$ cup stuffing mixture down center of each ham slice. Roll up and place seam side down in a single layer in a 12x8x1 $\frac{1}{2}$ -inch baking dish. Melt butter in saucepan; blend in flour. Gradually add milk. Cook and stir over medium heat until thickened. Add Cheddar cheese and stir until cheese melts. Pour over ham. Sprinkle with paprika and Parmesan cheese. Cover and bake in oven 15 minutes; uncover and bake 15 minutes more. Spoon sauce over rolls and serve hot.

*A favorite stand-by dish that's
done in minutes...*

LEISURE TIME SAUSAGE & NOODLES

Yield: 6 cups

8-ounce package Swift Premium
Brown 'N Serve sausage links
6-ounce package Parmesano noodle
mix
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup butter or margarine
10 $\frac{3}{4}$ -ounce can condensed cream of
mushroom soup
4-ounce can mushroom stems and
pieces, undrained

Cook noodles according to package directions. Cut sausage links into $\frac{1}{2}$ -inch pieces. Brown in 2-quart heavy saucepan. Drain noodles well. Add to cooked sausage along with Parmesano noodle sauce mix and remaining ingredients. Simmer uncovered over low heat 10 minutes or until hot and bubbly.

*Easy and tasty for
brunch or supper...*

TIME-PLEASER PIE

Yield: 10 servings

- 8-ounce package Swift Premium
Brown 'N Serve sausage links, cut
into 1-inch pieces
- ½ cup shredded Cheddar cheese
- 2 cups creamy-style small curd cottage
cheese
- 1 cup buttermilk baking mix
- 4 eggs
- ½ cup Italian tomato sauce

Preheat oven at 400°F. Lightly grease a 10-inch quiche dish or pie plate. Spoon half of sausage into bottom of dish. Spoon cheese over sausage. Combine cottage cheese, baking mix and eggs, beating until smooth. Pour over sausage and cheese. Bake in oven 15 minutes. Mix remaining sausage pieces with Italian sauce. Swirl mixture through partially baked batter. Bake 25 minutes longer. Let stand 10 minutes before slicing into wedges.

*For busy days, make this
hearty dish in a hurry...*

CENTRAL STANDARD SUPPER DISH






Yield: 5 servings

- 8-ounce package Swift Premium
Brown 'N Serve sausage links
- 3 to 4 tablespoons butter or margarine
- 3 cups frozen hash brown potatoes
- 1¼ cups shredded sharp Cheddar
cheese
- 5 eggs
- Chopped parsley

Brown sausage in 9-inch skillet; remove and set aside. Melt butter in skillet and cook potatoes until barely tender and lightly browned. Pat flat in skillet. Arrange sausage in pairs spoke-fashion on potatoes, leaving 5 spaces for cheese and eggs. Sprinkle cheese on potatoes. Carefully break eggs on top of cheese. Cover and cook over medium-low heat until eggs are set. Garnish with parsley.

Storage Chart

Recommended Time for Maximum Quality

	Brown 'N Serve Sausage Links	Brown 'N Serve Roll Sausage	Sizzlean Breakfast Strips	Swift Premium Canned Ham	Swift Premium Deli Meats (Pre-packaged)
					
FREEZER STORAGE (Freezer Temperature 0°F or colder)	30 days	90 days	60 days	Do not freeze*	Do not freeze
REFRIGERATOR STORAGE (Refrigerator Temperature 36 to 40°F or lower)	5 to 7 days	Use by "sell by" date	5 to 7 days	Keep refrigerated. Check label for storage information.	1 week
HOW TO STORE MEAT	Store in unopened original package	Store in unopened original package	Store in original package	Store in unopened can	Store in unopened original package

*Leftover cooked ham should be tightly wrapped and refrigerated within 1 to 2 hours after cooking. Store in refrigerator for 4 to 5 days. If freezing is necessary, tightly seal the leftover ham in moisture/vapor-proof wrap and store at 0°F or lower for no longer than 2 months. Note that changes in flavor and texture occur during freezing.

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