

50

FAMOUS MANWICH RECIPES





Explore the Great Versatility of Hunt's Manwich . . . America's Favorite Sloppy Joe Sauce

Everyone knows Hunt's Manwich is the All-American Sloppy Joe Sauce. It is used by millions of families to make delicious hearty sloppy joes. But not everyone knows just how versatile Hunt's Manwich really is!

Inside this unique Manwich cookbook you will find 50 easy recipes combining your favorite meats and cuts with Hunt's Manwich to provide good tasting, economical meals your whole family will love. Original Flavor Manwich adapts easily to create many different kinds of dishes...from lasagna to spare ribs. Its tasteful blend of 8 different herbs and seasonings, garden fresh onion and crisp red and green bell peppers, together in a delicious thick tomato base makes it an ideal ingredient for quick, economical main dishes. And Mexican Flavor Manwich has all the goodness of Original Flavor Manwich, but adds the zest of old time Mexico for an unusual taste treat.

It will be easy to please your family with dishes prepared with Original Flavor or Mexican Flavor Manwich. The choice is yours, an elaborate main dish or a quick, inexpensive snack. Either way Manwich will help you cook up goodness. Whatever your needs, the recipes on the following pages cook up easily into approximately 6 hearty servings each. For larger meals, try the 27½ oz. Family Size can of Manwich and make double the servings by just doubling all other ingredients.

The recipes included in this book are meant to encourage you to experiment with Manwich as a cooking sauce. As you have probably already discovered by now, Manwich goes well with a variety of foods. Its true versatility is limited only by your imagination.

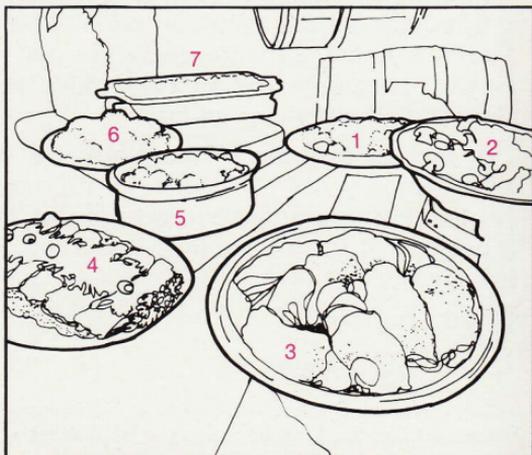
Good Cooking!



International

Foreign touches and Manwich are a happy mix. And we've ideas with a hint of Mexico, Germany, France, Italy and Polynesia. Fresh and delightful.

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1. Sweet and Sauerkraut Franks
 2. Chicken a la Jardiniere
 3. Heidelberg Cabbage Rolls
 4. Enchiladas Mexicali
 5. Stew, Sauerbraten Style
 6. Pork Chops Hawaiian
 7. Beefy Lasagna





INTERNATIONAL



BEEFY LASAGNE

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|--------------------------------|-----------------------------------|
| 1 (8-oz.) pkg. lasagne noodles | 1/2 teasp. salt |
| 1 lb. lean ground beef | 1 cup cottage cheese |
| 1 can Hunt's Manwich Sauce | 1/4 cup grated Parmesan cheese |
| 1/2 cup water | 1 Tablesp. parsley |
| 1 clove garlic, minced | 1 teasp. oregano |
| 1 teasp. basil | 3/4 lb. mozzarella cheese, sliced |

Cook noodles according to package directions. Cook beef in skillet until it loses redness; drain fat. Stir in Hunt's Manwich, water, garlic, basil and salt. Simmer for 20 minutes. Combine cottage cheese, Parmesan cheese, parsley and oregano. Place *half* the noodles in a 2-quart oblong baking dish. Top with *half* the cottage cheese mixture and *half* the mozzarella cheese; spread *half* the meat mixture over. Repeat layers. Bake at 350° for 30 minutes. Let stand 10 minutes. Cut into squares. Makes 8 servings.



Enchiladas Mexicali

- 1 can Hunt's Mexican Manwich Sauce
- 1/4 cup water
- 12 corn tortillas
- Wesson Oil
- 3/4 lb. jack or cheddar cheese, shredded
- 1 (4 oz.) can diced green chiles

Mix together Hunt's Mexican Manwich and water; set aside. Soften tortillas, one at a time, by dipping quickly in and out of hot oil, drain on paper towels. Place 2 to 3 *tablespoons* cheese down center of each tortilla, reserving 3/4 *cup*. Sprinkle each with chiles. Roll up and place seam side down, in lightly oiled 2-quart oblong baking dish. Pour sauce over all; top with *remaining* cheese. Bake at 350° 20 minutes until heated through and bubbly. Makes 6 servings.

Heidelberg Cabbage Rolls

- 12 large cabbage leaves
- 1 1/4 lbs. ground beef
- 2 teasp. salt
- 1 cup cooked rice
- 1 egg
- 1/2 teasp. thyme
- 1 can Hunt's Manwich Sauce
- 1/4 cup water

Cover cabbage leaves with boiling water; let stand for 5 minutes, drain. Combine next 5 ingredients; place equal portions in center of leaves. Roll up, fasten with toothpicks. Combine remaining ingredients; pour over cabbage rolls. Simmer, covered, 1 hour, basting occasionally. Makes 6 servings.

Pork Chops Hawaiian

- 6 pork chops, 1/2-inch thick
- Salt and pepper
- 2 Tablesp. Wesson Oil
- 3/4 cup uncooked rice
- 1 (8 1/2-oz.) can pineapple tidbits, undrained
- 1/2 cup coarsely chopped green pepper
- 1 can Hunt's Manwich Sauce
- 1 cup hot water
- 1 teasp. salt

Sprinkle chops with salt and pepper; brown well in Wesson Oil in 10-inch skillet. Remove chops; drain excess fat. Add rice to skillet; stir in remaining ingredients. Place chops over top. Bring to boil; simmer, covered, 45 minutes or until rice and chops are tender. Makes 6 servings.

Stew Sauerbraten Style

- 1 1/2 lbs. stewing beef, cut in 1-inch cubes
- 1/4 cup flour
- 1 1/2 teasp. salt
- 1/8 teasp. pepper
- 3 Tablesp. Wesson Oil
- 1 1/2 cups hot water
- 1/2 teasp. thyme
- 1 can Hunt's Manwich Sauce
- 4 carrots, cut in 1-inch slices
- 2 potatoes, cut in eighths
- 1 onion, quartered

Coat beef with flour, 1-teaspoon salt and pepper using all of coating mixture. Brown in Wesson Oil in Dutch oven or deep kettle; drain fat. Add water and thyme; cover, simmer 1 hour until meat is almost tender. Stir in Hunt's Manwich, carrots, potatoes, onion and remaining salt; cover, simmer about 45 minutes longer until vegetables are tender. Makes 4 to 6 servings.

Sweet and Sauerkraut Franks

- 10 frankfurters
- 1 (1-lb.) can sauerkraut, drained
- 1 cup diced cooked potatoes
- 1/2 teasp. caraway seed, optional
- 1 can Hunt's Manwich Sauce

Slit frankfurters lengthwise but not completely through; arrange cut side up in 2-qt. oblong baking dish. Mix together lightly the sauerkraut, potatoes and caraway seed; spoon down center of frankfurters. Pour Hunt's Manwich over all. Bake at 350° for 30 minutes. Makes 4 to 6 servings.

Chicken a la Jardiniere

- 3 lbs. frying chicken pieces
- Salt and pepper
- 2 Tablesp. Wesson Oil
- 1 can Hunt's Manwich Sauce
- 1 cup sliced celery
- 1/4 lb. mushrooms, sliced
- 1 clove garlic, minced
- 1/4 cup white wine or water

Season chicken pieces with salt and pepper. Brown well in Wesson Oil; drain excess fat. Combine remaining ingredients; pour over chicken. Cover; simmer about 45 minutes or until chicken is tender. Turn and baste pieces occasionally. Makes 6 servings.



Family Favorites

Dress up old family standbys and give them a new look and a bright new taste with Manwich. Downright handy to have around.

1. Pennywise Meatball Dinner
2. Chicken Drumstick Dinner
3. Meat 'n Potato Prize
4. Beefy Bean-a-roni
5. Cheese Crust Pie Por Favor
6. Baked Fish in Piquant Sauce
7. Stuffed Peppers
8. Mediterranean Pork Chops
9. Pork Chops Risotto
10. Spicy Pot Roast
11. Shepherd's Casserole
12. Bean and Sausage Bake





FAMILY FAVORITES

For the pizza fans in your home, prepare Manwich according to label recipe adding $\frac{1}{2}$ teasp. oregano. Spoon Manwich mixture on six toasted sandwich rolls; top each with shredded Mozzarella cheese. Heat under broiler until bubbly. Makes 6 pizzas.

Cheese Crust Pie Por Favor

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|--|--|
| 1 lb. lean ground beef | $\frac{1}{2}$ teasp. salt |
| 1 can Hunt's Manwich Sauce | $\frac{1}{4}$ lb. sharp process cheese, shredded |
| 1 (15 $\frac{1}{2}$ -oz.) can small red beans, drained | 1 pastry stick or mix for 1-crust pie |
| 1 Tablesp. chili powder | |

Cook beef in skillet until it loses redness; drain excess fat. Stir in Hunt's Manwich, beans, chili powder, salt and $\frac{3}{4}$ -cup of cheese; simmer together 10 minutes. Stir occasionally. Meanwhile, prepare pastry according to package directions, adding remaining $\frac{1}{4}$ -cup cheese before stirring in liquid. Roll out slightly larger than a 9-inch pie plate on a lightly floured board; make a few steam vent slashes. Pour hot meat mixture into 9-inch pie pan. Lay pastry over top; seal and flute outer edge. Bake at 375° 15 to 20 minutes until golden brown. Makes 6 to 8 servings.

Family standby — Brown 1 lb. ground beef in skillet; pour off excess fat. Add 1 can Hunt's Manwich Sauce, stir. Simmer 5 minutes. Serve on hamburger buns for 6 man-size servings.

BEAN AND SAUSAGE BAKE

1 can (53 oz.) Hunt's Pork and Beans, drained
1 can (15½ oz.) Hunt's Manwich Sauce

1 can (9 oz.) Vienna sausage
2 Tablesp. molasses
1 Onion, chopped
3 slices bacon

Slice Vienna sausage into coin-size pieces. Combine Hunt's Pork and Beans, Manwich, Vienna sausage, molasses, and onion. Pour into 13 x 9 inch baking dish. Lay slices of bacon over top. Bake at 300° 1 hour. Makes 10-12 servings.



Mediterranean Pork Chops

6 pork chops, ½-inch thick
1 Tablesp. Wesson Oil
Salt and pepper
1 can Hunt's Manwich Sauce
2 cups hot water

1 cup uncooked rice
½ teasp. oregano
½ teasp. basil
¼ lb. mozzarella cheese, diced

Brown chops in Wesson Oil; sprinkle with salt and pepper. Set aside. Combine 1½ cups Hunt's Manwich, 1¾ cups water, rice, oregano and basil in 2-quart oblong baking dish. Add half the cheese and ½-teaspoon salt; stir just to mix. Arrange chops over top; cover tightly. Bake 45 minutes at 350°. Remove cover; top with remaining cheese. Pour on remaining Manwich mixed with remaining water; bake, uncovered, 10 more minutes. Makes 6 servings.



beefy bean-a-roni

1 lb. ground beef
½ cup chopped celery
2 cups cooked shell macaroni
1 (15½-oz.) can small red beans, undrained
1 can Hunt's Mexican Manwich Sauce
½ cup shredded cheddar cheese

Cook ground beef until it loses redness. Add celery, cook until transparent; drain excess fat. Stir in remaining ingredients, except cheese. Pour into 1½-quart casserole. Bake at 350° 30 minutes. Top with cheese last 10 minutes. Makes 6 to 8 servings.

Chicken Drumstick Dinner

12 frying chicken legs (about 2 lbs.)
Salt and pepper
2 Tablesp. Wesson Oil
1 can Hunt's Manwich Sauce
1½ cups sliced parsnips
1½ cups sliced carrots
1½ teasp. salt
1 clove garlic, minced
¼ cup white wine or water

Season chicken with salt and pepper. Brown well in Wesson Oil; drain fat. Combine remaining ingredients and pour over chicken. Cover skillet and simmer 45 minutes; baste occasionally. Makes 6 servings.

MEAT 'N POTATO PRIZE

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|------------------------------|--|
| 2 lbs. lean ground beef | 1/8 teasp. pepper |
| 1 cup fresh bread crumbs | 1 can Hunt's Manwich Sauce |
| 1 egg | 2 to 3 cups mashed potatoes* |
| 1/2 cup finely chopped onion | 1 Tablesp. melted margarine or butter |
| 1 Tablesp. prepared mustard | Paprika |
| 1 teasp. salt | |

Combine first 7 ingredients with 1 cup Hunt's Manwich; mix well. Form into 7 to 8-inch round loaf; chill several hours. Bake on rack in shallow pan at 350° 1 hour 15 minutes. Remove from oven; drain excess fat, cool slightly. Cover with mashed potatoes, spreading evenly. Brush with melted butter, sprinkle with paprika. Bake 30 to 35 minutes longer. Heat remaining Manwich; serve over wedges of meat 'n potato loaf. Makes 8 servings.

*Leftover or instant prepared according to package directions.



Pork Chops Risotto

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|------------------------------|--|
| 4 pork chops, 1/2-inch thick | 1 teasp. salt |
| Salt and pepper | 1/2 teasp. dry mustard |
| 1 Tablesp. Wesson Oil | 3/4 cup uncooked rice |
| 1/2 cup chopped celery | 1 (10-oz.) pkg. frozen peas, partially thawed |
| 2 cups water | |
| 1 can Hunt's Manwich Sauce | |

Sprinkle chops with salt and pepper; brown in Wesson Oil in large skillet. Remove chops. In same skillet cook celery until transparent; drain fat. Add water, Hunt's Manwich, salt and mustard; bring to boil. Stir in rice. Place chops in rice mixture; cover tightly and simmer 30 minutes. Add peas; cover and simmer 15 to 20 minutes longer. Makes 4 servings.



shepherd's CASSEROLE

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|---|--|
| 1 lb. lean ground beef | 1 cup shredded Cheddar cheese |
| 1 medium onion, chopped | 2 1/2 cups seasoned mashed potatoes |
| 1 (1-lb.) can cut green beans, drained | |
| 1 can Hunt's Manwich Sauce | |

Cook beef until meat loses redness; add onion and cook until transparent. Drain fat. Stir in green beans, Hunt's Manwich and 1/2 cup cheese. Pour into 10 x 6 x 2-inch baking dish. Spread mashed potatoes over meat mixture; sprinkle remaining cheese over all. Bake at 375° 20 minutes. Makes 4 to 6 servings.

Stuffed Peppers

4 green peppers
1 cup packaged pre-cooked rice
1 lb. lean ground beef
1 tablesp. salt

1/8 tablesp. pepper
1 can Hunt's Manwich Sauce
1 cup shredded Cheddar cheese

Wash and halve green peppers lengthwise, remove seeds. Parboil 5 minutes. Prepare rice according to package directions. Cook beef until it loses redness; drain fat. Add rice, salt, pepper and 1/2 can Hunt's Manwich; mix lightly. Pile into pepper halves; arrange in shallow baking dish. Pour remaining Manwich over peppers; top with cheese. Bake at 350° 20 minutes. Makes 4 to 6 servings.



Baked Fish in Piquant Sauce

2 lbs. fish fillets or steaks
Salt and pepper
1/2 tablesp. marjoram
1 can Hunt's Manwich Sauce
1/4 cup water
1 Tablesp. Wesson Oil
1 Tablesp. lemon juice

Sprinkle fish with salt, pepper and marjoram. Place in shallow oiled baking pan. Combine Hunt's Manwich with remaining ingredients; pour over fish. Bake at 375° 25 to 30 minutes until fish flakes easily with fork. Makes 6 servings.

Pennywise Meatball Dinner

1 lb. ground beef
1/2 cup soft bread crumbs
1 egg
1/2 tablesp. salt
1 can Hunt's Manwich Sauce
1 (1-lb. 13-oz.) can pork and beans

Combine first 4 ingredients with 1/3 cup Hunt's Manwich. Shape into 1-inch balls. Brown in large skillet; drain excess fat. Spoon beans around meatballs; pour remaining Manwich over all. Cover; simmer 15 to 20 minutes. Makes 6 servings.



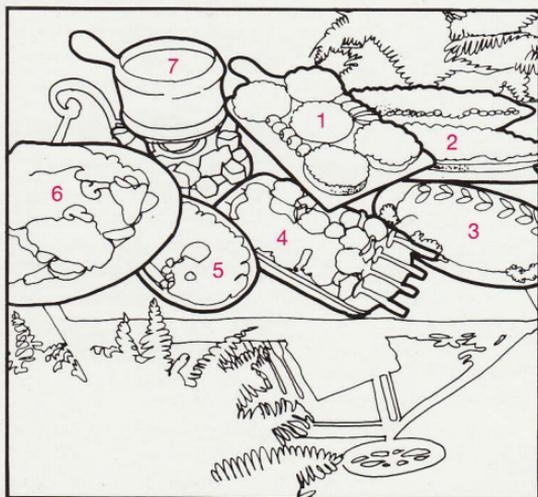
SPICY POT ROAST

1 (3 to 4-lb.) beef chuck or rump roast
2 tablesp. salt
1/8 tablesp. pepper
2 Tablesp. Wesson Oil
1/2 cup water
1 clove garlic, minced

8 small carrots, pared and quartered
4 medium potatoes, pared and halved
1 onion, quartered
1 can Hunt's Manwich Sauce

Season roast with 1 teaspoon of salt and the pepper. Brown well on all sides in Wesson Oil in Dutch oven or heavy kettle. Add water and garlic; cover. Simmer 2 to 2 1/2 hours until almost tender; skim excess fat. Add remaining ingredients, cover; simmer 45 minutes to 1 hour or until vegetables are tender. Arrange roast on platter, surround with vegetables. Thicken gravy if desired. Makes 6 to 8 servings.





Guests

Company dishes with Manwich? You bet. Oven dishes, casseroles or main meat dishes. And a Manwich sauce simmered with wine makes the ordinary extraordinary.

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1. Jolly Good Pizzas
 2. Help Yourself Sandwich
 3. Gourmet Beef Bake
 4. M'm Good Kebobs
 5. Classy Steak Ragout
 6. Elegant 'n Easy Chicken
 7. Mucho Gusto Chile Dip

GUESTS



Gourmet Beef Bake

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|--------------------------------|----------------------------------|
| 1½ lbs. extra lean ground beef | 1 can Hunt's Manwich Sauce |
| 1 egg | 1 (11-oz.) pkg. pie crust sticks |
| 1 cup fresh bread crumbs | 3 Tablesp. red wine, optional |
| 1 teasp. salt | |

Mix together first 4 ingredients with ½ cup Hunt's Manwich. Form into loaf; bake at 375° 30 minutes. Place on rack to cool. Prepare pastry according to package directions; roll into 12-inch square. Place cooled loaf top side down in center of pastry; wrap pastry over, pinching together edges to seal. Place, sealed edge down, on ungreased pan and bake at 400° 30 minutes until golden brown. Serve with remaining Manwich heated with wine. Makes 6 servings.



Elegant 'n Easy Chicken

- 2½ to 3 lbs. frying chicken pieces
- Salt and pepper
- 2 Tablesp. Wesson Oil
- 1 can Hunt's Manwich Sauce
- ½ lb. mushrooms, sliced
- 1 clove garlic, crushed
- ¼ cup white wine or water

Sprinkle chicken with salt and pepper. Brown in Wesson Oil; remove excess fat. Combine remaining ingredients; pour over chicken. Simmer, covered, 45 minutes. Makes 4 to 6 servings.

Jolly Good Pizzas

- 6 English muffins
- Margarine or butter, optional
- ½ lb. bulk sausage
- 1 can Hunt's Manwich Sauce
- ½ teasp. Italian herb seasoning
- ¼ lb. Cheddar cheese, shredded

Split and toast English muffins; butter lightly if desired, set aside. Cook sausage in small skillet, stirring until lightly browned and crumbly; drain excess fat. Stir in Hunt's Manwich; simmer 5 minutes. Arrange muffins, toasted side up, on cookie sheet. Spoon Manwich mixture over top of each; sprinkle on Italian herb seasoning, top with shredded cheese. Bake at 400° 10 minutes or until cheese is bubbly. Makes 12 snacks.

Help Yourself Sandwich

- 1 lb. ground beef
- 1 can Hunt's Manwich Sauce
- 1 (1-lb.) can barbecue or baked beans

- 1 long loaf French bread, unsliced
- Margarine or butter
- ½ lb. process American cheese, shredded
- 1 Tablesp. prepared mustard

Cook ground beef until it loses redness, drain excess fat. Add Hunt's Manwich, simmer 10 minutes. Heat beans in saucepan. Split French bread lengthwise, spread with margarine. Toast lightly, cut side up, under broiler. Spread toasted bottom half of loaf with hot Manwich mixture; sprinkle *half* of cheese over top. Spread mustard, then beans on toasted side of remaining half of loaf; sprinkle with remaining cheese. Bake on cookie sheet 15 minutes at 375° until cheese melts. Cut in slices to serve. Makes 6 generous servings.



MUCHO GUSTO CHILE DIP

- 1 lb. ground beef
- 1 (1-lb.) can refried beans
- 1 can Hunt's Mexican Manwich Sauce
- 1 (4-oz.) can diced green chiles
- 1 lb. process American cheese, diced
- 1 loaf unsliced bread (French, Italian or Shepherd's)

Cook beef in large skillet until it loses redness; drain excess fat. Stir in beans, Hunt's Mexican Manwich, chiles and diced cheese. Cook over very low heat, stirring constantly until heated through and well blended. Cut bread into bite sized squares; serve with hot dip*. Makes 1½ quarts.

*Dip may be kept hot over low heat, stirring occasionally or in chafing dish.

CLASSY STEAK RAGOUT

- 2 lbs. round steak, ½-inch thick
- 3 Tablesp. flour
- 1 teasp. salt
- ¼ teasp. pepper
- ¼ cup Wesson Oil
- 1 can Hunt's Manwich Sauce
- ½ cup water
- 1 (4-oz.) can mushrooms, undrained
- 6 small boiling onions
- 3 medium potatoes, sliced
- 1 bay leaf
- 1 (10-oz.) pkg. frozen mixed vegetables

Cut steak into 1-inch pieces; coat with flour mixed with salt and pepper. Brown in Wesson Oil; drain fat. Add remaining ingredients except mixed vegetables. Cover and simmer 30 minutes. Add vegetables, simmer 15 minutes longer. Makes 6 servings.



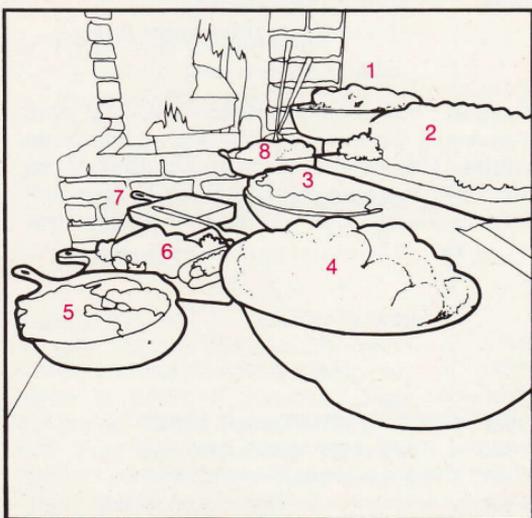
M'm Good Kebobs

- 1½ lbs. lean ground beef
- ½ cup soft bread crumbs
- 1 egg
- ½ teasp. salt
- ¼ cup raisins
- 1 can Hunt's Manwich Sauce

- 1 small green pepper, cut in 1-inch squares
- 1 (13½-oz.) can pineapple chunks, drained
- 6 10-inch skewers
- 3 cups hot cooked rice

Combine first 5 ingredients with ½ cup Hunt's Manwich. Form into 24 balls. Arrange in large shallow baking pan. Bake at 425° 15 minutes. Remove from oven; drain excess fat. Arrange 4 meatballs alternately with green pepper pieces and pineapple chunks on each skewer. Return to baking pan; pour remaining Manwich over. Bake kebobs 15 to 20 minutes longer. Turn and baste once or twice. Serve on bed of rice. Makes 6 servings.





Indoor-Outdoor

Over the coals or in the oven, indoors or out, Manwich adds a flavor zip you'll like. Try it in country or Western dishes.

1. Saucy Spareribs
2. Zingy Meat Loaf
3. Beef Crust Bean Pie
4. One Pan Oven Dinner
5. Chicken Vegetable Medley
6. Patio Hot Dogs and Beans
7. Ranch-House Pork 'n Beans
8. Pinwheel Steak Roll

INDOOR OUTDOOR

For tasty tacos, prepare Manwich according to label recipe. Place $\frac{1}{4}$ cup filling in prepared taco shell. Add shredded cheddar cheese. Makes 8 tacos.

Patio Hot Dogs and Beans

$\frac{1}{4}$ cup chopped onion
1 Tablesp. butter or margarine
1 (1-lb. 14-oz.) can Hunt's Pork
and Beans

1 can Hunt's Manwich Sauce
1 teasp. prepared mustard
10 to 12 frankfurters
10 to 12 split frankfurter buns

Cook onion in butter in 10-inch skillet until onion is transparent. Add pork and beans, 1 cup Manwich and mustard. Simmer, uncovered, at one edge of outdoor grill for 15 to 20 minutes. Meanwhile, score frankfurters three times diagonally with sharp knife. Grill 2 inches from hot coals; turn and baste often with remaining Manwich. Toast buns cut side down last few minutes. Makes 6 servings.

Slices of leftover meat loaf heated just moments in Hunt's Manwich Sauce make super good and super easy hot sandwiches. Serve on either toasted buns or French bread.

Beef Crust Bean Pie

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|-------------------------------|---------------------------------------|
| 1½ lbs. lean ground beef | 1 can Hunt's Manwich Sauce |
| 1 cup fresh bread crumbs | 1 (15½-oz.) can baked beans, drained |
| 1 egg | 1 Tablesp. molasses |
| ⅓ cup minced onion | 1 teasp. prepared mustard |
| ½ teasp. salt | ¼ lb. process American cheese, sliced |
| ⅛ teasp. pepper | |
| 1 teasp. Worcestershire sauce | |

Combine first 7 ingredients with ½-cup Hunt's Manwich; mix well. Pat into bottom and sides of 9-inch pie pan to form shell, building up top edge and fluting. Bake at 350° 15 minutes. Meanwhile combine beans, molasses and mustard with ½-cup Manwich in sauce pan. Heat; pour into partially baked meat shell; spreading to edges. Pour remaining Manwich over top of beans; arrange cheese slices to within 1 inch of outer edge. Bake 15 to 20 minutes longer. Cut in pie shaped pieces to serve. Makes 6 to 8 servings.



Try Hunt's Manwich Sauce another delicious way — sandwich a slice of cheese and a little pickle relish between 2 hamburger patties, press edges together to seal. Brown quickly then pour Hunt's Manwich Sauce over to simmer briefly.



ZINGY MEAT LOAF

- 1½ lbs. lean ground beef
- 1 cup soft fresh bread crumbs
- ½ cup finely chopped onion
- 1 egg
- 1 teasp. salt
- ⅛ teasp. pepper
- 1 can Hunt's Mexican Manwich Sauce
- 1 Tablesp. prepared mustard

Lightly mix first 6 ingredients with ½ cup Hunt's Mexican Manwich. Shape into loaf in shallow baking pan. Bake at 350° 45 minutes. Drain excess fat; spread mustard over top of loaf. Pour over *remaining* Manwich; bake 35 minutes longer. Baste several times. Makes 6 servings.

CHICKEN VEGETABLE MEDLEY

- 1 (2½ to 3-lb.) frying chicken, cut up
- 2 Tablesp. flour
- ¼ cup Wesson Oil
- Salt and pepper
- 1 can Hunt's Manwich Sauce
- 1 cup sliced celery
- 1 cup diced carrot
- 1 teasp. salt
- 1 clove garlic, minced
- ⅓ cup white wine or water

Coat chicken with flour seasoned with salt and pepper. Brown well in Wesson Oil. Remove excess fat. Combine remaining ingredients and pour over chicken. Cover skillet and simmer 45 minutes. Makes 4 servings.

ONE PAN OVEN DINNER

1 lb. lean ground beef
½ cup soft bread crumbs
1 egg
½ teasp. salt
¼ cup raisins, optional
1 can Hunt's Manwich Sauce

1 (1-lb. 13-oz.) can yams,
drained
1 (13½-oz.) can pineapple
chunks, drained

Combine first 5 ingredients with ½ cup Hunt's Manwich. Form into 18 balls. Arrange in large shallow baking pan. Bake at 425° 15 minutes. Remove from oven; drain excess fat. Arrange yams and pineapple between meatballs; pour remaining Manwich over all. Bake 15 to 20 minutes longer. Baste once or twice. Makes 6 servings.



Add a touch of Italy to Pita Bread. In a 10-inch skillet, sauté 1 lb. Italian sausage (casing removed and sausage crumbled) until redness is gone; drain fat. Add 1 (15½-oz.) Manwich and 1 cup sliced mushrooms; simmer 5-10 minutes. Cut Pita Bread in half; spoon equal portions of meat mixture into pocket of each half.



Spice up your shrimp cocktail. In a medium-sized mixing bowl, blend together 1 (15½-oz.) Hunt's Manwich, ½ cup diced celery, ¼ teasp. salt and ¼ teasp. Tabasco. Stir in shrimp and chill. Spoon into individual serving dishes and garnish with parsley. Serves 4-5.



To brighten your morning, spoon hot Hunt's Manwich Sauce over scrambled eggs or your favorite omelet.



Brown ground beef then stir in Hunt's Manwich Sauce and a small can of chili beans. Heat until bubbly. Serve between crisp tortillas and top with shredded lettuce and cheese.



For a new luncheon treat, try pita pockets! Just prepare Manwich according to label recipe adding 1 teasp. garlic salt. Cut pita-bread rounds in half. Spoon equal portions of Manwich into pocket of each half. Garnish with alfalfa sprouts and pieces of Feta Cheese. Makes 6 servings.

Pinwheel Steak Roll

1 flank steak (1½ to 2 lbs.)
Salt and pepper
2 slices bacon, diced
¼ cup uncooked rice

1 beef bouillon cube
1 can Hunt's Manwich Sauce
¾ cup water

Score flank steak on both sides in diamond pattern, making shallow cuts ⅛-inch deep. Sprinkle with salt and pepper. Cook bacon until crumbly; set aside. Combine rice, bouillon cube, ¼-cup Hunt's Manwich and bacon crumbles. Spread over steak surface to within ½-inch of edges; roll up jelly roll fashion. Secure with skewers or string. Brown on all sides in bacon drippings in skillet; drain excess fat. Pour remaining Manwich mixed with water over meat roll. Cover; simmer 1½ to 2 hours until tender. Baste occasionally. Makes 4 to 6 servings.



For an outdoor taste and indoor cooking, oven-barbecue chicken, turkey, pork roast, hot dogs, beef roasts — whatever . . . Just use a moderate oven temperature, cook the meat uncovered. Then the last half of cooking time, turn the meat often and baste frequently with Hunt's Manwich Sauce.



To make fish sticks a popular taste treat, spoon hot Hunt's Manwich Sauce over them — serve between toasted egg rolls or poppy seed buns. Pop in a slice of cheese for a sure winner.



SAUGY SPARERIBS

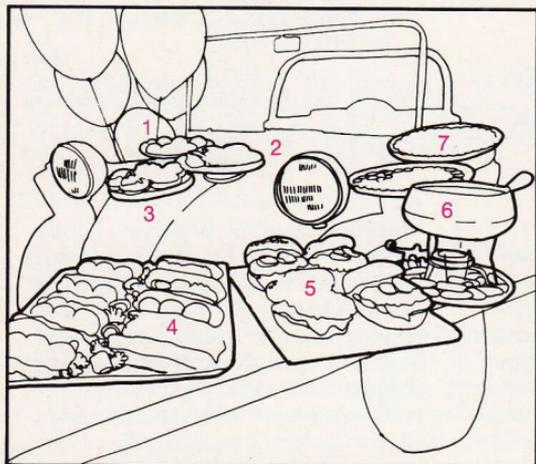
4 lbs. country-style pork ribs
Salt
1 can Hunt's Manwich Sauce
2 Tablesp. brown sugar
1 teasp. Worcestershire sauce
½ teasp. dry mustard

Arrange ribs in shallow baking pan; sprinkle lightly with salt. Bake at 425° 45 minutes. Drain fat. Combine remaining ingredients. Pour over ribs. Reduce oven temperature to 350°. Bake 1 hour longer or until ribs are tender; turn ribs and baste occasionally. Makes 4 to 6 servings.

Ranch House Pork 'n Beans

1½ lbs. cubed pork shoulder
1 to 2 Tablesp. Wesson Oil
1 teasp. salt
½ cup water
1 can Hunt's Manwich Sauce
2 (1-lb. 14-oz.) or 1 (52-oz.)
can pork and beans

Cook pork in 12-inch skillet in Wesson Oil until browned lightly. Sprinkle with ½ teaspoon salt, add water and ½ cup Hunt's Manwich; cover, simmer 30 minutes or until tender. Stir in pork and beans, remaining salt and remaining Manwich. Simmer, uncovered, 15 minutes longer. Makes 8 servings.



Young 'n Lively

A batch of on-the-go-type meals. Simple, but differently delicious ideas. Ones that start with Manwich and end with a compliment.

1. Mod Mini Loaves
2. Manwich Olé
3. Chili Size Happening
4. Super Heroes
5. Double Burger Melt
6. Teenwich Fun-Do
7. Twin Pizzas



YOUNG 'N LIVELY

Super Heroes

1 lb. ground beef
½ cup soft bread crumbs
1 egg
1 clove garlic, crushed
1 teasp. salt

⅓ teasp. pepper
1 can Hunt's Manwich Sauce
2 Tablesp. Wesson Oil
¼ cup water
8 frankfurter buns, split

Combine first 6 ingredients with ½ cup Hunt's Manwich; mix lightly. Form into 24 balls. Brown on all sides in 12-inch skillet in Wesson Oil; drain fat. Pour on remaining Manwich and water; cover and simmer 15 minutes. Toast cut side of buns. Serve open faced with 3 meatballs on bottom half of each bun. Spoon sauce over all. Makes 8.

MANWICH OLÉ

1 lb. ground beef
½ cup finely chopped celery
½ lb. frankfurters, sliced
1 can Hunt's Mexican Manwich
Sauce
¼ teasp. salt
⅓ teasp. pepper
8 frankfurter buns, split
and toasted

In a skillet, cook beef and celery until celery is transparent; drain excess fat. Add frankfurters, Hunt's Mexican Manwich, salt and pepper. Simmer 10 minutes. Spoon between buns. Makes 8 servings.

Mod Mini Loaves

1½ lbs. lean ground beef
1 can Hunt's Manwich Sauce
½ cup soft bread crumbs
1 egg
1 teasp. salt
⅓ teasp. pepper
¼ lb. process American
cheese

Combine ground beef, ½ can Hunt's Manwich, bread crumbs, egg, salt and pepper. Cut cheese into 6 cubes. Divide meat mixture into 6 equal portions; form around cheese cubes to make small loaves. Bake in shallow 10 x 12-inch baking pan at 450° 15 minutes. Drain excess fat. Pour on remaining Manwich; bakē 20 minutes longer. Makes 6 servings.

TEENWICH FUN-DO

- 1 (15½-oz.) can chili con carne
- ½ lb. process American cheese or cheese spread, diced
- 1 can Hunt's Manwich Sauce

- 3 to 4 Tablesp. diced canned green chiles
- 1 lb. frankfurters, cut in bite-sized pieces
- Toothpicks

Heat chili in 1½-quart saucepan over low heat, mashing beans slightly. Stir in cheese until melted and well blended. Add Hunt's Manwich continuing to stir until heated through. Add chiles. Serve in fondue pot or chafing dish. Meanwhile, sauté frankfurters lightly. Pierce with toothpicks to dip into fondue. Excellent as a hot dip for corn and potato chips, too. Makes about 3 cups fondue.



DOUBLE BURGER MELT

- 1½ lbs. ground beef
- ½ cup soft bread crumbs
- ½ teasp. salt
- ⅛ teasp. pepper
- 1 can Hunt's Manwich Sauce
- 6 slices process American cheese
- 2 Tablesp. water
- 6 hamburger buns, split and toasted

Combine beef, bread crumbs, salt and pepper with ½-cup Hunt's Manwich. Form into 12 thin bun-size patties. Brown quickly on both sides in a hot skillet. Arrange cheese slices on half of patties; top with remaining patties. Pour remaining Manwich mixed with water over all; cover; simmer 5 minutes. Serve between toasted bun halves. Makes 6 servings.

Chili Size Happening

- 1½ lbs. ground beef
- ½ cup soft bread crumbs
- ½ teasp. salt
- ⅛ teasp. pepper
- 1 can Hunt's Manwich Sauce
- 1 (15½-oz.) can chili con carne
- 4 English muffins, split and toasted
- ½ cup minced sweet onion
- 1 cup shredded Cheddar cheese

Combine first 4 ingredients with ½-cup Hunt's Manwich; mix well. Form into 8 round patties; cook until desired doneness. In small saucepan heat together remaining Manwich and chili; simmer 5 to 10 minutes. To serve, place hamburger patties on muffin halves. Spoon chili mixture over. Top each with onion and shredded cheese. Makes 8 servings.



TWIN PIZZAS

- 4 cups all-purpose biscuit mix
- 1 can Hunt's Manwich Sauce
- 3 to 4 smoked sausage links, sliced

- ½ lb. pork sausage, cooked until crumbly
- ⅓ cup shredded Cheddar cheese
- ⅓ cup shredded jack cheese

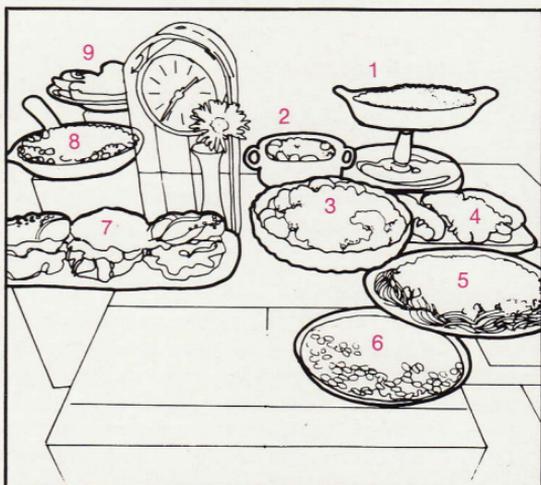
Prepare biscuit mix according to package directions. Divide dough in half, press to cover 2 12-inch pizza pans (8 or 9-inch regular pie pans may be used). Pinch outer edges to form rim. Spread each with ½ can Hunt's Manwich. Arrange sausage slices over top of one; crumbled sausage over other. Sprinkle one with Cheddar cheese; other with jack cheese. Bake at 450° about 20 minutes until crust is golden brown and crisp. Cut into wedges to serve. Makes 2 12-inch pizzas.



Quick 'n Easy

Old favorites in disguise. Suppers for two. Or when friends drop by. Or after a show. Or whenever appetite says hungry, but time says quick.

1. Sausage Rice Medley
2. Sweet 'n Sour Franks
3. Oven Easy Meatballs
4. Sassy Coneywich
5. Pronto Spaghetti Sauce
6. Manwich Grande
7. Beefwiches
8. Hurry Up Dinner
9. Savory Steak Sandwich





QUICK 'N EASY



For the hearty appetite, try a Chili Size Manwich. Combine 1 - 15½ oz. can Manwich, 1 - 15½ oz. can Hunt's Chili Beans, ½ teaspoon Chili Powder. Simmer 5-10 minutes. Serve over broiled hamburger patties. Top with minced onions and cheddar cheese. Serves 6.



Sassy Coneywich

- | | |
|-------------------------------|---------------------------------|
| ½ lb. ground beef | ½ teasp. salt |
| 1 can Hunt's Manwich Sauce | 8 to 10 frankfurters |
| ¼ cup sweet pickle relish | 8 to 10 frankfurter buns, split |
| 2 teasp. prepared mustard | ½ cup shredded Cheddar cheese |
| 1 teasp. Worcestershire sauce | |

Sauté ground beef until it loses redness; drain fat. Stir in Hunt's Manwich, pickle relish, mustard, Worcestershire and salt until well blended. Arrange frankfurters in meat mixture; cover; simmer 10 minutes. Turn frankfurters occasionally. Open buns slightly; toast lightly. Place frankfurters in buns; spoon meat mixture down center. Top with shredded cheese. Makes 8 to 10 servings.



If you're a Reuben Sandwich fan, cover split hot dogs with drained sauerkraut, sprinkle on some shredded cheese and pour a can of Hunt's Manwich Sauce over all. Bake 15 to 20 minutes to heat through; serve on rye bread, the kind with caraway seeds.

Sweet 'n Sour Franks

1 large green pepper, cut in
1-inch squares
1 large onion, sliced
2 Tablesp. Wesson Oil
1 lb. frankfurters

1 can Hunt's Manwich Sauce
½ cup water
2 Tablesp. vinegar
3 cups hot cooked rice

Sauté green pepper and onion in Wesson Oil until onion is transparent. Cut frankfurters in 1-inch pieces; add to skillet and brown lightly. Drain excess fat. Add Hunt's Manwich, water and vinegar; simmer 20 to 25 minutes, stirring occasionally. Serve over hot rice. Makes 6 servings.



Pronto Spaghetti Sauce

1 lb. ground beef
Salt and pepper
2 cans Hunt's Manwich Sauce

8 oz. spaghetti, cooked
1 cup shredded American
process cheese

Cook ground beef in skillet until it loses redness; drain fat. Sprinkle beef with salt and pepper. Add Hunt's Manwich, simmer 10 minutes. Serve over hot cooked spaghetti. Top with shredded cheese. Makes 4 to 6 servings.



Oven Easy Meatballs

1½ lbs. ground beef
½ cup soft bread crumbs
1 egg
½ teasp. salt
1 can Hunt's
Manwich Sauce
¼ cup water

Combine first 4 ingredients with ⅓ cup Manwich; form into 1-inch balls. Arrange in shallow baking pan; bake at 450° for 15 minutes. Drain excess fat. Pour remaining Manwich mixed with water over meatballs; bake 15 minutes longer. Turn and baste often. Makes 6 servings.

SAUSAGE RICE MEDLEY

1 lb. link sausage, cut in
1-inch pieces
1 can Hunt's Manwich Sauce
1 cup water
½ cup uncooked rice
¼ cup chopped celery
1 teasp. salt
1 (8½-oz.) can peas and
carrots, drained

Brown sausage; drain fat. Stir in remaining ingredients except peas and carrots; cover and simmer 25 to 30 minutes. Stir in peas and carrots last 5 minutes of cooking. Makes 4 to 5 man-size servings.

Hurry-up Dinner

1 lb. ground beef
¼ cup chopped celery
1 teasp. salt
1 can Hunt's Manwich Sauce

1 cup water
1 cup packaged pre-cooked rice

Cook beef in 10-inch skillet until it loses redness; add celery and salt. Cook, stirring, until celery is transparent; add Hunt's Manwich and water. Bring to boil; stir rice into boiling mixture. Cover, turn off heat; let stand 10 minutes. Makes 4 to 6 servings.



SAVORY STEAK SANDWICH

1 lb. cube or minute steak
2 Tablesp. Wesson Oil
Salt and pepper
1 can Hunt's Manwich Sauce

4 hard rolls, split
Margarine or butter
Onion rings

Cut steak into 4 pieces. Brown in Wesson Oil. Drain excess fat. Sprinkle with salt and pepper. Pour Hunt's Manwich over meat and simmer 10 minutes. Meanwhile, toast cut side of rolls; spread lightly with margarine. Serve steak and sauce open face on toasted rolls. Garnish with onion rings. Makes 4 servings.



BEEFWICHES

3 cups sliced cooked beef
1 can Hunt's Manwich Sauce
6 toasted hamburger buns

Simmer beef in Hunt's Manwich over medium heat until hot. Serve between toasted buns. Makes 6 servings.

MANWICH GRANDE

1 lb. ground beef
1 (15¼-oz.) can Hunt's Mexican Manwich Sauce
1 (3½-oz.) can diced green chiles

Brown ground beef in large skillet; drain fat. Stir in Manwich sauce and chiles. Simmer 5 to 10 minutes. Serve Manwich mixture over toasted buns and sprinkle with corn chips, if desired. Makes 6 servings.



Sliced franks simmered in Hunt's Manwich Sauce with a dash of chili powder and a spoonful of pickle relish makes delicious eating spooned over hot cornbread.

COOKING HINTS

- Score** To cut shallow slits in surface of food to increase tenderness, usually in diamond pattern.
- Stew** To cook food on a rack in covered pan over steaming water.
- Simmer** To cook food over low heat in a liquid just below boiling point in which bubbles form slowly and collapse just below the surface.
- Sauté** Cooked quickly in little fat.
- Braise** To cook meat by searing in fat until brown and then simmering in a little liquid in a covered pan.
- Sear** Brown (meat) quickly on the surface, subjecting it to high heat, so as to seal in juices.

MEASUREMENTS

| | |
|----------------------|---|
| 3 teaspoons | 1 tablespoon |
| 4 tablespoons | 1/4 cup |
| 8 tablespoons | 1/2 cup |
| 16 tablespoons | 1 cup |
| 1 cup | 8 fluid ounces |
| 2 cups | 1 pint (16 fluid ounces) |
| 1/8 cup | 2 tablespoons |
| 1/3 cup | 5 tablespoons plus 1 teaspoon |
| 2/3 cup | 10 tablespoons plus 2 teaspoons |
| 3/4 cup | 12 tablespoons |
| few grains (or dash) | less than 1/8 teaspoon |
| pinch | as much as can be taken between tip of finger and thumb |

FOOD EQUIVALENTS

| | |
|--|--------------------|
| Bread Crumbs, soft, 1 cup | 2 slices |
| Cheese, cottage, 8 oz. | 1 cup |
| Cheese, Cheddar or Swiss, 1 lb. shredded | 4 cups |
| Cheese, Parmesan 1/4 lb., grated | 1 1/4 cups |
| Mushrooms, fresh, 1 lb. | 6-8 oz. can |
| Macaroni, elbow, uncooked, 8 oz. | 4 cups, cooked |
| Noodles, medium width, uncooked, 8 oz. | 3 3/4 cups, cooked |
| Potatoes, 1 lb. | 3 medium size |
| Rice, uncooked, 1 lb. | 8 cups, cooked |
| Spaghetti, uncooked, 8 oz. | 4 cups, cooked |

SUBSTITUTIONS

| | |
|--|--------------------------|
| Brown sugar, 1 cup, firmly packed | 1 cup granulated sugar |
| Garlic, 1 medium clove | 1/8 teasp. garlic powder |
| Mustard dry, 1 teasp. | 1 Tablesp. |
| Onion, instant minced, 1 Tablesp. | 1/4 cup chopped |
| Tomato sauce (8 oz.), 1/2 cup sugar, 2 Tablesp. vinegar | 1 cup ketchup |

EMERGENCY BAKING DISH SUBSTITUTES WHEN NECESSARY

When the recipe calls for a:

- 4 cup baking pan or dish, use:
 - 9-inch pie plate
 - 1-quart soufflé dish
- 6 cup baking pan or dish, use:
 - 9x1½-inch layer cake
 - 8x4x3-inch loaf pan
 - 10-inch pie plate
- 8 cup baking pan or dish, use:
 - 8x8x2-inch pan or dish
 - 11x7x1½-inch pan
 - 9x5x3-inch loaf pan

When using the shallow dishes, a time and temperature adjustment may be necessary.

OVEN TEMPERATURES

Ovens need not be preheated for meats, vegetables and most casserole dishes. Recipes that *need* preheated ovens have the direction included in the recipe to allow the 15-minute margin for preheating either gas or electric ovens.

| | |
|--------------------|-----------|
| Very Slow | 250°-275° |
| Slow | 300°-325° |
| Moderate | 350°-375° |
| Hot | 400°-425° |
| Very Hot | 450°-475° |
| Extremely Hot..... | 500°+ |



Use the handy chart below to help you plan well-balanced, nutritious meals every day.

THE BASIC FOUR

1. 4 OR MORE SERVINGS

Citrus and other fruits and juices
Tomatoes, cabbage, potatoes
Dark green or deep yellow vegetables and fruits
Other vegetables and fruits

2. 2 CUPS OR MORE (8-OZ. EACH)

Milk or equivalent in cheese, cottage cheese, ice cream



3. 2 OR MORE SERVINGS

Beef, veal, pork, lamb, game, poultry, fish, cheese and eggs
Dried beans, peas, nuts and peanut butter

4. 4 SERVINGS

Bread and cereal; whole grain, enriched or restored.

To balance energy needs: add, each day, some sugar, syrup, jelly or jam; some butter, margarine, cream, etc.



MANWICH

America's #1 Sloppy Joe Sauce

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FAMOUS MANWICH RECIPES

