



Family Day Dinners

MAC AND CHILI

Two family favourites combined in one!

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| 1 tbsp (15 mL) oil | 1 can (7 1/2 oz/213 mL) tomato sauce |
| 1 lb (0.5 kg) lean ground beef | 2 cups (500 mL) frozen kernel corn |
| 1 cup (250 mL) chopped onion | 1/2 tsp (2 mL) salt |
| 1/2 cup (125 mL) chopped green bell pepper | 1/4 tsp (1 mL) freshly ground pepper |
| 2 cloves garlic, finely chopped | 1 cup (250 mL) elbow macaroni, cooked and drained |
| 1 tbsp (15 mL) chili powder | 1 1/2 cups (375 mL) shredded cheddar cheese |
| 1 tsp (5 mL) ground cumin | Shredded cheddar cheese, optional |
| 1 can (14 oz/398 mL) diced tomatoes | |
| 1 can (14 oz/398 mL) kidney beans, rinsed and drained | |

Heat oil in a Dutch oven over medium heat. Add beef, onion, green pepper and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Add chili powder and cumin; cook, stirring, for 1 minute. Stir in tomatoes, beans, tomato sauce, corn, salt and pepper. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 20 minutes. Stir in cooked macaroni and cook, covered, for 5 minutes. Remove from heat and stir in 1 1/2 cups (375 mL) cheese. Cover and let stand until cheese is melted. Serve topped with additional cheese. Serves 4.

ARTICHOKE AND CHICKPEA RAGOUT

Serve this ragout over couscous or rice.

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| 2 tbsp (25 mL) oil | 1 can (19 oz/540 mL) chickpeas, rinsed and drained |
| 1 cup (250 mL) chopped onion | 1 can (14 oz/398 mL) diced tomatoes |
| 4 cloves garlic, finely chopped | 1 1/2 cups (375 mL) diced carrots |
| 1/2 tsp (2 mL) red pepper flakes | 2 tbsp (25 mL) tomato paste |
| 2 cans (14 oz/398 mL each) artichoke hearts, drained and quartered | 1/2 tsp (2 mL) sage, crumbled |
| 2 cans (10 oz/284 mL each) vegetable or chicken broth | 1/2 tsp (2 mL) salt |
| | 2 tbsp (25 mL) chopped fresh parsley |

Heat oil in a large frypan over medium heat. Add onion and saute until softened, about 5 minutes. Add garlic and red pepper flakes; cook, stirring, for 1 minute. Stir in next 8 ingredients (artichokes through salt). Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 10 minutes. Uncover and simmer, stirring occasionally, for 10 minutes or until carrots are tender and liquid is slightly thickened. Sprinkle with parsley. Serves 6 - 8.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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ITALIAN SAUSAGE AND PEPPER BAKE

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| 1 tbsp (15 mL) oil | 1 1/2 cups (375 mL) long grain white rice |
| 1 lb (0.5 kg) mild Italian sausages | 3 cups (750 mL) canned chicken broth |
| 1 lb (0.5 kg) hot Italian sausages | 1 1/4 tsp (6 mL) oregano, crumbled |
| 1 1/2 cups (375 mL) each thinly sliced green,
red and yellow bell peppers | 1 tsp (5 mL) fennel seeds, crushed |
| 1 1/2 cups (375 mL) thinly sliced onions | 1/2 tsp (2 mL) basil, crumbled |
| 3 cloves garlic, finely chopped | 1/2 tsp (2 mL) freshly ground pepper |
| | 1/4 tsp (1 mL) salt |

Heat oil in a Dutch oven over medium heat. Add sausages in batches and cook, turning occasionally, until browned on all sides and cooked through. Transfer sausages to a plate and let stand until cool enough to handle. Slice sausages diagonally into 1/2 inch (1.25 cm) pieces; set aside. Drain off excess fat from pan. Add bell peppers, onions and garlic. Cook, stirring, until vegetables are tender crisp, about 5 - 7 minutes. Add rice and saute for 1 minute. Return sausages to pan. Stir in remaining ingredients (broth through salt). Bring to a boil, scraping to loosen browned bits. Bake, covered, at 350°F (180°C) for 30 minutes or until rice is tender and liquid is absorbed. Serves 8.

Cook's Note: *If a milder flavour is desired, 1 lb (0.5 kg) mild Italian sausages may be substituted for the hot Italian sausages.*

BROCCOLI CHEDDAR LOAF

Try this interesting loaf for your next vegetarian supper.

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| 1 tbsp (15 mL) butter | Dash hot pepper sauce |
| 1 cup (250 mL) chopped onion | 1 cup (250 mL) milk |
| 3 eggs | 3 cups (750 mL) French bread cubes (1/2 inch/1.25 cm) |
| 1/2 tsp (2 mL) dry mustard | 2 cups (500 mL) frozen broccoli florets,
thawed, drained and chopped |
| 1/2 tsp (2 mL) salt | 1 1/2 cups (375 mL) shredded cheddar cheese |
| 1/4 tsp (1 mL) thyme, crumbled | |

Line an 8 1/2 x 4 1/2 inch (21x11 cm) loaf pan with nonstick foil. Melt butter in a frypan over medium heat. Add onion and saute until softened, about 5 minutes. Cool to room temperature. Meanwhile, whisk together eggs, dry mustard, salt, thyme and hot pepper sauce in a large bowl. Whisk in milk until blended. Add onion, bread cubes, broccoli and cheese; stir gently to combine. Let stand, stirring occasionally, for 10 minutes or until most of liquid is absorbed. Spoon mixture into prepared pan. Bake at 350°F (180°C) for 60 - 70 minutes or until a knife inserted in centre comes out clean. Let stand for 5 minutes. Invert loaf onto a cutting board and remove foil. Slice and serve. Serves 4.