

BEEF FINGERS

3 pounds ground round
4 eggs, well beaten
2 medium onions, chopped fine
1/4 teaspoon pepper
2 cans chicken with rice soup
2 cups seasoned crumbs
1 teaspoon salt
Crushed cornflakes
Butter
(if you like more seasonings, season with oregano, sage,
garlic and dill salt.)

Mix all but the cornflakes and butter thoroughly and form into fingers 1 1/2 x 3 inches. Roll in crushed corn flakes and saute in butter until lightly browned. Place in a roasting pan or large casserole.

Sauce:

2 cans mushroom soup
1 can chicken with rice soup
basil or rosemary

Mix the soups together and pour over the fingers in the casserole, covering them. sprinkle top with spice. Cover and bake in 350° oven for 1 1/2 hours. Serves 10-12.

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Myth: Healthy diets should not include beef.

Fact: It is now known that red meat supplies calories, fat and cholesterol in amounts far below the recommended limits. New research shows beef can be used by almost any diet and health conscious individual.