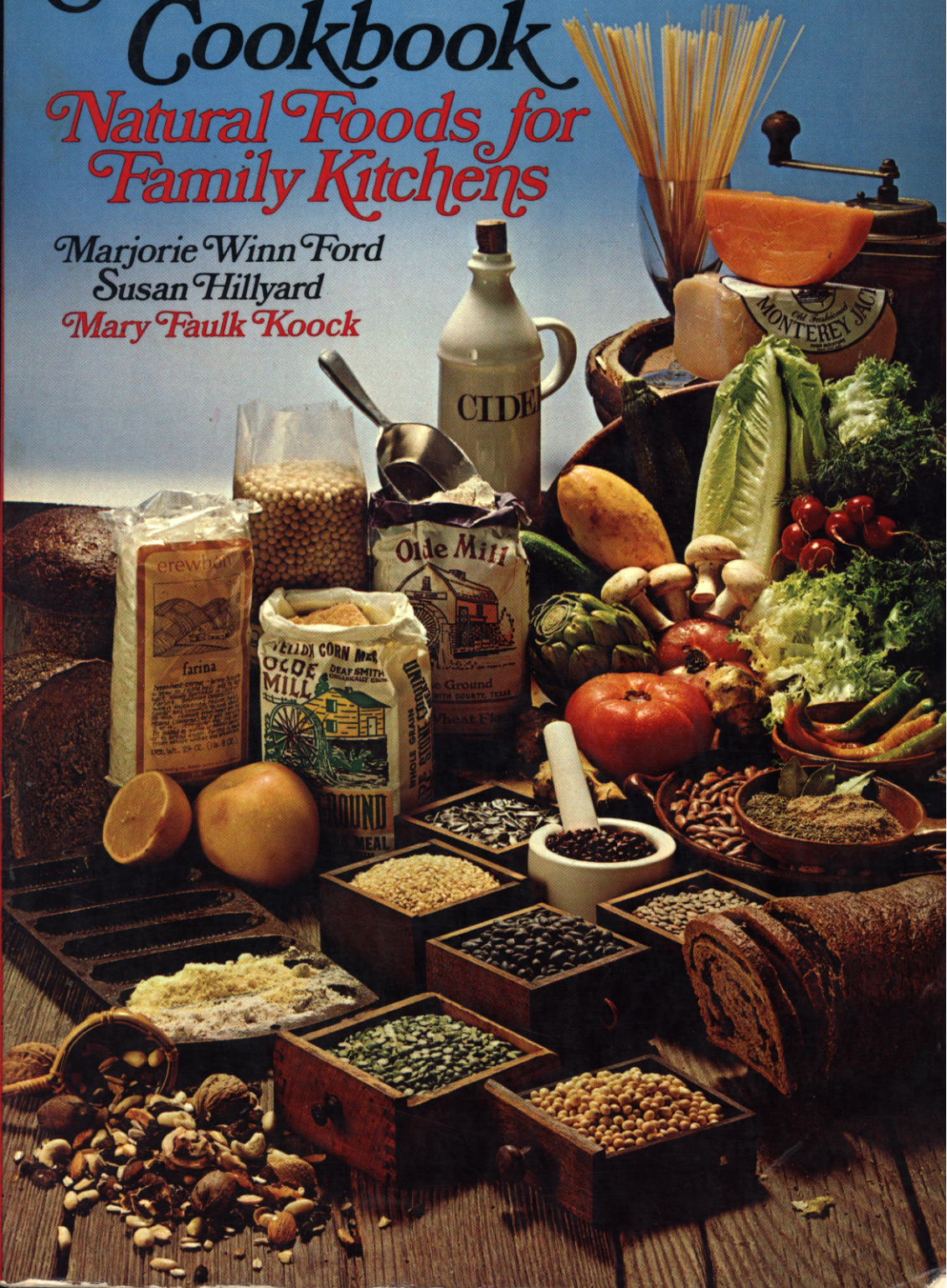


# The DEAF SMITH COUNTRY Cookbook

## Natural Foods for Family Kitchens


Marjorie Winn Ford  
Susan Hillyard  
Mary Faulk Kooch



## PECOS BEAN SALAD

SERVES 4-5

- 2 cups cooked beans (pinto, kidney, garbanzo, or mixed beans)
- 1 onion, sliced thin
- 2 cloves garlic, crushed
- ½ green pepper, sliced
- ⅓ cup unrefined oil
- ¼ cup cider vinegar or lemon juice
- 1 teaspoon sea salt

 Place the beans in a bowl. Add the onion, garlic, green pepper, oil, vinegar, and sea salt. Toss the ingredients together and allow the beans to marinate in the other ingredients at room temperature for 1 hour. Toss again and serve.


## RAW BEET SALAD


SERVES 6

- 3 medium-size beets, washed, peeled, and coarsely grated
- 2 stalks celery, chopped fine
- ½ medium-size onion, chopped fine
- 1 grated carrot

sour cream or yogurt dressing

Optional: Jerusalem artichokes

 Mix all ingredients together with sour cream or yogurt dressing. Now don't say, "My children won't eat *that*." This salad is a great favorite at Girl Scout camp.

 Parboil or steam squash.

When tender, but not soft, scoop out centers and place shells in colander to drain. Turn cut side down to drain well.

In a skillet, sauté the onion in the oil. Mash the centers of squash and add to the onion. Add tomato, corn, and egg yolk. Season with sea salt and pepper.

Fill cavity of squash with skillet mixture and sprinkle buttered toast crumbs on top.

Bake 20 minutes at 350°. Remove and garnish with pimento strips and parsley sprig.

### SQUASH IDEAS

1. Dip squash slices in beaten egg and then into wheat germ. Sauté in oil.
2. *Sweet 'n Sour*: Steam squash with fruit. Add a little raw honey and cider vinegar.
3. Add small crisp pieces of fresh squash to salads.
4. Finely chop or shred squash. Sauté in a little oil and add to spaghetti sauce or grain and bean dishes.
5. Use very thinly sliced squash on homemade pizza. Put squash on before tomato sauce and cheese.
6. Use squash in soups. Creamed squash soup is especially delicious. Also try the recipes for other cream soups.
7. Sauté chopped or grated squash with the onions in the omelet recipe.
8. Substitute eggplant for squash in any recipe. Especially good on pizza, as suggested in number 5 above.


### TOMATOES WITH SPINACH VERA CRUZ

SERVES 4

*2 cups of cooked, chopped spinach*

*6 medium-sized firm tomatoes*

*sea salt*

 Heat a heavy skillet. Add 2 tablespoons oil, onions, and garlic and sauté.

Add tomatoes, salt, and green chili peppers and sauté 5 minutes more.

Heat ½ cup oil in heavy skillet. Dip tortilla strips in the hot oil. Remove immediately and drain on paper towel.

In a glass (2 quart) baking dish make alternate layers of tortillas, tomato mixture, and cheese until all ingredients are used, finishing with grated cheese.

Bake 15 to 20 minutes at 350° or until heated through. Top with sour cream and a sprinkle of paprika and watch this dish disappear.

### BAKED CHILI RELLENOS

SERVES 4-6

8 to 10 long (5 or 6 inches) green chiles  
(mild)

10 ounces jack cheese, grated


5 eggs, well beaten

2 tablespoons butter

½ teaspoon sea salt

½ teaspoon pepper

½ teaspoon cumin powder

 Roast, peel, and seed the chili peppers. Layer them alternately with the grated cheese in a deep, buttered 1½ quart casserole dish. Mix the beaten eggs, butter, salt, pepper, and cumin powder. Pour this mixture over the peppers and cheese. Bake 35 to 40 minutes at 350°.

This is a spicy, soufflé-like dish.

### ARROZ Y PINTOS ENCHILADAS

SERVES 6

YIELD: 20 ENCHILADAS

2 tablespoons unrefined oil

2 onions, chopped