

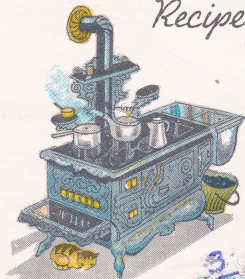
Here's what's cookin' POOR MAN'S STEAK Serves

Recipe from the kitchen of Leila

1 lb. ground beef

1/3 C crushed crackers mix

1/3 C water



Pat above into a 9X13 pan or smaller but layer should be only $\frac{1}{4}$ " or

$\frac{3}{8}$ " thick. Refrigerate overnight.

Next day cut in serving squares, flour each one and brown in skillet. Place pieces in roaster single layer. Mix one can mushroom soup and one can evaporated milk, pour over meat and bake at

350 or 375 degrees $1\frac{1}{2}$ hours. If meat is put in layers
pour liquid over each layer.

From the Amana Colonies in Iowa

Served for dinner when I was there and is very good