

Rice with Chicken and Cheese

Chop 1 onion and cook in 1
tablespoon fat or oil until tender.
Add 3 cups water or chicken broth.
Heat to boiling and add 1 cup un-
cooked rice. Lower heat, cover and
cook 20 minutes. Add 1½ cups cut-
up cooked chicken, 1 cup cut-up
cheese, plus salt and pepper to
taste. Cook over very low heat un-
til cheese melts. Makes 6 servings,
about 2/3 cup each.

Cheese Meat Loaf

Soak 2 slices bread in 1/3 cup
milk. Chop ½ onion. Beat 2 eggs.
Mix these ingredients with 3/4
pound ground beef, ½ cup cut-up
cheese and 1 teaspoon salt. Shape
into a loaf in a baking pan. Bake
at 375 degrees F. for 1 hour.