

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 $1\frac{1}{2}$ 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 $\frac{2}{3}$ cup each.

Cheese Meat Loaf

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