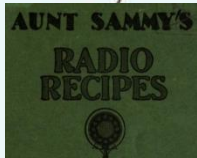


From the kitchen of:

Aunt Sammy

1927



RECIPE: Cream of Spinach Soup

SERVES:

PREP TIME:

1 Quart Milk
1 cup raw ground spinach
2 Tablespoons butter

2 Tablespoon Flour
1 Teaspoon Salt

Place the milk in a double boiler with the salt. Wash the spinach, and chop or grind it. If ground, place a bowl to catch the liquid which runs from the grinder and add to the spinach. Mix the flour and butter until well blended and add to the milk with the ground spinach. Stir until thickened, and the spinach is cooked. This takes about 10 minutes.

From the kitchen of:

National Park Service



RECIPE: S'mores in a Cone

SERVES:

PREP TIME:

1 bag chocolate chips
1 bag mini marshmallows
1 box cake or sugar cones
Aluminum Foil

1. Place about 1 teaspoon ch. chips into an ice cream cone, followed by a layer of mini marshmallows. Continue layering until the cone is full. 2. Wrap each cone tightly in aluminum foil. 3. Heat the foil-wrapped cones in campfire coals until chocolate and marshmallows are melted, 3 to 5 minutes.

From the kitchen of:

Quarter Master
General,
The Army Cook,
1942

RECIPE: Beef, Pot Roast

SERVES:

PREP TIME:

55 pounds fresh beef
2 pounds onions
3 pounds flour
Salt and pepper to taste

Use meat from the chuck, brisket, shoulder, or any other less tender part of the carcass and cut into 5 pound pieces. Make a gravy of beef stock and flour batter. Season well with salt and pepper. Put the meat and onions in the gravy and cook in a slow oven (200-250 F. -18 to 20 counts) until tender. The gravy should cover the meat in the pan about one-half inch as in the preparation of beef a la mode. Slice and serve on a platter with hot gravy poured over.

From the kitchen of:

National Institute
of Health



RECIPE: Pita Pizzas

SERVES:

PREP TIME:

1 C Super Quick Chunky Tomato Sause
1 grilled boneless, skinless chicken breast, diced
1 C Broccoli, rinsed, chopped, and cooked.
2 Tbsp grated parmesan cheese
1 Tbsp fresh basil, rinsed, dried and chopped
4 (6 1/2 inch) whole-wheat petas

1. Preheat oven or toaster oven to 450 °F. 2. For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil. 3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

Resources:

[10 food favorites invented by the U.S. Military](#)
[What's Cooking, Uncle Sam? The Government's Effect on the American Diet](#)
[Aunt Sammy's Radio Recipes Revised](#)
[Selections from Aunt Sammy's Radio Recipes \(1976\)](#)
[Recipe for victory: food and cooking in wartime](#)
[Camping recipes, National Park Service](#)
[NIH- National Heart, Lung and Blood Institute publications](#)
[Delicious Heart Healthy Latino Recipes](#)
[USDA Standardized Recipes](#)
[MyPlate recipes](#)
[Kids' State Dinner 2016](#)
[Meeting Your MyPlate Goals on a Budget](#)
[SNAP-Ed connection](#)
[Department of Health and Human Services; Healthier You](#)
National Archives, [White House Recipes](#)
[Chuck Wagon Cooking](#)
[Serving up Food Collections, Library of Congress Magazine, Nov.-Dec. 2015](#)
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