

## **pickled beets**

- 1 16 oz. jar of beets (preferably center cut beets)
- 1/4 c. onion, chopped
- 1/2 c. sugar
- 3 allspice, whole berries
- 1/2 c. vinegar

Mix the onion, sugar, allspice and vinegar together in a small bowl. Pour the vinegar mixture over the drained beets and serve.

Makes 6 servings.

## **swedish brown beans**

- 2 c. Swedish brown beans
- 5 c. water
- 1 tsp. salt
- 1/4 c. vinegar
- 1/4 c. granulated sugar
- 1/4 c. brown sugar

Rinse the Swedish brown beans. Place them in a large pot with the water and the salt. Let it stand overnight. Bring the beans, and the water that the beans were soaked in, to a boil over medium-high heat. Cover and simmer over low heat for 1-1/2 hours or until the beans are tender. Stir in the vinegar, granulated, and brown sugar and simmer uncovered for 30 minutes, or longer, until it's thickened.

Makes 6 to 8 servings



## **caraway seed sauerkraut**

- 1 lb. can sauerkraut, strained and washed
- 2 T. grated fresh apple
- 1 tsp. caraway seed
- 1 T. brown sugar
- 1 c. chicken or duck drippings
- 1 c. water

Combine all the ingredients into a medium saucepan and bring to a boil on the stove. Turn down the heat, cover, and simmer for 10-15 minutes. Serve the sauerkraut hot.

Makes 6-8 servings

## **candied sweet potatoes**

- 3 medium sweet potatoes
- 8 c. water
- 2 T. margarine
- 2 T. brown sugar
- 1 tsp. cinnamon, ground
- 1 tsp. allspice, ground

In a large covered pot, boil then simmer the sweet potatoes in the water until soft, approximately 30-40 minutes. Remove the sweet potatoes from the pot and place them in cold water to cover until the skins peel off easily. Slice the sweet potatoes into 3 oz. servings and place them in a greased pan. Add the margarine, brown sugar, cinnamon and allspice and bake in the oven uncovered for 20-30 minutes at 350° F.

Makes 6-8 servings.

## sweet & sour red cabbage

1 head red cabbage

2 T. butter

1 tsp. salt

1 tsp. caraway seeds

2 c. water

2 T. vinegar

2 T. sugar

Shred the cabbage, as you like, into a large pot and add all the ingredients. Cook the cabbage over very low heat for 1-2 hours. Add more water if needed.

Serve hot.

Makes 4-6 servings.

## creamed spinach

1 lb. frozen chopped  
spinach

1/4 c. onion, grated

1 tsp. nutmeg, grated

1 tsp. salt

1/2 tsp. pepper

Add the onion, nutmeg, salt and pepper to the chopped spinach while cooking according to the directions on the package until tender. Strain the cooked spinach and add to the hot \*White Cream Sauce. Serve the creamed spinach immediately.

Makes 6-8 servings

# creamed peas

2 medium 8 oz. pkgs. of frozen peas  
salt and pepper to taste

Season the cooked peas with salt and pepper after bringing it to a slight boil in a medium saucepan according to directions on the package. Strain the cooked peas and add to the hot \*White Cream Sauce. Serve the creamed peas immediately.

Makes 4-6 servings

## \* white cream sauce

1/4 c. butter  
1/4 c. all-purpose flour  
1-1/2 c. milk  
1 tsp. salt  
1/4 tsp. allspice, ground (or white pepper)

Melt the butter in a small saucepan over medium heat. Stir in the flour.

Slowly add the milk--stirring constantly with a wire whisk. Cook until the sauce is thickened and smooth. Stir in the salt and allspice (or white pepper) and serve hot.

Makes about 2 cups

