



My  
Favorite  
Recipe

Mrs. Virginia Crosby

## Creole Beef and Vegetable Stew New Taste Sensation

A new taste thrill from the deep swamplands of Louisiana, an area noted for fine rice and seafood, awaits those who sample Mrs. Virginia Crosby's Creole Beef and Vegetable Stew.

The Chicago housewife, a native of Marksville, La., shares her swamp-style recipe for fine eating with the readers of Muhammad Speaks.

### Creole Beef and Vegetable Stew

- 2 lbs. Stew beef with bones
- 1 can whole kernel corn
- 1/2 cup diced celery
- 1 can whole tomatoes
- 1/2 cup diced green pepper
- 1 whole diced onion (white)
- 2 cups rice
- Dash of garlic salt

Roll meat in flour and fry

until brown. Season to taste and cover with water. Cover pan and cook until meat is tender. Add tomatoes, corn green pepper, celery, onion and garlic salt. Cover all and simmer about 1/2 hour.

NOTE: Rice should be cooked separately, using almost 4 cups of water to 2 cups of rice. Wash rice well and add to boiling water that has been salted to taste. Cook until rice grains stand apart.

Serve stew and rice together, steaming hot.

CLOTHING MADE in C

C.O.D.—Cash or Budget

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