

---

# *American Home Cooking*

---

## **Oven Beef Roast**

---

Bone in rib beef chuck  
1 medium onion, sliced  
Dash of salt  
Dash of pepper  
Few shakes of Accent  
Few shakes of Ms. Dash  
Few shakes of garlic salt  
1 tablespoon of butter  
Worcestshire sauce

### **Directions:**

1. Clean beef, cut off any unnecessary fat, if applicable
2. Place beef on aluminum foil
3. Sprinkle seasons all around and lightly rub them on the beef
4. Place butter around
5. Place beef in foil in a deep oven dish
6. Bake in oven on 350 for 1-1.5 hours
7. Half way through, take out beef dish and get about a cup of broth for gravy later
8. When roast is done, remove from pan, slice and place in serving dish

## **Sautéed Summer Squash**

---

10 squash, sliced  
1 medium onion, sliced  
1/2 cup of shredded cheese (any flavor)  
Dash of salt  
Dash of pepper  
1 teaspoon of butter  
1.5 teaspoons of olive oil  
1/2 teaspoon of sugar

### **Directions:**

1. Slice onions and squash
2. Put into a pot full of water, cook until boiling, then drain
3. Heat olive oil and butter in pan
4. Add squash and onions
5. Add seasonings
6. Let cook until tender, and somewhat chopped

7. Add cheese
8. Turn off stove and cover pan for 5 minutes

## Fresh Toss Salad

---

2 heads of romaine or green leaf lettuce  
3-4 tomatoes, diced  
1-2 medium onion, sliced  
1 large cucumber, sliced  
Bag of croutons  
1 packet of Hidden Valley Dressing Mix  
Milk  
Mayonnaise

### Directions:

1. Wash and Drain Vegetables
2. Chop lettuce into bite size pieces
3. Arrange vegetables in a large serving bowl
4. Add croutons to the top, (optional)
5. Serve with dressing on side.

### Dressing:

Add a packet of Hidden Valley Dressing Mix with milk and mayonnaise as directed on packet.

## Brownies

---

6 (1 oz) squares of unsweetened chocolate  
3/4 cup of butter  
4 eggs  
2 tablespoon of vanilla extract  
1 1/2 cup of all-purpose flour  
2 3/4 cup of white sugar  
1/2 teaspoon of salt

### Directions:

1. Preheat oven to 375 degrees F.
2. Grease and flour a 9 by 13 inch baking dish (preferably glass)
3. In double boiler over low heat, melt the chocolate and butter, stirring frequently until smooth. Once smooth, remove from heat and set aside to cool.
4. In large mixing bowl, mix together eggs, vanilla, salt and sugar. Beat with electric mixer for 8 to 10 minutes. Slowly pour in chocolate mixture and flour.
5. Stir in nuts, if desired.
6. Spread the batter evenly into pan
7. Bake for 17 to 20 minutes in preheated oven, until the top is crackled.
8. Let cool before cutting into squares.