

**Tuesday, June 15, 1999**



**Dinner Menu**

**Menu - Ernie's Goulash  
Carrot Strips  
Bread & Butter  
Fruit  
Pudding**

**INSTRUCTIONS:**

**CLEAN ----- CLEAN ----- CLEAN ----- CLEAN**

**Wash you hands NOW!**

**Place your Dutch oven on the burner, coat the bottom with no stick spray.**

**Place the hamburger in the Dutch oven. Let it cook a little, stirring it around occasionally. Using your spatula chop up the hamburger in pieces about the size of a dime. Hamburger is done when you can press down on it with your spatula, and only clear fluid comes out.**

**Once your hamburger is cooked, add the complete can of mixed vegetables, and the can of tomato soup. Mix thoroughly, reduce the heat under the Dutch over. Stir the goulash occasionally. When the potatoes and carrots are soft, it's done.**

**Place it on the table with the carrot strips, fruit, bread, and pudding.**

**START your dishwasher.**