

Tuesday, June 19, 2001



Dinner Menu

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

INSTRUCTIONS:

CLEAN ----- CLEAN ----- CLEAN ----- CLEAN

Wash you hands NOW!

Place your pot on the burner, coat the bottom with no stick spray.

Place the meat 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. Meat is done when you can press down on it with your spatula, and only clear fluid comes out.

Once your meat 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.

Spray the second Dutch oven with non sick cooking spray for the corn bread. Use 2 cups of cold water with the mix and eggs.

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

START your dishwasher.