

Park City Stew

1 lb. beef cubes
2 potatoes, quartered
1 large carrot, quartered
1/2 pkg. dried "Lipton's" onion soup
1/2 can cream of mushroom soup
1/2 can cream of celery soup
1/2 can tomato sauce
1 bay leaf
1 cup water

Cook in large dutch oven pan with a lid that can go in the oven. Make a layer of 1/2 beef, then 1/2 vegetables; alternate the vegetables and meat in pan. Sprinkle onion soup mix over the top, add bay leaf, then top with soups, sauce and water. (Combine soups and sauce and mix together in a bowl). Cover tightly and bake at 250° for six to eight hours. This recipe can be made in a crock pot or slow cooker.

When using a pressure cooker, place food in pan starting with browned meat, vegetables and combine other ingredients together. Close cover securely, then place pressure regulator on vent pipe. Cook on high heat until pressure regulator starts to rock. Turn heat down to medium and begin timing for 10 - 12 minutes to maintain a slow rocking motion. Cool cooker at once under cold water until air vent has dropped. Remove pressure regulator and open the pan.

Mandarin Salad

2 tbs. sliced almonds
2 tsp. sugar
1/4 head lettuce, torn into bite-size pieces
1/2 head romaine, torn into bite-size pieces
1 medium stalk celery, chopped
1 green onion (with tops), thinly sliced
Sweet-sour dressing
1/2 can mandarin orange segments, drained

Cook almonds and sugar over low heat, stirring constantly, until sugar is melted and almonds are lightly brown in color. Put in a bowl and cool, break apart. Store at room temperature.

Place lettuce and romaine in plastic bag or bowl; add celery and green onions. Pour Sweet-sour dressing over greens; add orange segments. Close bag tightly and shake until salad greens and orange segments are well coated or mix together in bowl. Add almonds. Serve.

Sweet-sour dressing

2 tbs. oil	1 tbs. parsley
1 tbs. sugar	1/4 tsp. salt
1 tbs. vinegar	dash of pepper

Stir all ingredients together in a bowl. Refrigerate.