



**M**other Nature's display of colorful autumn fruits and vegetables remind us of comfort foods from our childhood. Many of us smile when we think of fresh applesauce, baked squash, pumpkin desserts, and meatloaf. My grandchildren beg for this meatloaf. The roasted vegetables can be eaten either hot or cold and, of course, there is nothing more comforting than the smell of a hot loaf of bread from the oven. Comfort foods are our connection to times past.



### Meatloaf

- 1-1/2 lbs. ground beef
- 1/2 cup rolled oats, quick
- 1 egg
- 1 small onion, chopped
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 cup ketchup
- 1/2 cup evaporated milk

Mix ingredients in order given. Shape into a loaf in a 9x13-inch pan and bake at 350° for one hour. Serves 4-6.



### Coleslaw

- 1/2 head cabbage, shredded
- 1 small carrot, shredded
- 1/2 small onion, chopped

#### Dressing

- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1/4 cup milk
- 1/4 tsp. onion salt
- 2 Tbsp. horseradish

Mix all dressing ingredients together until sugar is dissolved. Stir into shredded cabbage, carrots, and chopped onion. Serves 4-6.



### Oatmeal Bread

- 1 cup quick-cooking oatmeal
- 1 stick butter (1/2 cup)
- 1/2 cup honey
- 1 Tbsp. salt
- 2 cups boiling water
- 2 eggs
- 2 pkgs. dry yeast
- 6 to 6-1/2 cups flour

In a large bowl, put oatmeal, butter, honey, and salt. Pour boiling water over it and mix. Let cool to lukewarm. Beat in eggs and yeast. Add the flour, one cup at a time, beating after each. Add flour until dough no longer sticks to your fingers. Cover bowl with plastic sticks and let rise until double. Punch down and divide dough in half and shape into loaves. Put into two greased 9.5x5.5-inch loaf pans. Cover and let rise until double in a warm place. Bake at 350° for 50 to 60 minutes or until loaves sound hollow when tapped on top. Makes 2 loaves.



### Pumpkin Dessert

- 1 (29 oz.) can pumpkin
- 4 eggs, well beaten
- 2 Tbsp. dark cooking molasses
- 2 Tbsp. pumpkin pie spice
- 1 (12 oz.) can evaporated milk
- 1 cup brown sugar
- 1 (18 oz.) box yellow cake mix
- 1 stick butter
- 1/2 cup walnuts, chopped

Combine first six ingredients and pour into buttered 8x13-inch glass pan. Sprinkle dry cake mix over the top. Drizzle melted butter over top. Sprinkle with nuts. Bake at 325° for one hour. Serve with whipped cream. Keep refrigerated. Serves 12-15.

### Roasted Vegetables

*You may substitute your favorite vegetables*

- 6 small red potatoes, cut into 2-inch pieces
- 2 carrots, cut into 2-inch pieces
- 2 onions, cut into wedges
- 1/2 squash, acorn or buttercup (my favorite)
- 1/2 lb. green beans, whole
- 1 zucchini, cut into 2-inch pieces
- 1 red or green pepper, cut into 2-inch pieces
- 10 mushrooms, whole
- 8 cloves garlic, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. marjoram
- 2 Tbsp. olive oil

Wash potatoes and peel carrots. Place potatoes, carrots, onions, squash, and half of the garlic in a bowl and drizzle with one tablespoon of olive oil. Sprinkle with salt, pepper, and marjoram. Spray two baking pans with vegetable spray and spread vegetables evenly in a single layer over both pans. Bake for 30 minutes at 350°. Wash and dry remaining vegetables and place in bowl and drizzle with remaining oil and seasonings. Add these vegetables to potatoes and carrots and bake an additional 30 minutes or until tender. Delicious served hot or cold.

The recipes featured above are from Doris Streiff's *Down on the Farm* and *Down on the Farm Book II* cookbooks. To correspond with Doris, please send your letters to:

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