

LIVER AND ONIONS

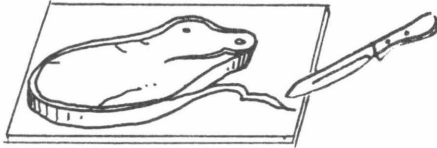
For 6 servings, you need:

- 1-1/2 pounds sliced beef or pork liver
- 1 large onion
- 1/2 cup flour
- 2 tablespoons fat
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 cup water

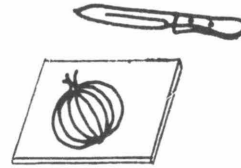
MENU SUGGESTION

- Mashed Potatoes
- Tossed Green Salad
- Fruit
- Milk Coffee

①



Peel any skin from 1-1/2 pounds sliced beef or pork liver.

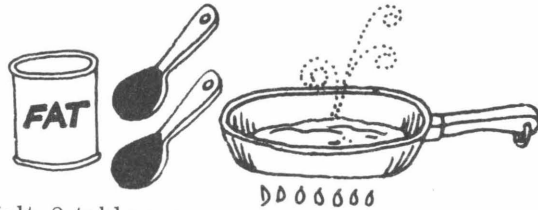


Slice 1 large onion.

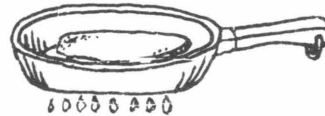


Put 1/2 cup flour in a dish or on wax paper. Dip liver in flour.

②



Melt 2 tablespoons fat in fry pan over medium heat.



Brown liver on one side.



Turn liver.

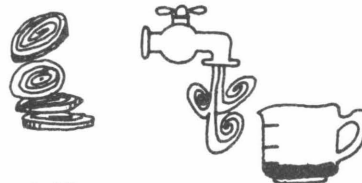
③

Sprinkle liver with...



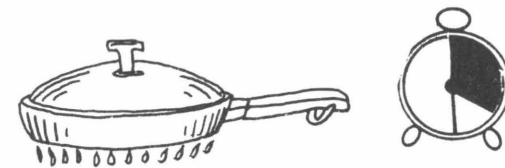
1-1/2 teaspoons salt,

and 1/4 teaspoon pepper.



Add... onion and

1/4 cup water.



Cover pan tightly. Cook over low heat 20 to 30 minutes until liver is tender.

SMART SHOPPER RECIPE

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

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