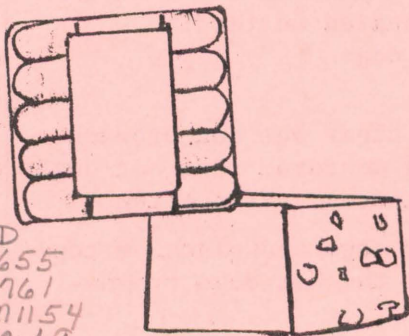


HOT DOGS AND LUNCHEON MEATS



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Hot dogs and luncheon meats are made of chopped or ground beef, pork, or veal used singly or in combination, and various seasonings. Some items include cereal or nonfat dry milk.

Hot dogs made with nonfat dry milk or cereal cost less than all meat hot dogs and have the same food value.

Bulk sliced or chunk pieces of luncheon meat are usually cheaper than the presliced vacuum packages.

Check labels for weights.

Store in the unopened package in the refrigerator. Use within a week.

Hot dogs and luncheon meats are not the best sources of protein. A slice of bologna has less protein than the slice of bread on which it is served. A hot dog has about half as much protein as a chicken leg.

Green Beans-Corn-Hot Dogs

1 Tbsp. butter, margarine,
or bacon drippings
1 small onion, chopped
1 can (1 lb.) green beans

1 can (1 lb.) cream style corn
1 tsp. prepared mustard
1 lb. hot dogs

Melt fat in heavy saucepan. Add onion and cook until clear but not browned. Add green beans and bring to a boil. Stir in corn and mustard. Add hot dogs cut into inch long pieces. Cover and cook about 20 minutes. Stir often.

Or use a pan that can go into the oven. Split the hot dogs and place on top of the bean-corn mixture. Bake in a 350° F. oven until the hot dogs brown-- about 30 minutes. Serves 6 to 8.

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