



## *A Few Suggestions for Whole Meals*

Many different articles of food can be combined together for Whole Meal Cooking in the oven and your own experience and preference can dictate your choice of foods for the whole meal.

A number of different foods are listed below which may serve as a guide for your whole meal cooking.

For a three hour meal, the White Handle should be set at 275° and for a four or five hour meal, set at 250°.

### MEATS

Roast Chicken  
Stewed Chicken  
Fried Chicken  
Casserole Chicken  
Roast Ribs of Beef  
Beef Pot Roast  
Meat Stews  
Beef Loaf  
Stuffed Steak  
Stuffed Fish  
Baked Fish  
Roast Ham  
Scalloped Ham  
Roast Lamb  
Roast Pork  
Pork Tenderloins

### VEGETABLES

Roast Potatoes  
Brown Potatoes  
Pan Roasted Potatoes  
French Fried Potatoes  
Scalloped Potatoes  
Mashed Potatoes  
Roast Sweet Potatoes  
Candied Sweet Potatoes  
Carrots  
Peas  
Navy Beans  
Lima Beans  
Green Beans  
Wax Beans  
Asparagus  
Onions  
Tomatoes  
Celery  
Macaroni & Cheese  
Spaghetti  
Squash  
Beets  
Scalloped Corn  
Turnips  
Parsnips

### DESSERTS

Bread Pudding  
Lemon Pudding  
Rice Pudding  
Boiled Rice  
Stewed Prunes  
Stewed Apricots  
Stewed Figs  
Stewed Peaches  
Apple Brown Betty  
Apple Tapioca Pudding  
Fig Tapioca Pudding  
Baked Apples  
Apple Sauce  
Rhubarb Sauce  
All uncooked  
Desserts and Fruits