

### **Boston Roast.**

- 2 cups dried beans
- 1 cup bread crumbs
- 2 cups cheese (grated)
- 3 teaspoons salt
- $\frac{1}{2}$  cup liquid
- 1 tablespoon chopped onion.

Soak beans 24 hours, cook in salted water until soft.

Drain, put through meat grinder, add onion, cheese, crumbs, more salt if needed and enough of the water in which beans were cooked to moisten (about  $\frac{1}{2}$  cup). Form into loaf, bake in moderate oven for 40 minutes. Baste occasionally with hot water and fat. This will make about ten servings.

### **Mock Chicken.**

- 2 cups cooked beans
- $1\frac{1}{2}$  cups stale bread crumbs
- 2 tablespoons butter or butter substitute
- $\frac{3}{4}$  cup milk
- $\frac{3}{4}$  teaspoon salt.

Press the beans through a fine strainer. Add the milk. Arrange alternate layers of bean pulp and buttered crumbs in a buttered baking dish. Cover with buttered crumbs and bake in a moderate oven 45 minutes. Serve with tomato sauce.

NOTE:--To butter crumbs: Melt butter and stir crumbs into it, thoroughly mixing the crumbs with the butter or butter substitute.

### **Tomato Sauce.**

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup tomato juice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper.

Cook tomatoes until soft and press through strainer. Melt butter, add the flour mixing thoroughly, then add the hot tomato and bring to boil, stirring constantly. Add seasoning and serve. If liked, a little chopped parsley, a few cloves or a few bay leaves may be added to the tomato while cooking the first time.