



I would like to take this opportunity to wish everyone a belated happy new year. For some reason our January newsletter did not make it into the Hiiye'yu Lelum newsletter or our website either. Upon reviewing it I found that there really wasn't much news and the February letter was certainly more up to date.

For unforeseen reasons I have not been in contact with my colleagues this month so I do not know if they have any news they want to share. I however am looking for people who want to join a kitchen in Lake Cowichan. The tentative meeting dates for this kitchen would be the first Monday of every month at 1:00 p.m. for the planner, and the following Monday at 9:30 for the cooking. If you are interested please notify me at ck_hof@shawcable.com or lynnengstrom@hotmail.com.

For some reason the spell check does not seem to work when I use the newsletter template so a lot of mistakes have been getting by me. I apologize for this and I will try to do better. I should take this opportunity to thank Sharon Jackson who does our web site for informing me of this problem and to thank her for all her work keeping our site up to date.

Since no one received the January newsletter I thought I would include the recipe from that letter in this one. It's a recipe that my father got out of the Colonist's Weekend Islander 40 years ago. It appeared the weekend after Christmas as a welcome change from turkey. The recipe is called More, I suppose because it is suppose to leave you wanting more. Most people who have tried it like it, especially men. I hope you enjoy it.



MORE

Serves 6 to 8

1 Lb. Lean Ground Beef	1 Can Mushroom Soup
1 Med. Onion, chopped	1 Can Manwich Sauce
1 Pkg. Egg Noodles med. or sm.	1 Tbsp. Chili Powder
1 Can Nibblets Corn	Topping:
1 Sm. Pkg. Frozen Peas	1 Cup Crushed Potato Chips
1 Can Whole Mushrooms	1 Cup Grated Cheddar Cheese

1. Saute' ground beef and onion in skillet. Meanwhile cook noodles as directed on package.
2. Mix all ingredients except toppings together in a large casserole or small roasting pan. Include all liquids from mushrooms and nibblets corn.
3. Cook in 350° F. oven for 1 hour, stirring every fifteen minutes.
4. Gently mix chips and cheese together.
5. After the third stirring (3/4 of the baking time) spread the topping on for the last 15 minutes of baking.