

## What's Cooking?

### Scrumptious Meatloaf

#### Ingredients:

1 egg  
 1/2 cup catsup  
 1 pound ground beef  
 1/2 pound ground pork  
 1 Cup fresh bread crumbs  
 1 medium onion, finely chopped  
 1 small green pepper, finely chopped  
 1 1/2 teaspoons salt  
 1/2 teaspoon pepper  
 1 can (8 ounces) tomato sauce  
 1 1/2 tablespoons firmly packed brown sugar  
 1 1/2 tablespoons cider vinegar  
 1 tablespoons cider vinegar  
 1 tablespoon prepared mustard  
 1 teaspoon Worcestershire sauce

#### Cooking Instructions

Heat oven to 350 degrees Fahrenheit

Beat egg and catsup in large bowl. Add beef, pork, crumbs, onion, green pepper, salt and pepper; mix well. Shape into oval loaf in 12x8-inch baking dish.

Stir tomato sauce, sugar, vinegar, mustard and Worcestershire in small bowl. Brush 1/2 of the sauce over meatloaf.

Bake 1 hour 15 minutes or until cooked through, bursing occasionally with remaining sauce. Discard any remaining sauce.

Makes 6 servings.

### Barbeque Meatballs & Vegetables

#### Ingredients:

1/2 cup Kraft original barbecue sauce  
 1/2 cup Miracle Whip salad dressing  
 1/4 cup honey  
 3 teaspoons chili powder, divided  
 1 teaspoon each ground red  
 1 pound group beef  
 1 green pepper, cut into chunks  
 1 onion, sliced  
 1 cup sliced mushrooms  
 1 cup sliced yellow squash  
 1 cup sliced zucchini  
 1 can (8 oz) pineapple chunks, drained  
 2 tablespoons chopped fresh parsley  
 Hot cooked pasta

#### Cooking Instructions:

Mix barbeque sauce, salad dressing, honey, 2 teaspoons of the chili powder and 1/2 teaspoon each of the ground red pepper, pepper and salt  
 Set aside.

Mix meat, remaining 1 teaspoon chili powder and remaining 1/2 teaspoon each ground red pepper, pepper and salt. Shape into 12 meatballs.

Brown meatballs in large skillet on medium-high heat; drain on paper towels. Add green pepper, onion mushrooms, squash, zucchini and pineapple to skillet; cook and stir on medium heat 5 minutes or until tender. Stir in reserved barbeque sauce mixture and meatballs. Reduce heat to low; cover and simmer 15 minutes or until heated through. Stir in parsley. Serve over hot cooked pasta.

What year did George Washington Bradford High School Rusk, Texas cease to be a black high school?

1968

In what Southern state did Floyd B. McKissick develop a town called Soul City?

North Carolina, in the 1960s (to provide new business opportunities for African Americans)



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