

Circular No. 50 (Revised).

Reprinted June, 1923.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF OKLAHOMA

E. A. MILLER, Director

OKLAHOMA AGRICULTURAL AND  
MECHANICAL COLLEGE AND  
UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

EXTENSION SERVICE  
COUNTY AGENT WORK  
STILLWATER, OKLAHOMA

*Distributed in Furtherance of the Acts of Congress of May 8 and June 30, 1914*

---

---

# VEGETABLE COOKERY

By MARTHA McPHEETERS,  
Food and Nutrition Specialist

## DIETETICS

Vegetables occupy a very important place in the diet. They furnish water, mineral salts, bulk in the form of cellulose or woody fiber, starch and sugar, or materials for heat and energy; protein, or material for tissue-building; fats, as vegetable oils, and important growth-promoting elements (vitamines).

We value vegetables especially for heat and energy, mineral salts, bulk, and their growth-promoting elements. When protein vegetables are used they should take the place of meat at that meal. Animal protein is easier to digest than vegetable protein. However, legumes should be used plentifully in the diet, especially for adults.

For good health it is necessary that we have a diet high in mineral salts, and that we have some bulky food. Many troubles of indigestion may be overcome by the use of plenty of fruit and green vegetables. The mineral salts do not only help to build bone, blood, teeth, cells, nerve cells, etc., but they assist greatly in the various body processes, as digestion, circulation, etc. The woody fiber also helps to overcome constipation and indigestion. This bulky fiber scrapes along the digestive tract and stimulates the movement of the muscles of the digestive tract, which is so necessary to good digestion. Rough breads are very valuable for the same reason. Whole-wheat flour and other coarse flours also have more mineral matter, for the mineral salts in grain and vegetable foods lie just under the skin.

Anemia may be overcome by using plentifully foods high in iron content. The mineral salts found in foods are in a form that the body can make very much better use of than in the form found in tonics and medicines.

There are three different substances found in foods that are absolutely necessary for growth and reproduction. All three of these substances are found in vegetables.

By canning fruits and vegetables during the season when they are grown, it will be possible to have them every day in the year. The following lines would be a good motto for every housewife:

"A can of Fruit,  
A can of Greens,  
A can of Vegetables  
For the family  
For every day in the Year."

---

## CLASSIFICATION OF VEGETABLES

### CHIEF PROTEIN VEGETABLES

Beans dried, fresh lima and string beans with the beans developed.  
Peas, green peas, dried peas of all kinds (black-eyed, lady peas, etc.)  
Peanuts.  
Lentils.

## CHIEF CARBOHYDRATE VEGETABLES

|          |                |      |        |
|----------|----------------|------|--------|
| Potatoes | Sweet Potatoes | Corn | Hominy |
| Rice     | Macaroni       |      |        |

## CHIEF MINERAL SALTS VEGETABLES

The following table, according to Sherman, gives the vegetables that contain the largest proportion of the different mineral salts arranged in order of importance. Read down the columns:

1. Iron helps to build red corpuscles.
 

|              |             |            |         |
|--------------|-------------|------------|---------|
| Spinach      | Cabbage     | Lima Beans | Turnips |
| Lettuce      | Celery      | Squash     | Onions  |
| Asparagus    | Radishes    | Tomatoes   |         |
| String Beans | Dried Beans | Carrots    |         |
  
2. Potassium helps to build cells.
 

|          |              |              |               |
|----------|--------------|--------------|---------------|
| Spinach  | Corn (green) | Asparagus    | Potatoes      |
| Lettuce  | Parsnips     | Cauliflower  | Radishes      |
| Celery   | Turnips      | Carrots      | Onions        |
| Tomatoes | Beets        | String Beans | Beans (dried) |
| Cabbage  |              |              |               |
  
3. Magnesium helps to build nerves.
 

|              |            |               |              |
|--------------|------------|---------------|--------------|
| Spinach      | Cucumber   | Beans (dried) | Onions       |
| Celery       | Lima Beans | Beets         | Cauliflower  |
| Parsnips     | Cabbage    | Turnips       | Peas (fresh) |
| String Beans | Carrots    | Radishes      | Lettuce      |
| Asparagus    | Tomatoes   | Peas (dried)  |              |
  
4. Calcium helps to build bone.
 

|             |              |               |              |
|-------------|--------------|---------------|--------------|
| Cauliflower | Cabbage      | Parsnips      | Squash       |
| Celery      | String Beans | Onions        | Lima Beans   |
| Spinach     | Asparagus    | Cucumber      | Potatoes     |
| Lettuce     | Radishes     | Tomatoes      | Beets        |
| Turnips     | Carrots      | Beans (dried) | Peas (dried) |
  
5. Phosphorus helps to build all the tissues of the body.
 

|             |               |                |              |
|-------------|---------------|----------------|--------------|
| Spinach     | Beans (dried) | Parsnips       | Peas (fresh) |
| Celery      | Rutabagas     | Beans (string) | Onions       |
| Lettuce     | Radishes      | Cabbage        | Carrots      |
| Cucumber    | Turnips       | Tomatoes       | Potatoes     |
| Cauliflower | Cowpeas       | Peas (dried)   |              |
  
6. Vegetables especially valuable for vitamins:
 

|                   |                  |                |                     |
|-------------------|------------------|----------------|---------------------|
| Spinach           | Carrots          | Sweet Potatoes | Beets (leaves,      |
| Cabbage           | Tomatoes         | Potatoes       | stems and roots     |
| Lettuce           | Onions           | Yellow Corn    | Cereals (especially |
| Other leafy vege- | Turnips (leaves, | Peas           | the germ part of    |
| tables            | stems and roots) | Beans          | cereal              |

## CARE OF VEGETABLES

Keep winter vegetables in a cool, dark, dry place with as even temperature as possible and exclude air if possible.

Keep green vegetables in ice box or cool place.

Crisp them by putting them in cold water.

Cook summer vegetables as soon after they are gathered as possible in order to preserve the flavor.

## RULES FOR PREPARING VEGETABLES

Wash all vegetables in cold water, and pare or scrape if skins are to be removed. Let stand in cold water until ready to cook, to keep them crisp and to prevent their being discolored.

Cut vegetables up as little as possible before cooking.

Let wilted vegetables soak in cold water to freshen them.

Soak dried vegetables in cold water before cooking.

Empty all canned vegetables from the can as soon as opened.  
Put head vegetables and greens in cold water with 1 tablespoon vinegar for 1 hour before cooking to draw out the bugs and worms.

### PRINCIPLES OF COOKING VEGETABLES

Cook all vegetables whole when practical, using enough water to cover. Most vegetables should be cooked in a small amount of water because some of the mineral salts and other important substances dissolve out into the water and are lost if the water is thrown away.

Strong-flavored vegetables (as turnips, onions, cabbage and cauliflower) should be cooked uncovered in a large amount of rapidly boiling water or steamed.

Delicately flavored vegetables (as spinach, celery and peas) should be cooked slowly, in a small amount of boiling water until tender and water boils away.

### CREAMED ONIONS

Put onions in cold water, and remove skins while under water to prevent hurting the eyes. Cook in a large quantity of rapidly boiling, salted water for twenty minutes. Cook uncovered. When tender, drain and season with salt and pepper, and mix with white sauce or cream and butter. Many other vegetables may be prepared in the same way. Cabbage, peas, carrots, potatoes, cauliflower, etc., are especially good creamed.

### MEDIUM WHITE SAUCE

|               |                    |
|---------------|--------------------|
| 2 tbs. butter | 1½ to 2 tbs. flour |
| ¼ ts. salt    | Dash pepper        |
| 1 c. milk     |                    |

Put the milk in a double boiler to scald. Melt the butter, but do not brown; add flour and seasoning, and stir until smooth. Add this mixture to the milk gradually, stirring all the time until the mixture thickens. Cook for fifteen or twenty minutes.

### STRING BEANS

Remove strings, and snap or cut the beans in 1-inch pieces; wash and cook in boiling water from one to three hours, adding salt last half hour of cooking. Drain, season with pepper, salt and either butter or cream. Cream is especially delicious. Thin white sauce with 1 tablespoon grated cheese to 1 cup sauce may be used instead of the cream or butter.

### SPANISH RICE

|                        |   |
|------------------------|---|
| ½ c. rice              | ½ ts. salt                                |
| 2 or 3 slices of onion | Bay leaf                                  |
| 1½ c. boiling water    | ½ large can, or 1 small can to-<br>matoes |
| 2 ts. butter           |   |
| A whole pepper or two  |   |

Pick over and wash rice well in cold water. Add the rice to the boiling, salted water and cook in a double boiler from one to two hours, or until rice is done. When stirring rice, use a fork so as not to break the rice grains. While the rice is cooking, prepare the following tomato sauce:

Put the tomatoes, onions, bay leaf and peppers in a saucepan and cook for twenty or thirty minutes. Run through a sieve and add the butter. Add this sauce to the rice when done. Put into baking dish and cover with buttered bread crumbs. Set in oven for a few minutes to brown.

*Buttered Bread Crumbs.*—Stale bread may be made into crumbs by grinding in a meat-grinder. If the crumbs are absolutely dry they may be kept in a glass jar for weeks. If they seem the least bit moist, set them in the oven to dry. By keeping the stale bread ground up, one will always have bread-crumbs ready for use. Use 1 scant tablespoon butter to 1 cup crumbs. Melt the butter and stir crumbs in the melted butter until they are evenly oiled.

### BOSTON BAKED BEANS

Soak a quart of navy beans in cold water over night. In the morning drain, cover with fresh water, heat slowly (keeping water below boiling point), and cook until skins will burst. Use a deep bean pot, crock or baking dish. Make a mixture of 1

tablespoon of salt, 1 tablespoon of molasses and 3 tablespoons of sugar (or 4 of molasses),  $\frac{1}{2}$  tablespoon of mustard and 1 cup of boiling water. Put beans in pot in layers with strip of fat bacon between each three layers, using  $\frac{1}{2}$  pound of fat bacon. Pour over this the mixture of molasses, mustard, etc., and enough water to come to the sides where it may be seen. Bake with a cover through which the steam may escape, or a loosely fitted cover. Add water as needed, and bake eight hours in a moderate oven, or cook twenty-five to thirty-five minutes in pressure cooker at 15 pounds pressure. Baked beans may be used as a meat substitute. Tomatoes or tomato sauce may be added if desired.

### TOMATO SAUCE

2 tbs. butter  $\frac{1}{2}$  slice onion  
 2 tbs. flour  $\frac{1}{2}$  bay leaf  
 1 c. strained tomatoes Pepper

Cook the tomatoes with the bay leaf, onions, salt and pepper. Melt butter, add flour, stir until smooth, add strained tomato juice and cook until it thickens.

Tomato sauce is excellent for macaroni, beans, rice, stuffed peppers, and many meat dishes.

### BAKED COWPEAS AND CHEESE

(A Meat Substitute)

1 tbs. butter 1 tbs. finely chopped sweet  
 1 tbs. finely chopped onion green pepper  
 2 c. cooked cowpeas  $\frac{1}{2}$  c. grated cheese

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper in the butter, being careful not to brown, and add them to the peas and cheese. Form the mixture into a roll, place on the buttered earthenware dish and cook in a moderate oven until brown, basting occasionally with butter and water. Serve hot or cold as a substitute for meat.

### GREEN PEPPERS STUFFED WITH COWPEAS

Cut sweet green peppers into two pieces lengthwise, remove all the seeds, and fill each piece with the mixture given in the above recipe. Place in a dish containing a small amount of butter and water. Bake in a moderate oven until the peppers are soft. Baste occasionally.

### LYONNAISE POTATOES

Cook for five minutes, 3 tablespoons butter with 1 small onion cut in thin slices; add 3 cold, boiled potatoes cut in  $\frac{1}{4}$ -inch slices, and sprinkle with salt and pepper; stir until well mixed with onion and butter; let stand until potatoes are brown underneath, fold and turn on a hot platter.

### MASHED POTATOES

2 tbs. butter  $\frac{1}{2}$  ts. salt  
 6 potatoes 4 tbs. hot milk  
 Pepper

Cook the potatoes in boiling, salted water until soft. Test with a fork; if it withdraws easily, the potatoes are done. Use enough water to cover. When done, drain off the water and mash with a potato-masher until soft, add the butter, salt, pepper and hot milk, and beat until light and fluffy. Serve piled lightly on a hot dish. They may be placed in the oven and browned if desired. Grated cheese might be sprinkled on top of them before browning in the oven.

### TIME TABLE FOR COOKING VEGETABLES IN WINTER

|                |                        |              |               |
|----------------|------------------------|--------------|---------------|
| Asparagus      | 20 to 30 min.          | Corn (green) | 15 to 20 min. |
| Beans (string) | 1 to 3 hrs.            | Onions       | 30 to 40 min. |
| Beans (lima)   | 3 to 4 hrs.            | Parsnips     | 30 to 45 min. |
| Beets (old)    | 3 to 4 hrs.            | Potatoes     | 30 to 40 min. |
| Beets (young)  | $\frac{3}{4}$ to 1 hr. | Peas (green) | 20 to 45 min. |
| Cabbage        | 20 to 30 min.          | Spinach      | 15 to 30 min. |
| Cauliflower    | 20 to 30 min.          | Squash       | 20 to 30 min. |
| Carrots        | 30 to 60 min.          | Turnips      | 30 to 45 min. |