

Affordable Meal

Tastee
CHEESE



CHEESE SAUSAGE DELIGHT

Serves: 3 INGREDIENTS

- 2 cups milk made from Anchor Powdered Milk
- 3 Tbsps. Grace Hello Soft Margarine
- 3 Tbsps. flour
- 4 Grace Vienna Sausages, diced
- 1/4 lb. **Tastee Cheese**, grated
- 1 tsp. dry mustard
- 1/4 tsp. black pepper
- 1/4 tsp. paprika
- Toast or crackers

Method:

1. Make a sauce with milk, margarine, mustard and flour, stirring constantly until sauce is smooth.
2. Mix in sausages, grated Tastee Cheese, black pepper and paprika.
3. Serve on toast or crackers.



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CHEESE CORNED BEEF FRIED RICE

Serves: 4 INGREDIENTS

- 1 onion, sliced
- 2 eggs beaten with salt and pepper
- 4 Tbsps. vegetable oil
- 1 small green sweet pepper, chopped
- 3 cups cooked plain rice (left over rice is ideal)
- 1 tin whole kernel corn
- 1 (12oz.) can Grace Corned Beef
- 1 small cabbage, coarsely chopped
- 1/2 lb. **TASTEE Cheese**, coarsely grated

Method:

1. In a heavy bottomed skillet, heat 2 Tbsps. vegetable oil
2. When oil is hot, add the eggs. Cook stirring until scrambled but not too dry. Remove the eggs and clean out the skillet.
3. Heat remaining oil. Lightly fry onion, sweet pepper and corn. Add Grace Corned Beef and stir-fry for a few minutes.
4. Add rice and scrambled eggs. Mix in cabbage and some of the cheese.
5. Stir thoroughly.
6. Garnish with remaining cheese.
7. Serve hot.



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TASTEE GRILLED CHEESE SANDWICH WITH GUAVA JELLY

Makes 1 sandwich INGREDIENTS

- 2 slices bread
- 1 Tbsp. Grace Hello Soft Margarine
- 2 slices **Tastee Cheese**
- 1 Tbsp. Guava Jelly or Jam

Method:

1. Assemble the sandwich and top the cheese with guava jelly. Grill until the bread is golden brown.
2. Serve warm.



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TASTEE CHEESE BREAKFAST FRITTER

Makes 10 INGREDIENTS

- 1 cup flour
- 1 tsp. baking powder
- Dash of black pepper
- ½ cup milk made from Anchor Powdered Milk
- 1 egg, well beaten
- ¼ lb. **TASTEE Cheese**, grated
- For Frying: ¼ cup vegetable oil

Method:

1. Combine all six ingredients to make a batter.
2. In a skillet, heat vegetable oil for frying to 375 degrees F.
3. Drop fritter batter by tablespoons gently into hot fat and fry until they are golden brown. Remove and drain on absorbent paper before placing on serving dish.



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TASTEE CHEESE CALLALOO CUPS

Serves: 4 INGREDIENTS

- 4 slices white bread
- 4 Tbps. Grace Hello Soft Margarine
- 1 cup callaloo, cleaned and chopped
- Salt & black pepper to taste
- 2 plum tomatoes, chopped
- ¼ lb. **TASTEE Cheese**, grated
- Dash of paprika

Method:

1. Spread 2 Tbps. of the Grace Hello Soft Margarine on bread and place the side with the margarine down in muffin tins to form cups.
2. Steam callaloo in the remaining 2 Tbps. margarine. Add salt and black pepper. Mix in tomatoes at the end of steaming.
3. Place callaloo in cup cases, spreading it up the sides.
4. Sprinkle grated cheese over callaloo and add a dash of paprika.
5. Bake at 350 degrees F for twenty minutes.
6. Serve hot.



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TASTEE CHEESE MINI PIZZAS

Serves: 4 INGREDIENTS

- 4 slices hard-dough bread
- 2 Tbps. Grace Hello Soft Margarine
- ½ cup Grace Tomato Ketchup
- 1 tsp. white pepper
- ½ onion, chopped
- ½ green sweet pepper, chopped
- ½ cup frankfurters, chopped or ham, sausages, mackerel
- ½ lb. **TASTEE Cheese**, grated

Method:

1. For each slice of bread, spread with margarine, then lavishly with ketchup into which white pepper was mixed.
2. Sprinkle on onions, sweet pepper and frankfurters.
3. Top with cheese and place under grill or top shelf of a hot oven until bread is toasted.

