

## CREAMED PEAS

Make white sauce using 1 C of juice from canned peas and 1 C evaporated milk instead of 2 C milk. Add 2 or 3 cans of drained peas and heat through on low heat.

Creamed chipped beef or creamed chipped ham:

Make white sauce but omit the salt. Add 1 pound of chipped ham or chipped dried beef and heat through on low heat.