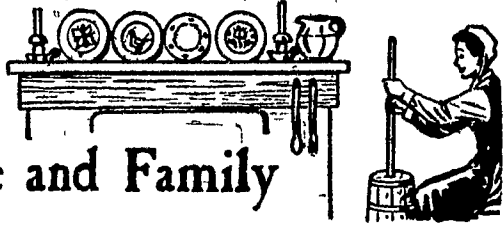


For the Farm Wife and Family



Condensed Soup

by Mrs. Richard C. Spence

That can of condensed soup on your pantry shelf is really more than a can of soup—it is also a flavorful and economical cooking ingredient.

Because condensed soups are prepared double rich and double thick, they are perfect cooking ingredients. They make smooth gravies, sauces and something special of "everyday" wishes, such as Swiss steak or a pot roast. The following recipe shows how easy it is to make creamed chicken with a can of condensed cream of chicken soup.

Creamed Chicken

1/4 cup chopped celery
1/4 cup chopped onion
2 tablespoons butter or margarine
1 can (10 1/2 ounces) condensed cream of chicken soup
1/2 cup milk
1 can (5 ounces) boned chicken or 1 cup diced cooked chicken
Dash black pepper
4 biscuits or corn meal muffins, split and toasted
In saucepan, cook celery and onion in butter until soft. Stir in soup, milk, chicken, and pepper. Heat. Serve over biscuits or muffins.

Add one tablespoon diced pimento, if desired. Makes

three to four servings.

FOR CURRIED CHICKEN: follow above recipe, adding one teaspoon curry powder along with celery and onion. Omit pimento. Serve over rice.

Condensed soups blend well with any kind of meat.

Favorite Meat Loaf

1 can (10 1/2 ounces) condensed tomato soup
2 pounds of ground beef
1/2 cup fine dry bread crumbs
1/2 cup chopped onion
2 tablespoons chopped parsley
1 tablespoon Worcestershire sauce
1 egg, slightly beaten
1 teaspoon salt
Dash black pepper

Combine all ingredients; mix well. Shape into a loaf; place in shallow baking pan. Bake in a moderate oven (350 degrees) about 1 1/4 hrs. Makes eight servings.

NOTE: Cream of celery, mushroom, or vegetable soup may be substituted for tomato soup in above recipe.

TO BAKE IN A RING. (1) Pack meat mixture into a 6 1/2 cup ring mold; shake out onto a foil covered cookie sheet. Turn foil up around meat to collect drippings.

Bake in a moderate oven (350 degrees) about 45 minutes. Remove drippings with a spoon; carefully slide loaf off foil with wide spatula.

(2) Line a 10-inch oven-proof skillet with foil so foil comes about two inches above edge of skillet.

Shape meat mixture into a ring around edge of skillet. Bake in a moderate oven (350 degrees) about 45 minutes. Remove drippings with a spoon. Lift loaf from pan by taking hold of foil.

Carefully slide loaf off foil with wide spatula. Serve with Tomato Horseradish Sauce or another favorite sauce.

Tomato Horseradish Sauce

1 can (10 1/2 ounces) condensed tomato soup
2 tablespoons prepared horseradish
1 tablespoon prepared mustard
Dash ground cloves
Dash black pepper
In saucepan, blend all ingredients. Heat, stirring often. Makes about 1 1/2 cups of sauce.

Steak Roll-Ups

2 pounds thinly sliced round steak or flank steak
2 cups bread stuffing
2 tablespoons shortening
1 can (10 1/2 ounces) condensed cream of mushroom soup
1/2 cup water
1/2 cup sour cream, if desired

Pound steak with meat hammer or edge of heavy saucer. Cut steak into eight pieces long enough to roll. Place about 1/4 cup of stuffing near center of each piece of steak; roll, pinwheel fashion; fasten with a toothpick or skewer.

In large skillet, brown roll-ups in shortening. Add soup and water. Cover and cook over low heat about 1 1/2 hours, or until tender.

Spoon sauce over meat occasionally during cooking. Remove roll-ups from pan. Stir sour cream into sauce; heat and serve. Makes four

generous servings.

Pork 'N Potato Hash

1 medium onion, thinly sliced
2 tablespoons butter or margarine
1 can (10 1/2 ounces) condensed cream of mushroom soup
1/2 cup milk
1 teaspoon Worcestershire sauce
1 cup cubed cooked pork
1 cup cubed cooked potatoes
1/2 cup cooked peas
Dash black pepper
Cook onion in butter until lightly browned. Blend in soup, milk, and Worcestershire sauce. Add remaining ingredients.

Cook over low heat about 10 minutes, or until flavors are blended and sauce is thickened. Stir often. Makes three to four servings.

Deviled Crab

1 can (10 1/2 ounces) condensed cream of celery soup
1 cup flaked cooked crab (or 7-ounce can, drained)
2 tablespoons chopped green pepper
1 tablespoon chopped onion
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon prepared mustard
2 tablespoons buttered bread crumbs.
Combine all ingredients

except crumbs. Spoon four small buttered dishes. (Clam shells are for this.)

Sprinkle crumbs over mixture. Bake in a moderate oven (350 degrees) about 10 minutes, or until lightly browned. Makes four servings.

Macaroni and Cheese Family - Style

1/2 cup ground or finely chopped cooked ham
1/4 cup chopped onion
2 tablespoons butter or margarine
1 can (10 1/2 ounces)

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