



For the Farm Wife and Family

Take A Can Of Soup

By Mrs. Richard C. Spence

Versatile canned soups come off the pantry shelf and into your menu plans with welcome frequency to vary autumn dinner main dishes. The reason for this is that they are so wonderfully adaptable and represent a range of moods and flavors. You can use canned soups for everything from "soup to dessert".

To make a quick cream of pea soup, use a can of condensed cream of pea soup and heat it with milk, butter and seasonings.

JEFFY CREAM OF PEA SOUP

- 1 tablespoon butter
 - 1/4 cup finely chopped onion
 - 1/2 teaspoon marjoram
 - 1 can condensed cream of pea soup
 - 1 1/2 cups (soup can) milk
- In a medium saucepan, melt butter; saute onion. Blend in marjoram and pea soup. Gradually add milk and simmer, stirring occasionally, until soup is hot. Serves 4.

Tomato Soup Meat Loaf, made with ground beef, is a meat loaf with rich flavor and a rosy appearance. Bake halved acorn squash to accompany the loaf, and with these serve crisp relishes, corn bread squares and, for dessert, hot applesauce and ginger cookies.

TOMATO SOUP LOAF

- 1 cup whole bran cereal
- 1 egg
- 1 1/4 cups (10 1/2 ounce can) condensed tomato soup
- 2 pounds ground beef
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped celery
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dry mustard

Combine cereal, egg and soup; beat well. Add remaining ingredients; mix thoroughly. Pack lightly into greased 9 1/2 x 5 1/4 inch loaf pan. Bake in moderate oven (375 degrees) about 1 hour or until done. Let stand in pan 5 minutes before removing to heated

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be varied by using ground beef, tuna or bulk pork sausage. Featuring a corn flake crumbs crust and topping, the main dish also includes rice and sharp Cheddar cheese.

THREE-WAY SUPPER DISH

- 4 cups corn flakes or 1 cup packaged corn flake crumbs
- 3 tablespoons soft butter or margarine
- 1 pound ground beef
- 1/2 cup finely chopped onions
- 1 cup cooked rice
- 1/2 cup milk
- 1 1/4 cups (10 1/2 ounce can) cream of celery soup
- 3 eggs, slightly beaten
- 1 1/2 cups grated sharp Cheddar cheese

If using corn flakes, crush into fine crumbs. Combine corn flake crumbs and butter; reserve 1/2 of mixture for topping, and press remainder in bottom of 8 x 8-inch baking pan. Brown beef and onions; arrange on corn flake crumbs crust. Top with rice. Heat milk and soup together; add slowly to eggs. Stir in cheese; pour over rice. Sprinkle reserved corn flake crumbs on top. Bake in moderate oven (350 degrees); about 45 minutes. Before serving, garnish with green pepper or pimiento strips, if desired. 6 servings.

VARIATIONS

Tuna: Substitute two 7-ounce cans tuna, drained and flaked for ground beef; omit onions.

Pork Sausage: Substitute 1 pound ground pork sausage for ground beef.

Soup is used as a timesaver in Tuna Souffle. Just use cream of mushroom soup as the sauce that is the base of the souffle. Stir Cheddar cheese into the soup before incorporating egg yolks and whites. This puffy

souffle wins as a meatless main dish.

TUNA SOUFFLE

- 1 1/4 cups (10 1/2 ounce can) condensed cream of mushroom soup
- 1 teaspoon Worcestershire sauce
- 1/2 cup (2 ounces) grated sharp Cheddar cheese
- 1/2 cup ready-to-eat nutrition concentrate cereal
- 1 cup (7-ounce can) tuna, drained and flaked
- 6 eggs, separated

Heat soup slowly. Stir in Worcestershire sauce, cheese, cereal concentrate and tuna. Continue cooking, stirring constantly, until cheese is melted. Beat egg yolks slightly. Stir in sauce gradually. Beat egg whites until stiff but not dry; fold into sauce. Pour into ungreased 2-quart casserole. Bake in slow oven (300 degrees) about 1 hour, or until knife inserted near center comes out clean. Serve immediately. 6 servings.

Canned soup added to vegetables make them extra-special.

RICE STUFFED PEPPERS

- 3 large green peppers, halved lengthwise, seeded
- 1 can (10 1/2-ounces) condensed cheese soup, undiluted
- 1/4 cup ketchup

- 1 cup chopped celery
- 3 cups cooked rice
- 6 slices bacon, cooked, crumbled
- 1/2 cup water

Heat oven to 350 degrees. Cook peppers in boiling, salted water 5 minutes or until tender; drain. Combine soup and ketchup. Add celery and 1 cup soup mixture to rice, blend. Spoon approximately 1/2 cup mixture into each pepper half. Bake 20 minutes in baking dish. Combine remaining soup mixture, bacon and water; heat. Serve as sauce over peppers halves. Makes 6 servings.

CABBAGE AU GRATIN

- 1 medium head cabbage, shredded (2 quarts)
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Another meat loaf — **PARTY MEAT LOAF**

- 2 pounds ground beef
- 2 eggs, beaten
- 1/2 cup milk
- 1/4 cup ketchup
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 teaspoon dry mustard
- 1/2 cup minced onion
- 1/4 cup minced green pepper
- 1 1/2 cups dry bread crumbs
- 1 10 1/2 ounce can condensed tomato soup, undiluted

Place ground beef in large bowl. Combine eggs, milk, ketchup, salt, pepper, dry mustard, onion, green pepper; add to ground beef; blend well. Add bread crumbs; blend thoroughly. Shape into loaf; place on rack in shallow loaf pan. Bake for about 1 hour and 15 minutes in a 425 degree oven. Pour tomato soup over meat loaf last 30 minutes of baking. Serves 8.

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Three-Way Supper Dish can

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