

Serve hot soups to cure winter chills

All kids love the outdoors, even on the frostiest winter days. And no matter how you bundle them up against the cold, they always seem to come home red-faced and sniffling. Everyone knows the best remedy for kids with the chills - a steaming bowl of thick and hearty soup. You can have a complete warm-up meal ready for them in minutes, using soup as a healthful and inexpensive main course.

Here's how to make a rich Tomato Chick Pea Soup that your family will love. Simply add Chick Peas to homemade Tomato Soup with Pasta Shells. The chick peas not only add extra protein, they also give the soup an extra flavor lift. Serve with hot open-face grilled cheese sandwiches, to make a meal that warms your kids down to their frosty toes!

Or try this spectacular Sausage Pea Soup, for a delicious and satisfying hot meal that takes a little meat a long way. Tomatoes Stuffed with Bean Salad is the perfect partner to this wonderful soup - easy to make, and easy on your budget.

So, when your family is felling the chill, reach for soup, to make them toasty warm all over!

TOMATO CHICK PEA SOUP

Serves 4
1 can (20 ounces) Tomato Soup with Pasta Shells
½ can (approximately 10 ounces) Chick Peas, drained
Grated Parmesan Cheese

In a saucepan, heat soup and chick peas until bubbly. Serve in bowls, sprinkled with Parmesan cheese.

GRILLED CHEESE SANDWICHES

Serves 6

6 slices rye bread
soft butter or margarine
Grated Parmesan Cheese
6 slices American cheese
6 slices tomato
12 slices half-cooked bacon
Spread bread with soft butter and sprinkle with cheese. Top with American cheese, tomato and bacon slices. Place under hot broiler until cheese is melted and bacon is crisp. Serve hot.

SAUSAGE PEA SOUP

Serves 4

½ pound Italian sweet sausage, OR ½ pound country sausage, cooked and cut into ½-inch slices
1 cup beef bouillon
1 can (20 ounces) Green Split Pea Soup
4 slices crisp bacon, crumbled
In a saucepan, fry sausage until brown and crisp. Drain excess fat. Stir in beef broth and pea soup. Simmer until bubbly. Serve hot sprinkled with crisp bacon.

TOMATOES STUFFED WITH BEAN SALAD

Serves 4

½ can (approximately 10 ounces) Chick Peas, drained
½ can (approximately 10 ounces) Kidney Beans, drained
1 can (16 ounces) cut green beans, drained
1 small red onion, chopped
½ cup sliced celery
½ cup prepared Italian salad dressing

4 large tomatoes

lettuce leaves
2 hard cooked eggs, chopped

In a bowl, mix beans, onion, celery and salad dressing. Core tomatoes and turn upside down. Cut tomatoes into wedges, cutting not quite all the way through. Open out tomato and place on serving platter on lettuce leaves. Fill tomatoes with bean salad. Sprinkle with hard cooked eggs. Chill until ready to serve.

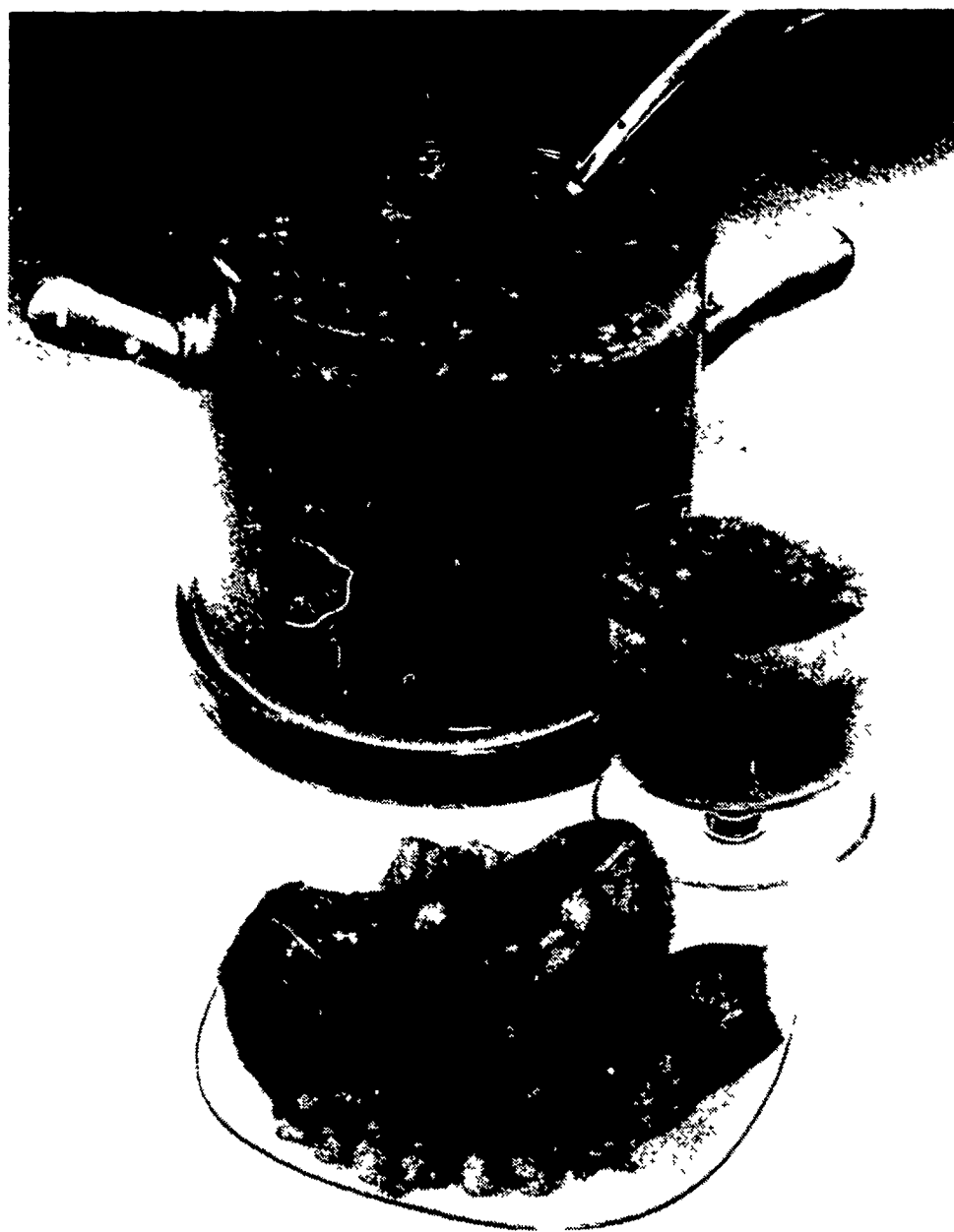
Provided by Progresso Foods, New York

QUICK CHOCOLATE COOKIES

CHOCOLATE TOFFEE CRESCENT BARS

8-oz. can refrigerated crescent dinner rolls
2/3 cup firmly packed brown sugar
2/3 cup butter or margarine
1 to 1 1/2 cups nut halves or chopped nuts
6-oz. pkg. (1 cup) semi-sweet chocolate pieces

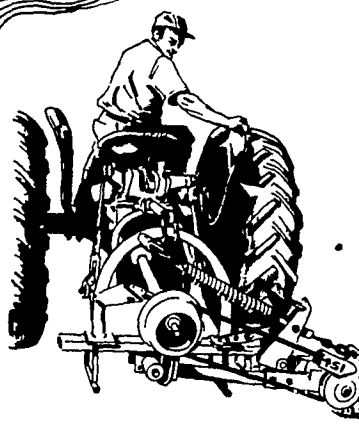
Preheat oven to 375°. Separate crescent dough into two large rectangles. Place in ungreased 15 x 10-inch jelly roll pan. Gently press dough to cover bottom of pan, seal perforations. In small saucepan, combine brown sugar and butter, boil 1 minute. Pour evenly over dough. Sprinkle with nuts. Bake 14 to 18 minutes, until golden brown. Remove from oven, immediately sprinkle with chocolate pieces. Slightly swirl pieces as they melt, leaving some pieces partially melted or whole. (Do not spread evenly, leave a mottled appearance.) Cool, cut into 36 to 48 bars.



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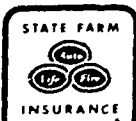
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