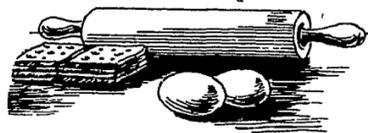


Home on



The Range

This week's suppers are soups and stews. Don't forget that on November 13, this column will feature holiday finger foods and punches to serve to your holiday guests. Then, on November 20, any and all other types of Thanksgiving

recipes will be featured. The deadline for the finger foods and punches is November 6, and the other recipes have a deadline of November 13.

SWEET TOMATO SOUP (for a quick & easy & hearty supper)

1-½ cups home canned tomatoes
2 cups whole milk (raw)
Two-thirds cup powdered milk
Heat tomatoes to boiling. Mix powdered milk with whole milk. Pour quickly into hot tomatoes. Stir with fork to mix well. Heat only to serving temperature. Do not boil after milk is added. Serve with saltine crackers. Serves two. For a different flavor, add one tablespoon butter or one teaspoon celery salt.

Note - This soup tastes sweet because the extra protein of the powdered milk neutralizes the acid and also prevents curdling. For a creamier soup, add more powdered milk.

Mrs. Aaron B. Shirk
Lebanon, Pa. 17042

HEARTY CHICKEN SOUP ORIENTAL

3 cups chicken broth
1 package (10 oz.) frozen chopped spinach, not thawed
¾ cup sliced fresh mushrooms or 1 can (2-2 ½ oz.) sliced mushrooms, drained
2 tablespoons soy sauce
1 teaspoon salt
1 teaspoon sugar
3 cups chopped cooked chicken

Combine all ingredients except chicken in saucepan; bring to boil, break spinach with fork. Add chicken; return to boil. Cover; simmer five minutes. Ladle approximately 1-½ cups into each of four soup bowls. Makes four servings.

VEGETABLE SOUP

2 pounds boiling beef
3 pounds soup bone
2 quarts cold water
1 onion, sliced
Dash salt and pepper
1-½ cups cabbage, chopped
1 cup potatoes, diced
1 cup carrots, sliced
2 cups tomatoes
2 cups green beans
1 cup celery, chopped
Parsley, chopped
¼ cup rice or noodles
Place meat and soup bone in two quarts of water. Add onion and salt. Cover; cook slowly. Add vegetables and rice or noodles and continue cooking until done. Serves six to eight.

BEAN SOUP

1 pound Navy beans
1-½ pounds pork shoulder or smoked ham bone
2 quarts water
2 tablespoons onion, chopped
Dash salt and pepper
Cover beans with water overnight. Cook beans for 10 minutes. Drain. Cover meat with two quarts of water. Add the beans, onion, salt, and pepper. Cook until done.

POTATO SOUP

2 tablespoons butter
4 tablespoons onions, chopped
2 cups potatoes, diced
4 cups hot water
Dash salt and pepper
1 tablespoon flour
1 tablespoon parsley, chopped

Brown the onion in butter in dutch oven. Add potatoes. Cover and cook for five minutes. Add water, salt, and pepper. Cover and cook one hour. Mix flour with two tablespoons water. Add to hot soup. Cook one minute. Add parsley. Serve hot. Serves four to six.

HAMBURGER DUMPLING STEW

1-½ pounds ground beef
Salt and pepper
Small onion
2 teaspoons prepared mustard

Mix together and make patties. Fry meat patties on both sides. Remove patties. 1 tablespoon flour
1 tablespoon chili sauce
1 can tomato soup
2 cups hot water.
Add these ingredients to above to make sauce. Return patties to sauce and simmer for about 20 minutes. Make dumplings from biscuit mix. Drop by spoonful over meat and sauce and simmer 15 minutes.

The above five recipes by:
Mrs. Charles Biehl
Mertztown, Pa.

SNAPPY BEEF STEW

1 envelope dry onion soup mix
2 medium potatoes, pared and cubed
1 (10-ounce) package frozen mixed vegetables
1 tablespoon all purpose flour
2 cups cubed cooked beef
2 ounces sharp process American cheese (shredded ½ cup)
Add soup mix, potatoes, and frozen vegetables to 2-¾ cups boiling water; cover and cook 10 to 12 minutes or until vegetables are tender. Mix together flour and one-fourth cup cold water; stir into vegetables. Cook and stir until slightly thickened and bubbly. Add meat; heat. Sprinkle cheese atop. Serves four to five.

BEEF STEW SUPREME

2 pounds beef cubes
6 medium sized potatoes
2 medium sized onions
6 carrots
2 ounces tomato sauce
½ cup sherry
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon paprika

Cut beef into 1-½ inch cubes. Brown and simmer on top of stove. Add enough water to cover. Boil for ½ hour. Add tomato sauce, sherry, salt, pepper and paprika and simmer for at least one hour or until done. Peel and cut vegetables, cook in salt water for 20 minutes. When meat is tender, combine with vegetables and bring to a boil. Add flour paste to thicken slightly stirring constantly. Reduce heat and cook for another five minutes.

BURGER STEW

1 pound ground beef
1 tablespoon instant onion
¼ teaspoon salt
One-eighth teaspoon pepper
1 (16-ounce) can veg-all drained
1 (20-½) ounce can tomato soup
4 oz. can mushrooms (optional)
Brown ground beef and onion. Drain, add seasonings. Stir in veg-all mixed vegetables, soup and mushrooms. Bake at 400 degrees F. for 15 minutes. Sprinkle with shredded Cheddar cheese. Serve with biscuits or instant mashed potatoes. 4-6 servings.

Mrs. Linnie M. Person
Allentown, Pa.

POTPOURRI

¾ pound hamburger
3 onions, coarsely chopped
2 quarts water
One-third cup barley
3 large carrots
3 potatoes
3 stems celery
1 pint tomatoes
3 teaspoons salt
Pepper to taste
Grill hamburger and remove fat. Add onions, water and barley. Simmer these ingredients while preparing vegetables. Add carrots, potatoes, and celery and cook for 45 minutes. During the last 10 minutes of cooking, add tomatoes and cook for ten more minutes.

Rebecca Grube
Lititz, Pa.



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