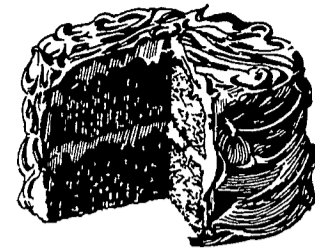


Home On The Range



Souper suppers for a super delight

Nothing takes the shivers away on those autumn evenings like a delicious hot bowl of soup served with a favorite dessert. Why not try one of these recipes for supper tonight? From cheddar cheese soup with herbed croutons to a tangy bowl of chili. Apple pie is always a good accompaniment to chili, so look for our apple recipes in next week's Home on the Range!

CREAM OF ASPARAGUS SOUP

1 lb. fresh or 1 pkg. frozen asparagus
1 1/2 c. Chicken stock
2 T. minced onion
1 c. milk or cream
salt and pepper to taste

Cook asparagus in 2 cups boiling water. Drain, reserving 1 cup water. Cut off tips of washed asparagus and save. Put stock, onion and reserved water in pot. Bring to a boil. Add asparagus and simmer 5 minutes. Puree in a blender and then return to pot. Melt 2 T. butter and stir in 2 T. of flour. Cook until smooth. Slowly add milk or cream, salt and pepper. Then add asparagus puree. Reheat until thickened. Add reserved tip. Heat thoroughly and serve.

Barbara Russell, Pine Bush

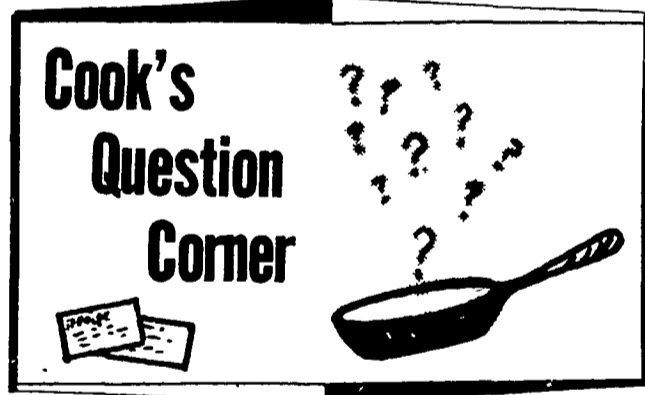
POTATO SOUP

1 large onion, chopped
2 T. butter or margarine
5 large potatoes, cut in small pieces
1 cup water
3 cups milk
2 teaspoons salt
pepper to taste

Cook onion in fat until tender. Add potatoes and water. Boil gently, covered, for 15 minutes, or until potatoes are tender. Mash potatoes. Add milk and seasonings.

Heat slowly to serving temperature, stirring occasionally to prevent sticking.

Sarah Clapper, Shippensburg



QUESTION: I would like a recipe for apple dumplings made from apples wrapped in a pie dough type crust that are cooked by dropping them into boiling water. My husband remembers his Grandmother using this method - but all recipes I've come across are either for baked or fried in deep fat apple dumplings.

I would love to surprise my husband with this treat that holds such a fond memory from his past!

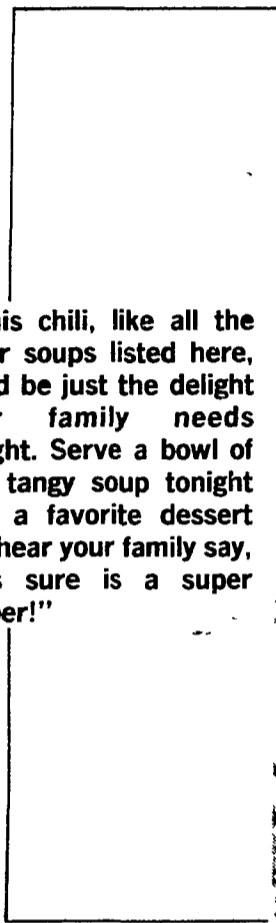
Joan Dull McGuigan
Box 158
Oaks, PA 19456

I would like a recipe on how to make cream cheese.

Margaret Gockley
Box 708
R2 Mohnton, PA 19540

Recipe Topics

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This chili, like all the other soups listed here, could be just the delight your family needs tonight. Serve a bowl of hot, tangy soup tonight and hear your family say, "this sure is a super supper!"

BEAN SOUP

1 lb. dried red kidney beans
12 oz. Provolone cheese, cubed
2 quarts water
1/4 tsp. pepper
2 1/2 cups chopped onion
1 1/2 tsp. garlic salt
6 carrots, cut into 1/2 inch thick slices
1 tsp. salt
1 T. chili powder
1 can (12 oz.) tomato paste
2 cups water

Cover the beans with 2 quarts water in a large Dutch oven. Bring to a boil. Boil for 2 minutes. Cover. Let stand for 1 hour. Uncover and bring to boiling again. Cover. Simmer 45 to 50 minutes, or until beans are tender. Stir in vegetables, 2 cups water, tomato paste and seasonings; cover and simmer 30 to 35 minutes, or until carrots are tender. Stir cheese into hot soup just before serving.

Susan Russell, Hopewell

CHEDDAR CHEESE SOUP WITH HERBED CROUTONS

Croutons:
8 slices Vienna bread, cut 1/2 inch thick
1 T. Italian seasoning
Soup:
1/4 cup butter
1 cup chopped celery
1/2 cup chopped onion
1/4 cup all-purpose flour
1 teaspoon dry mustard
1/2 teaspoon salt
1/8 teaspoon pepper
3 cups milk
3 cups chicken broth
2 teaspoons Worcestershire sauce
4 cups (1 lb.) shredded Cheddar cheese

Preheat oven to 400°. For croutons, butter both sides of bread. Place on baking sheet and sprinkle with Italian seasoning. Bake until lightly browned, about 12 minutes; turn slices over and bake until browned, about 12 minutes longer. Cool; cut into cubes. Meanwhile, for soup, melt butter in a large Dutch oven. Sauté celery and onion until tender, about 10 minutes. Stir in flour and seasonings until smooth. Gradually add milk, broth and Worcestershire sauce. Bring to boiling, stirring constantly. Boil and stir 1 minute. Reduce heat to low. Gradually stir in cheese, stirring until cheese is melted after each addition. Serve with croutons.

Terry Brown, New Tripoli

BEAN CHOWDER

3/4 cup dry navy (pea) beans
4 cups water
1 1/2 tsp. salt
3/4 cups potato, diced
1/2 cup onion, chopped
1 1/2 tsp. flour
1 T. butter, margarine, or drippings
3/4 cup tomatoes, canned
1/3 cup green pepper, finely chopped
1 1/2 cups milk

Soak beans in water. Add salt. Boil covered, until almost done, about 1 hour.

Add potato and onion; cook 30 minutes more.

Mix flour with the fat. Stir into bean mixture. Add tomatoes and green pepper. Cook over low heat 10 minutes, stirring constantly until thickened, then occasionally to avoid scorching. Stir in the milk. Heat to serving temperature. Makes about 6 servings.

Martha Himmelblau, Allentown

LENTIL SOUP WITH VEGETABLES

1 1/2 cups lentils
6 slices bacon, cut in small pieces
2 T. flour
1 can (10 oz.) condensed beef broth
1 cup chopped onion
1 small green pepper
1/2 cup finely chopped carrot
salt
cider vinegar (optional)

Put in heavy kettle or Dutch oven with 6 cups water. Bring to boil; simmer covered, 1 hour or until very soft. Force through sieve or food mill and set aside. Sauté bacon in same kettle until crisp. Remove bacon and blend flour into bacon drippings. Gradually stir in broth and cook, stirring until smooth and thickened. Add lentil puree, bacon and vegetables. Bring to boil, cover and simmer about 30 minutes. Season to taste with salt and serve with vinegar, if desired. Makes about 4 servings. Double to freeze.

Jennie Bair, Middletown

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