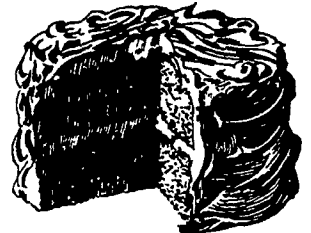


Home On The Range



Soups and stews

Soups have been held in highest regard since early times. Even the Bible mentions soup in the story of Esau, who sold his birthright for a mess of "pottage." Pottage is the origin of the French word, "potage," for a thick soup.

Soups make fast, easy, and very nutritious meals for your family and they taste great on cool evenings such as we have now.

Try these favorites:

HAM—BEAN CHOWDER

2 qt. water
2 c. dried pea beans
3 T. butter
2 c. finely chopped onion
1/2 c. finely chopped celery
2 t. finely chopped garlic
3 cans condensed chicken broth water
1 ham shank, approx. 4 lb.
1 can tomatoes, 1 lb.
2 whole cloves
1 bay leaf
freshly ground pepper
2 c. shredded Cheddar cheese

Bring water to boil in 6-quart saucepot. Drop in beans and boil briskly for 2 minutes. Water should cover beans by at least 1 inch. Turn off heat. Let beans soak for one hour; drain, keeping liquid. Return beans to pot. Add 4 cups of the cooking liquid. Melt butter in a large skillet; saute onion, celery and garlic until tender, about 5 minutes. Scrape entire contents into saucepot. Combine chicken broth with water to make 6 cups. Add to saucepot. Peel skin from ham shank, cut off excess fat. Add shank and skin to saucepot along with tomatoes, cloves, bay leaf and pepper.

Simmer, covered, 2 hours or until ham is tender. Remove ham shank and skin; cool. Transfer soup to large bowl; remove bay leaf and cloves. Cut off meat; return meat to soup mix. Refrigerate. Skim off fat. Transfer

to saucepot and bring to simmer. Stir in cheese until melted. Extra soup may be stored in the refrigerator and reheated, or cooled and poured into freezer containers and frozen. Thaw and reheat over low heat.

TANGY TOMATO SOUP

2 T. butter
2 T. chopped green onion
2 T. flour
1 T. instant beef bouillon
3 c. milk
24 oz. cocktail vegetable juice
1/2 t. Worcestershire sauce

Melt butter in saucepan; add onion. Saute onion until tender. Stir in flour and instant bouillon until smooth. Remove from heat; gradually stir in milk, vegetable juice and Worcestershire. Bring to a boil, stirring constantly. Boil and stir one minute. Serve immediately.

Mrs. Charles Smith, Somerset

FOUR—HOUR STEW

2 lb. beef, cubed
1 large chopped onion
6 large carrots, chunked
3 stalks celery, cut
1 large can whole potatoes, quartered
1 t. sugar
2 t. salt
1/2 t. pepper
1/2 c. tomato juice
1/4 c. water
2 T. tapioca

Combine beef and vegetables in heavy pan with cover. Mix sugar, salt, and tapioca and pour over meat and vegetables.

Then add 1/2 cup of tomato juice and 1/4 c. water. Mix well then cover the pan and cook in the oven for 4 hours at 250 degrees.

Mrs. Charles Biehl, Mertztown



Ham and bean chowder is a hot and hearty bread and butter, raw vegetable relishes and cool-evening meal. A hearty soup, it needs only the simplest of accompaniments, such as milk.

FRENCH ONION SOUP

3 T. butter
6 medium white onions, sliced
4 c. bouillon
6 slices French bread
4 T. butter
1/2 c. grated parmesan cheese

Melt butter. Saute sliced onion in butter until transparent. Add bouillon and cover. Cook slowly until onions are tender. Add salt and pepper to taste.

Heat to boiling point. Butter and toast French bread. Sprinkle with Parmesan cheese.

Bake in top of oven at 450 degrees until cheese browns lightly. Float slices of toasted cheese bread on top of soup. Serve hot.

Mrs. Charles Biehl, Mertztown

MEATBALL SUPPER SOUP

1 lb. ground beef
1 t. beef bouillon
1 egg
1/2 c. milk
3/4 c. bread crumbs
flour
2 T. oil
1 quart boiling water
1 1/2 T. beef bouillon
1 pkg. frozen green beans
1/4 lb. egg noodles

Combine meat, 1 t. bouillon, egg and milk and crumbs. Shape into small balls. Roll in flour. Brown in oil and large Dutch oven. Drain off fat. Add water and remaining bouillon green beans. Bring to boil. Add eggs and noodles. Simmer about 15 minutes, until noodles are tender.

Barbara Russell, Pine Bush

CHICKEN CORN SOUP

1 chicken or pieces
10 ears of corn
1 onion chopped
1/2 c. celery chopped
salt
pepper
parsley to taste

Cook chicken until tender. Take meat from bones and cut up, add to broth and add with equal water, onion and celery. Cut corn from cob and add to soup. Cook until vegetables are done, add lots of parsley and rivvels.

Rivvels:

1 1/4 c. flour
salt
1 egg, well beaten

Mix with fingers until crumbly. Drop into hot soup. Simmer for 15 minutes.

Mrs. Chester Warren, Jr.
Chester Springs

QUICK SUPPER SOUP

Brown 3/4 pound hamburger and 1 1/2 c. chopped onion. Add 1 1/3 c. diced carrots and 1 1/4 c. chopped celery. Add 2 1/4 c. tomatoes, 4 c. water, 2 t. salt, 1 T. sugar. Bring to boil, cover and simmer about 45 minutes.

Mrs. Herman Stoltzfus,
Cochranville

The following funnel cake recipes and jelly omelet are answers to requests sent in by our readers. Enjoy!

JELLY OMELET

3 eggs
3 T. cream
dash of salt
1 T. fat

jelly, as much as needed

Beat eggs until fluffy. Beat in cream and salt. Pour into hot fat in skillet over low heat. Cook slowly. As surface begins to set, start lifting it slightly with spatula to let uncooked portion flow underneath and cook. As soon as all the mixture seems set, spread it with jelly, any flavor. Then fold it over. Serve immediately.

Claudia Reinhold, Reading

FUNNEL CAKES

1 egg
2/3 c. milk
1 1/3 c. flour
1 t. baking soda
2 T. sugar
1/4 t. salt

3/4 t. baking powder

Mix all ingredients well. Use funnel to put in frying pan of hot crisco oil. Brown on one side, turn and brown. Put on dish and put some confectionary sugar on top and serve.

Betty Evans, Pequea

FUNNEL CAKE

1 quart milk
salt
2 eggs
1 1/2 quart flour
sugar

1/4 t. baking powder

Make milk real warm. Add flour and beaten eggs, baking powder. Beat briskly. Put through a large funnel and float them in hot vegetable oil or fat. When golden brown, turn on other side. Eat with molasses or a wine sauce.

Jennie Bulson, New York

Cook's Question Corner



QUESTION — Could anyone supply me with a squash recipe?

Mrs. Charles W. Fry

ANSWERS - We received six answers in response to a funnel cake recipe request. Find two of them along with a requested jelly recipe at the end of the recipes in the Home on the Range section.

NOTE — Have any questions for our readers? Do you have any answers for readers? If so, write to Cook's Question Corner, Lancaster Farming, Box 366, Lititz, PA 17543.

Recipe Topics

September

12 After school snacks

19 Apples, apples, apples

26 There's nothing like beef

October

3 Cheese favorites