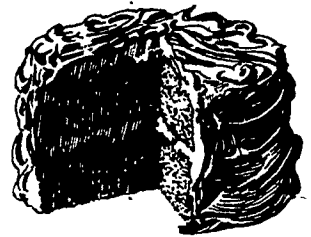


Home On The Range



Welcome fall with soup

Fall began Thursday. This means a subtle introduction to winter; crisp, cool air; an artist's palette of colors brushed onto nature; football games, and busy little creatures scurrying nuts into their nests for 'dreaded ol' man winter.

It also means a change in our eating habits. Coldcuts and fresh vegetables from the garden will be replaced with hot sandwiches, hot chocolate, warm tea, and everyone's favorite—soup.

Homemade soup, homemade bread and hot chocolate conjure up pictures of the family sitting around the fireplace, the cozy kitchen or the television set. Bring back these memories for your children with a delicious new soup.

Creamy Spinach soup has such a light flavor that youngsters won't even know they're eating a green vegetable that's so good for them. Chicken corn soup will bring back the most memories for the grownups in your house. For yourself, try a new pea soup—all included below.

CREAMY SPINACH SOUP

1 1/2 t. instant chicken bouillon
1 c. boiling water
2 pkg. frozen chopped spinach
2 c. Cream Soup Base (below)
1 c. milk
1/4 t. nutmeg
grated Parmesan cheese and carrot curls OR dairy soup cream

Dissolve bouillon in water in a 2-quart saucepan. Add spinach, cover and cook over medium heat 10 minutes. Place spinach and

liquid in blender container; cover and puree until smooth. Add spinach puree, milk and nutmeg to Cream Soup Base; heat to simmering. Serve garnished with parmesan cheese and carrot curls or spoonful of sour cream.

Cream Soup Base

2 T. butter
2 T. flour
1/2 t. salt
1/8 t. paprika
1/8 t. white pepper
2 c. milk

Melt butter over low heat in 2-quart saucepan. Stir in flour, salt, paprika and pepper. Cook until smooth, stirring constantly. Remove from heat. Gradually stir in milk. Bring to a boil over medium heat, stirring constantly; boil and stir 1 minute.

SPLIT PEA WITH FRANKS

1 1/2 c. dry split peas
1/2 c. onion, chopped
1 t. salt
1/8 t. pepper
5 c. water
1/2 lb. frankfurters, finely chopped
1 T. butter

Simmer peas, onion, salt and pepper in water 20 to 30 minutes until peas are tender. Lightly brown the frankfurters in fat in a frypan; add to soup.

Simmer 5 minutes longer to blend flavors.



Creamy Spinach soup is seasoned with nutmeg and a sprinkle of Parmesan cheese in the topping, there's a good supply of first-class protein in this soup.

Cook's Question Corner

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QUESTION - I am looking for a recipe for a sauce you put with ham after you fry it. I lost mine. It was a sauce that contained honey. Can anyone help me?

**B.J. Kramer
Bernville**

NOTE - Lancaster Farming does not have the facilities to kitchen-test recipes if we are to continue to offer readers such as large selection and variety. Recipes are used as they are received from readers and it is the responsibility of the contributor to submit correct, tested recipes.

Recipe Topics

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CREAM OF BROCCOLI

1 1/2 lb. broccoli
5 c. chicken stock
1/4 c. butter
2 T. chopped onion
1/2 c. minced celery
1/4 c. flour
2 c. heavy cream or half and half
1/4 t. nutmeg
salt
paprika
grated Parmesan cheese

Wash the broccoli and cut off the flowerlets. Set flowerlets aside. Peel the stems and chop coarsely. In large saucepan, place the stems and cover with chicken stock. Bring to boil and simmer for 1/2 hour. Drain and reserve stock. Put the broccoli stems through the blender with 1 c. of the stock. Set the puree aside. Put the broccoli flowerlets in the chicken stock and bring to a boil; Simmer for 5 to 7 minutes. Melt butter in saucepan and saute onion and celery for 5 minutes. Stir in flour and cook for 3 to 4 minutes. Slowly stir in stock with the flowerlets and bring to boiling point. Add the broccoli puree and the scalded cream or half and half. Bring to boil, add nutmeg, salt and paprika to taste. Remove from heat. Serve with dusting of cheese.

Carol Williams, Lake Ariel

CHICKEN CORN SOUP

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

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 rivvel.

Rivvels

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

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

Mrs. Chester Warren Jr.,
Chester Springs

CABBAGE SOUP

Place 3 T. butter into a kettle. Rinse 1 pound cabbage and add to butter. Add 1 small onion chopped. Cook over medium heat for 10 minutes. Add 6 cups chicken broth, 1 t. salt, 1/8 t. pepper and 1/8 t. nutmeg. Simmer, covered for 10 minutes. Add 1/2 c. rice and cook 20 minutes until rice is tender. Serve with shredded cheese as garnish.

Barbara Russell, Pine Rush

QUICK ITALIAN SOUP

1 lb. ground beef
1 med. onion, chopped
1 pkg. hamburger helper lasagne mix
5 c. water
1 can whole kernel corn
1 can whole tomatoes
2 T. grated parmesan cheese
1 small zucchini sliced and halved

Cook and stir ground beef and onion in Dutch oven till beef is brown, drain. Stir in sauce mix from helper, water, corn with liquid, tomatoes with liquid and cheese. Break up tomatoes with fork. Heat to boiling, stirring constantly; reduce heat.

Cover and simmer, stirring occasionally, 10 minutes. Stir in desired amount of noodles and zucchini. Cover and cook 10 minutes longer. Sprinkle each serving with Parmesan cheese.

Mrs. Christ King, Kinzer

EGG SOUP

1 c. boiling water
1 bouillon cube, chicken or beef
1 egg

Dissolve bouillon cube in boiling water. While bouillon is at boiling temperature, slowly pour in beaten egg and stir.

Remove quickly from heat and stir another 30 seconds. Serve with saltines.

Mrs. Calvin Bream, Gettysburg

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