

Home On The Range

Soup kills the chills

When you see how well soup and toast satisfy in chilly weather, it's a good reason to plan more meals like that. You may, of course, have other reasons, such as economy and the warmth of a simmering soup, or its appetizing aroma. . . but those just make soup and bread the stars of the menu.

If you're having friends or relatives over for lunch, consider serving soup instead of a large, tedious meat dish. Soup adds nutrition and good taste all in one bowl and adds color to your table.

With the soup, serve Italian Cheese Toast which are open-faced Italian bread slices drenched with Monterey Jack and Parmesan cheese, capped with anchovies or olives. The recipe is included below.

Complete this homespun menu with a jug of chilled milk, some fruit and cookies and take a bow!

ZUCCHINI SOUP

2 qt. sliced zucchini, not peeled
2 c. chopped celery
2 T. butter
1 medium onion
4 chicken bouillon cubes
3 c. boiling water

Fry chopped onion in butter until just golden. Add bouillon dissolved in hot water. Add zucchini and celery and cook until tender. Cool. Put in blender until blended. Season with salt and pepper. Reheat and serve, or freeze for future use.

Mrs. Ralph Martin, Harrisburg

ITALIAN CHEESE TOAST

Place bread slices on baking sheet, toast lightly on both sides; butter one side. Sprinkle buttered side with Monterey Jack cheese, top with Parmesan cheese. Place under broiler 1 to 2 minutes, or just until cheese melts. Top each slice with two anchovies or several olive slices.

American Dairy Association

MINISTRONE

2 T. butter
3/4 c. chopped onion
3 cans (10 1/2-oz.) beef bouillon, undiluted
2 1/2 c. water
1 can Italian style tomatoes
1/3 c. tomato paste
1 T. basil, crushed
1 c. pared slice carrots
1 c. sliced celery
1 can garbanzo beans
1 c. sliced zucchini
4 oz. uncooked pasta

Melt butter in 4-quart Dutch oven or soup kettle; saute onion until tender. Add bouillon, water, tomatoes with liquid, tomato paste and basil; heat to boiling. Stir in carrots, celery and beans. Simmer, covered, 30 to 40 minutes. Add zucchini and pasta; cook uncovered an additional 10 to 15 minutes or just until pasta is tender.

American Dairy Association



Chase away winter chills with soup and cheese toast. This Italian Minestrone is best for all-around satisfaction because it's such a tantalizing combination of beef broth and vegetables. Find the recipes for both on this page.

HAM-CHEESE POTATO SOUP

1 can condensed cream of potato soup, undiluted
1 c. light cream or half and half
3/4 c. milk
1 c. shredded Mozzarella cheese
1 small pkg. thinly sliced smoked ham, diced

Combine all ingredients in medium-sized saucepan. Heat over low heat, stirring constantly until cheese is melted and soup becomes hot, about 10 minutes. Do not boil.

United Dairy Association



To help cooks ease the mealtime preparation crunch, here's a hearty one-dish entree that can be prepared in less than 30 minutes. Italian Goulash. Add a simple green salad, some purchased rolls, soft cheese and seasonal fruit and you have a fine dinner that is time-saving, inexpensive and delicious.

ITALIAN GOULASH

1/2 lb. milk Italian sausage, cut in 1/2-inch pieces
1 c. sliced celery
1/2 c. sliced onion
1/2 t. oregano leaves, crushed
1 can chunky old fashioned bean with ham soup
1/4 c. water

2 c. zucchini squash cut in strips
1 c. quick-cooking rice, uncooked
In saucepan, brown sausage and cook celery and onion with oregano until tender. Add soup and water. Cover; cook over low heat 10 minutes. Stir occasionally. Add zucchini and rice; cook 10 minutes more or until done. Stir occasionally. Makes about 5 cups.

CREAM OF BROCCOLI SOUP

3 T. butter
3 to 4 T. onion, minced
3 T. flour
3 c. milk
1 c. vegetable water or bouillon
2 t. salt, speck of pepper
2 c. cooked broccoli, finely chopped
1/2 t. A-1 sauce
paprika

Melt butter in a double boiler. Add onion and cook over direct heat until tender. Add flour, stir until smooth; add milk and vegetable water and cook over boiling water until smooth and thick. Add seasonings, broccoli, and A-1. Heat and serve sprinkled with paprika. Soup may be put through a blender before reheating if finer broccoli is preferred.

Agway's Seed Division

FARMER'S SOUP

1/2 lb. cabbage, shredded
1/2 lb. potatoes, pared and cut in strips
2 carrots, scraped and cut in thick slices
1/2 lb. green beans
1 c. fresh or frozen peas
4 T. butter
1 onion, minced
4 T. flour
3 qts. white stock, chicken and vegetable stock (veg. stock cooked in same water vegetables are)
1/2 t. salt
1/4 t. salt

Cook all vegetables separately in salted water. Drain, reserving liquid for vegetable stock. Combine vegetable and set aside. Melt butter and saute onion until slightly brown. Stir in flour. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Gradually stir in combined stocks. Heat to boiling, stir constantly. Simmer 20 minutes. Add

cooked vegetables and heat. Taste for seasoning.

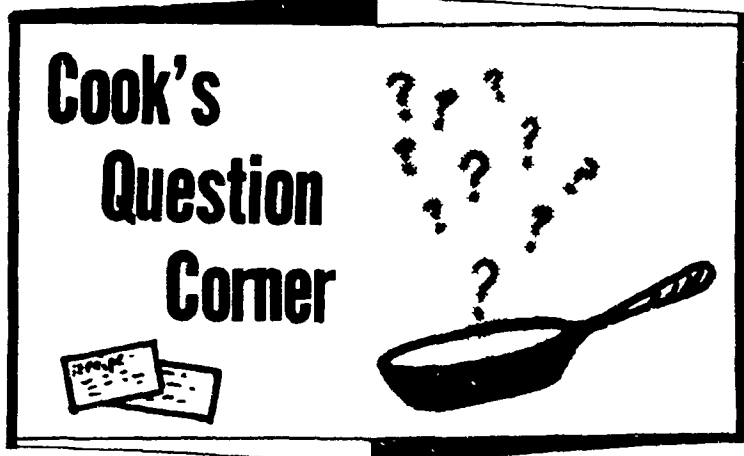
Genevieve Vonelda, Muncy

MEATBALL SUPPER SOUP

1 lb. ground beef
1 t. beef bouillon
1 egg
1/2 c. milk
3/4 c. bread crumbs
flour as needed
2 T. oil
1 qt. 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 in large Dutch oven. Drain off fat, add water and remaining bouillon and green beans. Bring to boil and add egg noodles. Simmer about 15 minutes, until noodles are tender.

Barbara Russell, Pine Bush, N.Y.



QUESTION - Two of our readers are still looking for recipes for pepperoni and Italian hot sausage. Can anyone help?

ANSWER - For Ruth Emerson who requested a recipe for potato pie comes the following contribution from Emma Sheriff of Marysville:

SWEET POTATO PIE

2 c. smashed sweet potatoe
1/3 c. butter
1/2 t. salt
1 c. sugar
4 eggs, beaten
1 c. milk
1 t. cinnamon
1/2 t. nutmeg

Mix well. This makes two pies. Bake at 350 degrees.

Erma Sheriff
Marysville, Pa.

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