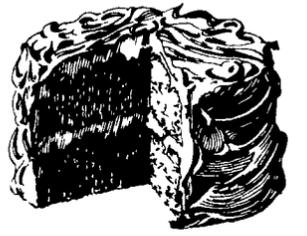


Home On The Range



Warm a bowl of soup for latecomers

With the fall harvest and preparations for county fairs taking up a majority of the day's hours, a filling, nutritious dinner that can be quickly prepared and easily warmed over for latecomers is in great demand.

Soup is also a great way to use up leftover vegetables or meat, helping to stretch the budget.

BROCCOLI SOUP

1/2 pound broccoli
1 cup chicken broth
3 tablespoons oleo
3 tablespoons flour
2 cups half and half
Salt and pepper to taste
1/8 teaspoon nutmeg

Cook broccoli in chicken broth until tender. Drain, save broth. Puree broccoli. Melt oleo in saucepan and add flour to make paste. Add broth, stirring constantly until smooth. Add half and half until hot. Add broccoli, seasoning, and heat again. Serve immediately.

Mary Lou Kletcho
Uniontown

SPICY BEEF STEW

3 pounds lean stew beef cubes
Salt and pepper to taste
1/2 cup butter
2 1/2 pounds small peeled onions or one 2-pound jar of baby onions
16-ounce can tomato paste
2 tablespoons vinegar
2 tablespoons brown sugar
1 clove garlic, minced or mashed
1 small cinnamon stick
1/2 teaspoon whole cloves
2 tablespoons raisins

Salt and pepper meat. Melt butter in a Dutch oven. Add meat and coat with butter, but do not brown. Arrange onion over meat. Mix tomato paste, sugar and garlic. Pour over meat and onion. Add cinnamon stick, cloves and raisins. Cover onion with an oven proof plate and cover kettle. Simmer for 3 hours. Do not stir until ready to eat. Serves 6.

Betty Biehl
Mertztown

OYSTER STEW

1/4 cup butter or margarine
1 pint fresh oysters
2 cups milk
1/2 cup light cream
1 teaspoon salt
Dash pepper

Melt butter in small saucepan. Add oysters (with liquid); cook and stir over low heat just until edges curl. In another saucepan, heat milk and cream. Stir in salt, pepper and oysters. Makes 4 one-cup servings.

COMBINATION STEW

1 medium onion, chopped
1/2 pound ground pork
1 pound ground chuck
1 can corn
1 package noodles
Salt and pepper to taste
1 cup grated Longhorn cheese
1 cup tomatoes or 3 small fresh tomatoes

Fry the onion in a large fry pan with just a little oil. Add meat, salt and pepper and brown slightly. Put the uncooked noodles in the bottom of deep baking dish. Cover with the meat and onion mixture. Put corn and tomatoes and sprinkle the cheese over the top and bake at 300°F. for 1 hour. Serves 8.

Betty Biehl
Mertztown

MINISTRONE

2 tablespoons butter
3/4 cup chopped onion
3 cans (1) 1/2 ounce each) beef bouillon, undiluted
2 1/2 cups water
1 28-ounce can Italian style tomatoes
1/3 cup tomato paste
1 tablespoon basil, crushed
1 cup pared sliced carrots
1 cup sliced celery
1 15-ounce can garbanzo beans
1 cup sliced zucchini
4 ounces uncooked pasta (bow knots or spaghetti)

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, for 30 to 40 minutes. Add zucchini and pasta; cook uncovered an additional 10 to 15 minutes or just until pasta is tender.

MANHATTAN CLAM CHOWDER

1/4 cup diced bacon
1/4 cup minced onion
2 7-ounce cans minced or whole clams, drained (reserve liquid)
2 cups diced pared potatoes
1 cup water
1/3 cup diced celery
1 16-ounce can tomatoes
2 teaspoons snipped parsley
1 teaspoon salt
1/4 teaspoon thyme
1/8 teaspoon pepper

In large saucepan, cook and stir bacon and onion until bacon is crisp and onion is tender. Stir in reserved clam liquid, the potatoes, water and celery. Cook uncovered until potatoes are tender, about 10 minutes. Add clams, tomatoes and seasonings. Heat to boiling, stirring occasionally. Serves 6.

For New England Clam Chowder: Decrease water to 1/2 cup. Omit celery, tomatoes, parsley and thyme and add 1 cup milk with the clams.



This Shortcut Cubed Steak Stew takes less than an hour to prepare, yet is hearty enough to satisfy big appetites.

SHORTCUT CUBED STEAK STEW

3 tablespoons flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
4 beef cubed steaks, cut into strips, 2x1/2 inch
3 tablespoons shortening
1 large onion, thinly sliced
1 clove garlic, minced
4 medium potatoes, pared and cut into eighths
1 16-ounce can tomatoes
1 8-ounce can tomato sauce
1 teaspoon salt
1 10-ounce package frozen green peas
1/2 medium green pepper, cut into 1/4-inch strips

Mix flour, 1 1/2 teaspoons salt and the pepper; coat meat with flour mixture. Melt shortening in Dutch oven; brown meat.

Add onion, garlic, potatoes, tomatoes, tomato sauce and 1 teaspoon salt; heat to boiling. Reduce heat; simmer uncovered, stirring occasionally, about 30 minutes or until meat and vegetables are almost tender.

Add peas and green pepper; heat to boiling. Reduce heat; cook 5 minutes longer or until peas are tender and green pepper is crisp-tender. Serves 6.

PUMPKIN SOUP

1/3 cup onion
3 tablespoons butter
2 cups pumpkin
2 cups chicken broth
1/2 teaspoon curry powder
1 teaspoon salt
1 cup cream
3 tablespoons flour

Fry onion until transparent in the butter. Puree pumpkin and onion in blender. Heat broth, curry powder and salt in saucepan. Add pumpkin mixture. Blend cream and flour and pour into hot soup. Simmer until slightly thickened and serve immediately.

HAM AND VEGETABLE SOUP

1/4 cup butter
2 cups shredded green cabbage
1 cup chopped onion
1/4 cup all-purpose flour
1 teaspoon seasoned salt
1/2 teaspoon paprika
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/4 teaspoon dill weed
1/8 teaspoon pepper
2 1/2 cups milk
1 10 3/4-ounce can condensed chicken broth, undiluted
1 10-ounce package frozen cauliflower, slightly thawed and cut into small pieces
1 cup thinly sliced carrots
1 2 1/2-ounce package thinly sliced smoked ham, chopped

Melt butter in 3-quart saucepan. Saute cabbage and onion until tender, about 5 minutes. Stir in flour and seasonings until smooth. Gradually stir in milk and condensed broth. Bring to boiling over medium heat, stirring constantly.

Boil and stir 1 minute. Stir in cauliflower, carrots and ham. Cover and simmer until vegetables are tender, about 15 minutes.

HOT DOG SOUP

1/2 pound hot dogs, cut in slices
2 tablespoons butter or margarine
1 cup thinly sliced celery
1/2 cup chopped onion
2 cans condensed bean with bacon soup
3 1/2 soup cans of water
1 cup uncooked elbow macaroni
1 medium potato, diced
1/4 cup ketchup

In a large saucepan, brown hot dogs in butter. Add celery and onion and cook until tender.

Stir in soup, water, macaroni, potato and ketchup. Bring to a boil; reduce heat. Cook for 15 minutes, stirring occasionally until macaroni is done.

Linda Miller
New Smithville

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543

September	
29	Breads
October	
6	Chicken
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Featured Recipe

This week's featured recipe comes from Edna Beiler and Margaret Lefever, two of the women who are primarily responsible for the delicious food served at the Lampeter Community Fair.

These two women have been busily preparing for the big event which opens on Wednesday and will be even busier on Tuesday, when they will actually begin preparing the food.

To learn more about these women and about the food that will be served at the fair, see the story featuring them in this section. Below is the recipe they use to prepare the meatloaf served on Friday evening.

Meatloaf

20 pounds ground beef
7 cups bread crumbs
20 eggs
3 cups tomato juice
2 cups milk
1/2 cup salt
1 tablespoon pepper
Chopped onions, celery and parsley to taste

Mix all ingredients together. Pat into loaves and bake at 325°F. for 2 1/2 hours or until done.