

MICROWAVE MINUTES

By JOYCE BATTCHER

When winter winds blow, nothing warms and soothes like a bowl of good cream soup. And, homemade cream soup made in your microwave is ready in minutes.

Use a large cooking container. A casserole or deep bowl is fine. But a two-quart measure with a handle is ideal. The container gets hot so a handle makes for safer and easier carrying from the microwave.

Start by precooking solid ingredients. Microwave them on High until tender. In *Cheese Soup*, the bacon and onion are cooked together, uncovered, while in *Cream of Broccoli Soup*, the frozen vegetables and onion are covered to aid in fast thawing.

Stir in flour until smooth. Then add liquid ingredients gradually, stirring all the while.

In final cooking step, do not cover. This is true only for milk-based soups. Milk mixtures boil high in the microwave, and covering just promotes boilovers. (I relearned this lesson the hard way when I made the broccoli soup. I thought I'd cover it to speed heating. Sure enough, toward the end of cooking when I wasn't watching, the soup boiled over and I had a creamy mess to clean out of my microwave.)

To reduce calories you may use skim milk, although the flavor will be weaker.

Cream of Broccoli Soup

- 1 package (10 ounces) frozen chopped broccoli
- 1 cup frozen carrots
- 1/2 cup chopped onion*
- 1/2 cup butter or margarine
- 1/2 cup crumbled dried basil leaves
- 4-5 tablespoons flour
- 1 can (14 1/2 ounces) (1 1/4 cups) regular-strength chicken or beef broth
- 1 cup milk
- 1/4 - 1/2 teaspoon salt (optional)
- 1/4 - 1/2 teaspoon pepper

Place still-frozen broccoli and carrots, onion, butter and basil in microwave-safe 2-quart measure or casserole. Cover with plastic wrap or lid. Microwave (High) 7 to 9 minutes or until vegetables are thawed and hot. Do not drain. Stir in flour until smooth. Gradually stir in broth and milk. Add salt and pepper to taste. Microwave (High), uncovered, 5 minutes. Stir well; continue microwaving (High) 5 to 6 minutes or until soup is hot and thickened. Makes 5 servings (1 cup each).

Hint: If substituting 2 tablespoons instant chopped onion for 1/2 cup fresh onion, sprinkle

instant onion in container before adding vegetables. Moisture of vegetables will rehydrate instant onion. If sprinkled on top it may burn.

For Broccoli Chowder: Add 1 cup diced cooked ham toward end of final cooking time.

Each serving: 172 calories, 6g protein, 12g fat, 14g carbohydrate, 427mg sodium, 35mg cholesterol.

What's New?

Campbell's Microwave Cookbook is now available on computer disk. With this "cookbook of the '80s," looking up recipes is fast, easy and fun. The disk offers a unique search function that locates recipes after you simply key in ingredients you have on hand! The cookbook features 146 microwave recipes using a variety of Campbell products, plus helpful tips and information on microwave cooking. It can be used on IBM-PC family, Tandy 1000 series, and MS-DOS compatible machines. This new cookbook is available at Waldenbooks and B.Dalton Bookseller or by sending a check or money order for \$19.95 to Campbell's Microwave Cookbook Disk, Campbell's, Publications Center, Box 38K, Ronks, PA 17573.

Baker's Mate is waterproof paper used like plastic wrap, but it does not need venting. Baker's Mate is made in Norway and is now being distributed in Canada.

EZ Por has developed a crisping, browning paper that will soon be tested in four U.S. cities.

Armour frozen microwave dinners and entrees come with a heat-sensitive strip on the lid that tells when the food is heated to the best temperature. When the strip turns from white to blue, food is at the perfect serving temperature.

Toddler Casseroles offer frozen microwave meals of meat and vegetables for children from nine months to three years. Cost is about \$2.50 for a two-serving casserole.

At least two companies have come up with an easy way for singles, seniors and shift-eaters to enjoy the good nutrition of vegetables. PictSweet R offers PictSweet Express™, while Green Giant recently introduced Microwave One Serving Vegetables.

Both are 4 1/2 to 5 1/2 ounces of frozen vegetables in their own cooking dish that can go from freezer to microwave to table. Both brands offer a wide variety of vegetables, including corn-on-the-cob. Green Giant's line also includes some vegetables and butter sauce or cheese sauce combinations. Price for each is about 79 cents -- about the same as an old fashioned 10-ounce box of frozen vegetables.

A Promise Emerges

(Continued from Page B2)

determined that I would proceed with the P-32 treatment under the care of a radiation oncologist. That is why the surgeon had left catheter in the abdomen.

On May 26, I was administered the P-32 treatment. Much preparation and testing had been done days prior. The technicians carefully handled the radioactive fluid that would soon flush through the catheter into my abdomen. I was a bit apprehensive. I wasn't given much to go on as to the sensation that I would feel. I watched the liquid wind its easy through the lengths of clear tubing as I lay on the table wondering what I would feel. Nothing, at first. But, by the time the second liter of fluid had filled my abdomen, I was writhing in pain and gasping for breath.

The volume of fluid gave me great discomfort as it pushed against my diaphragm. The doctor had explained that the radioactive fluid would wash all through the peritoneal cavity and kill any residual cancer cells that maybe there. "Imagine the worst burn." That is how he described what was happening inside of my body. The

P-32 has a half life of fourteen days. The pain began to subside accordingly. My first check-up since surgery and treatment for ovarian cancer is scheduled for this week. I have difficulty breathing quite often and a sharp stabbing pain in my right side. These are concerns to be discussed at my up-coming visit.

It will be considered cured from cancer after five years of every three month clean checkups.

God has performed another of his miracles. The radiation oncologist put it in terms to which we can all relate. He said that the chances of a husband and wife contracting the same kind of reproduction cancer in the same year at the same age and both surviving are astronomical. "You had better chances of winning Lotto!"

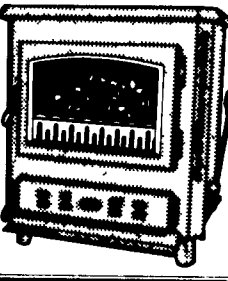
Well, we are waiting for our number to come up in the Lotto game, but in the meantime we are enjoying a new lease on life, and a new baby daughter, Rachael. Yes, our daughter arrived in July to make a happy ending to this story. How? you're wondering. Well, that's another story...



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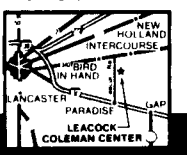
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