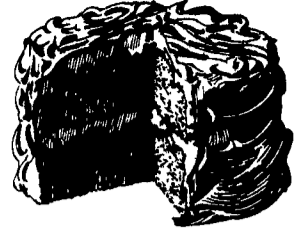


Home On The Range



Warm Up With Soup

Take off winter's chill with a hearty bowl of soup.

The call "soup's on" is enough to make anyone's mouth water if it's a pot of slowly simmering homemade soup.

Soup cookery uses a moist heat method called "Cooking in liquid." This slower cooking process helps tenderize the meat, gives the flavors time to blend while also retaining the nutrients of all the soup ingredients.

When the cold winds blow, and the sleet pounds on your roof, put on the soup and warm up.

HEARTY HAM & CHEESE CHOWDER

- 4 cups potatoes, cooked and cubed
- 1 1/2 cups fully cooked chopped ham
- 1/2 cup onion
- 1 cup shredded American cheese
- 3 cups milk
- 3 tablespoons flour
- 3 tablespoons butter
- Dash salt and pepper

Cook onion in butter until tender but not brown. Add the potatoes, ham, milk and seasonings. Blend in flour and cook, stirring until thickened. Add cheese, and stir until melted. Serves 8.

Denise Wenger
Mifflintown

HEARTY HAMBURGER SOUP

- 2 tablespoons butter
- 1 pound ground beef
- 1 cup chopped onion
- 1 cup sliced carrots
- 1 cup diced potatoes
- 1/2 cup chopped green pepper or celery
- 2 cups tomato juice
- 1 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon seasoned salt
- 1/2 cup flour
- 4 cups milk

Melt butter in saucepan, add beef and brown. Add onion and cook until transparent. Stir in remaining ingredients, except flour and milk. Cover and cook over low heat until vegetables are tender. Then combine flour and 1 cup milk and stir into mixture. Let simmer. Add remaining 3 cups milk and heat, stirring frequently. Do not allow to boil.

Denise Wenger, Mifflintown, & Virginia LeAnne Musser, Manheim

MINESTRONE-STYLE STEW

- 1 1/4 pounds beef round steak, cut 1/4 inch thick
- 1 tablespoon Italian seasoning
- 1/2 teaspoon cracked black pepper
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 large cloves garlic, minced
- 1 can (10 1/2 ounces) condensed beef broth
- 1/4 cup water
- 1 cup sliced carrots
- 1/2 cup uncooked shell macaroni
- 1 can (16 ounces) whole tomatoes
- 1 package (10 ounces) frozen Italian green beans
- 1 medium zucchini, sliced
- 3 tablespoons grated Parmesan cheese

Cut beef round steak into 1-inch pieces. Sprinkle with Italian seasoning and pepper. Brown beef in oil in Dutch oven over medium heat. Stir in onion and garlic and continue cooking 3 to 4 minutes. Pour off drippings if necessary. Add broth and water. Bring to a boil; reduce heat, cover tightly, and simmer 1 to 1 1/2 hours or until beef is tender, stirring occasionally. Add carrots and macaroni and continue cooking uncovered, 20 minutes. Stir in tomatoes, green beans and zucchini and continue cooking uncovered, 10 minutes or until vegetables are tender-crisp. Garnish each serving with Parmesan cheese. Serves 6.

BROCCOLI CHEESE SOUP

- 2 tablespoons butter
- 1/2 cup chopped onion
- 6 cups chicken broth
- 12 ounces noodles (wide)
- 2 packages (10 ounces) frozen or fresh broccoli
- 1/2 teaspoon garlic salt or 1 clove fresh garlic
- 4 cups milk
- 1/2 pound processed cheese
- 1/2 pound American cheese

Melt butter in a large pot, add onions and saute 3 minutes. Add broth and heat until boiling. Stir occasionally. Gradually add noodles, continue to boil. Cook 3 minutes, stirring occasionally. Stir in broccoli and garlic. Cook 4 minutes. Cook longer if using fresh broccoli. Add milk and cheese and cook until cheese melts. Add more milk if soup is too thick.

Kay Ann Leiby
Schuylkill Co. Dairy Princess



Keep your tureen filled with savory stews and soups to warm you up on a cold day.

CREAMED SPINACH SOUP

- 1 cup sliced mushrooms
- 1/4 cup chopped onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1 can (13 1/2 ounces) chicken broth
- 1 1/2 cups milk
- 1 can (15 ounces) chopped spinach
- 1/2 teaspoon pepper
- 1/4 teaspoon nutmeg, optional
- Dash cayenne pepper

In large saucepan, saute mushrooms and onion in butter until soft. Blend in flour. Gradually add broth, stirring constantly, until thickened. Add milk, spinach and seasonings. Simmer 15 minutes. Do not boil. Garnish with parsley, if desired. Makes 6 cups.

CREAM OF TOMATO SOUP

- 1/4 cup butter
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup all-purpose flour
- 2 teaspoons instant beef-flavored bouillon
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 1/2 cups milk
- 1 can (16 ounces) stewed tomatoes

Melt butter in a medium-sized saucepan. Saute onion and green pepper until tender, about 5 minutes. Stir in flour, bouillon and seasonings until smooth. Remove from heat and gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Place tomatoes and liquid in blender container; cover. Puree until smooth. Stir tomato mixture into milk mixture. Heat to serving temperature.

HOME CANNED VEGETABLE SOUP

- 6 quarts potatoes, cubed
- 6 quarts carrots, cubed
- 6 quarts cabbage, chopped finely
- 6 quarts fresh or frozen green beans
- 6 quarts corn
- 6 quarts peas
- 6 quarts chopped celery
- 12 quarts tomatoes, skinned and chopped

Mix together all ingredients in a galvanized tub. Fill quart jars (about 35-40) with mixture. Put 1 teaspoon salt in each quart jar and seal. Cook in water bath for 3 hours. Contributor adds meat and broth when ready to use. She writes that a variety of meats such as venison, ground beef, beef, chicken or pork can be added.

Mrs. Robert Query
Mapleton Dpt.

CREAM OF CAULIFLOWER

- 1 1/2 cups cooked cauliflower
- 3 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups chicken broth
- 2 cups milk
- 1/2 teaspoon onion salt
- Cheddar cheese, grated
- Paprika, optional

Puree the cooked cauliflower and add the onion salt in food processor or blender. Set aside. In heavy 2-quart saucepan, melt the butter. Blend in flour, salt and pepper, stirring until well mixed. Remove from heat, add chicken broth and milk, stirring with wire whisk. Gradually add cauliflower. Simmer on low heat, stirring constantly until soup is consistency desired, about 10 minutes. Garnish with cheese and paprika.

Susan Howard
PA

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- Jan. 14- Homemade Breads
- 21- Oat Bran Recipes
- 28- Sugar Free Eating
- Feb. 4- Cholesterol Free Recipes

Featured Recipe

A reader sent me a recipe. Although I did not test it, I could tell by merely reading it that it was one our readers would enjoy. Thanks Grace Hurst of Elkton, Maryland for sending this recipe. It's guaranteed to be one our readers won't forget.

Elephant Stew

- 1 elephant, medium-sized
- Brown gravy
- Salt and pepper
- 2 rabbits, optional

Cut the elephant into bite-sized pieces. This should take about two months, so plan accordingly. Add enough brown gravy to cover. Cook over kerosene fire about four weeks at 465 degrees or until fork tender.

Serves about 3,800 people. If more people are expected, the two rabbits may be added—but only if necessary because some people object to hare in their stew.