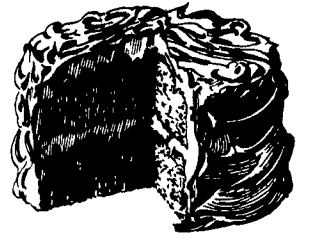


Home On The Range



Soup Up Your Menu With These Steaming Recipes

Soups should be an important part of your weekly menu. Not only are they nutritious but also they are economical. Many leftovers can be incorporated into a tasty soup.

The water in which meats, fish, and vegetables are simmered, as well as the liquids from canned vegetables contain much of the precious vitamins and minerals and should be used as a liquid in the preparation of soups. They can be stored in the refrigerator until ready to use.

In soups, use inexpensive meat cuts, which have essentially the same nutritive values as the higher-priced cuts. To obtain full flavor from soup, always simmer or boil them in closely covered kettles.

CREAM OF CRAB SOUP

- Small onion, finely chopped
- 1 tablespoon butter
- 1 cup chicken stock
- 1 quart rich milk
- 1 tablespoon parsley, finely chopped
- 1/2 teaspoon celery salt
- 1/2 teaspoon mace
- Dash red pepper
- Salt and pepper to taste
- 1 pound crabmeat
- 2 tablespoons flour
- 1/4 cup sherry

Cook onion in butter until transparent, add chicken stock, and slowly add milk. Add all seasonings, except sherry. Stir in crabmeat and simmer 15 minutes. Make a thin paste of flour and a little water; stir into soup to thicken slightly. Before serving, remove from heat and stir in sherry. Serves 6.

TACO SOUP

- 2 pounds ground beef
 - 2 packages taco mix
 - 3 carrots, sliced
 - 3 potatoes, diced
 - 3 stalks celery, diced
 - 1 onion, chopped
 - 1 pint whole tomatoes
 - 1 head cabbage, chopped
 - 1/4 cup rice
 - 2 teaspoons oregano
 - 3 teaspoons salt
 - 1 teaspoon pepper
 - 2-3 quarts water
 - Parmesan cheese
- Brown hamburger, add taco mix and 1 1/2 cups water; simmer 1/2 hour. Pour into crock pot, add remaining ingredients. Cook on high 1 hour and on low for at least 3 hours. Pour into mugs and sprinkle with Parmesan cheese.

GERMAN HOLIDAY SOUP

1 pound 12 Bean Mix
(This mix can be bought or you can make your own from large lima beans, barley, baby limas, black-eye peas, navy beans, pinto beans, lentils, kidney beans, split peas and small red beans).

- 2 hamhocks, or a ham end, or low-sodium ham
 - 1 large onion
 - 1 rib celery
 - 2 carrots
 - 1 No. 2 1/2 can tomatoes (20 oz)
 - 1 tablespoon chili powder
 - 1/2 teaspoon lemon juice
 - 1/2 teaspoon of basil and thyme
- Wash and soak beans over night (optional: 2 tablespoons salt). Drain in the morning. Add 2 quarts water, and remaining ingredients.

Simmer 3 hours or cook in a crock pot for 5 hours on low, or 3 on high. Remove ham from hocks, chop and return to soup. Makes 4 quarts.

SOUP STOCK RECIPE

- 1 peck tomatoes, peeled and quartered
 - 1 large bunch celery
 - 12 onions
 - 2 quarts carrots
 - 1 pepper
 - Parsley
- Put vegetables through a food chopper using medium knife. Add 3 quarts water to all vegetables plus 1/4 cup salt. Cook for 1 hour and can in quart jars. Process for 1/2 hour in hot water bath. Yields approximately 8 quarts.

Chicken or beef broth may be added or the stock may be heated and eaten without the broth. "Either way it is very tasty," contributor writes.

Mildred Vorndran
Webster, NY

FRENCH ONION SOUP

- 4 tablespoons butter
 - 2 cups chopped onion
 - 2 tablespoon flour
 - 4 cups water
 - 5 beef bouillon cubes
 - 6 thin slices of French bread
 - 2 ounces grated Cheddar cheese
- Melt butter in heavy sauce pan. Add onions and flour and cook for 15 minutes until brown, but not crisp. Lower heat, add water and bouillon cubes. Heat to boiling stirring constantly to dissolve cubes. Cover tightly and simmer for 15 minutes. Toast French bread to golden brown. Place bread on bottom of each of six soup bowls. Add soup and sprinkle with cheese.

Serves six.

HEARTY VEAL SHANK AND VEGETABLE SOUP

- 3 to 4 tablespoons olive oil
- 4 pounds veal cross cut shanks, cut 1 1/2 -inches thick
- 1 1/2 cups chopped onion
- 3 garlic cloves, minced
- 1 can (14 1/2 or 16 ounces) whole peeled tomatoes
- 2 1/2 cups water
- 1/4 cup dry white wine
- 2 teaspoons each of dried basil and thyme leaves
- 1 teaspoon salt
- 1/2 teaspoon coarse grind black pepper

3 medium carrots, thinly sliced
1 can (16 ounces) white beans, well drained
2 cups spinach strips, lightly packed

Heat 2 to 3 tablespoons of the oil in Dutch oven or stock pot over medium heat. Brown veal shanks (1/2 at a time) on all sides. Remove shanks; reserve. Add 1 tablespoon oil to pan if needed. Cook onion and garlic until tender, about 5 minutes, stirring frequently and scraping up any browned bits. Stir in tomatoes with liquid, breaking up tomatoes with spoon. Add water, wine, basil, thyme, salt and pepper to pan. Return shanks to pan; bring to a boil. Reduce heat to low. Cover tightly and simmer 1 hour or until meat is tender. Remove shanks from pan; cool to touch. Remove meat from shanks and return to pan; discard bones. Add carrots and continue cooking, covered, until carrots are crisp-tender, about 5 minutes. Stir in beans and spinach; heat through. 6 servings.

From the Beef Industry Council

POTATO-BACON SOUP

- 4 cups peeled, diced potatoes
 - 1/4 cup sliced green onion
 - 1/4 cup chopped celery
 - 1 can (10 1/4 oz.) condensed chicken broth
 - 1 cup lowfat cottage cheese
 - 2 cups skim milk
 - 6 slices bacon, cooked and crumbled
 - 1/2 teaspoon salt
 - 2 teaspoons pepper
 - Green onion fans, if desired
- Combine potatoes, green onion, celery and condensed chicken broth in 3-quart saucepan; bring to boil. Cover, simmer 15 minutes or until vegetables are tender. Remove 1 cup vegetable mixture; set aside. Place 1/2 of remaining vegetable mixture and 1/2 cup cottage cheese in blender container; cover. Puree until smooth.

Pour into a 3-quart saucepan. Repeat with remaining vegetable mixture and cottage cheese. Stir in milk, bacon, seasonings and reserved vegetables. Heat through, but do not boil. Serve immediately garnishing each serving with an onion fan.

American Dairy Association



What is more satisfying than a bowl of steaming, hot soup on a cold day?

GOLDEN CHEESE SOUP

- 1/4 cup water
- 2 tablespoons butter
- 1 package (10 ounces) frozen corn
- 1/2 cup shredded carrot
- 1/4 cup chopped onion
- 1/4 teaspoon pepper
- 2 (10 ounces) cans cream of potato soup
- 2 cups milk
- 1 cup (4 ounces) shredded Cheddar cheese
- 1/2 cup (2 ounces) shredded Provolone cheese
- 1 cup chopped broccoli (cooked)

Combine water, butter, corn, carrot, onion and pepper in 3-quart saucepan. Cover and simmer 10 minutes. Add soup, milk, cheeses and broccoli, stirring until cheese melts. Bring to serving temperature over low heat. Yields about 7 1/2 cups.

LAMB STEW

- 2 pounds boneless lamb, cubed
 - 2-3 tablespoons oil
 - 1 large onion, sliced
 - 1 clove garlic, minced
 - 2 cups chicken broth (can use instant bouillon)
 - 1 cup sliced carrots
 - 1 cup cubed potatoes
 - 1 package frozen peas 10 ounces
 - Salt and pepper to taste
- Brown lamb in oil, add onions, garlic and broth. Simmer about 1 1/2 hours. Add carrots and potatoes, and cook until almost tender, about 1/2 hour. Add peas, and cook until tender, about 1/2 hour. If using a slow cooker, brown the lamb, and add all the ingredients except peas to the cooker. Set on low heat for 8 hours. Then, add peas and cook for 1 hour. Serves 6-8.

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Featured Recipe

In today's high-tech cooking world of Cuisinarts, gas grills and quartz top cooking surfaces, you wouldn't think that a cut of meat could confuse a cook. But, market research shows the average consumer is often puzzled over selection and cooking methods for veal.

To help end the confusion, a new user-friendly publication from the Meat Board Test Kitchens, "Facts About Versatile Veal", answers the most-asked questions concerning selection, care and storage and nutritional value, and gives step-by-step cooking methods for different cuts of veal.

The Recipe booklet can be obtained from the Meat Board Test Kitchens, Dept. FAVV, 444 N. Michigan Ave., Chicago, Illinois 60611. Please include 50 cents to cover postage and handling.

While waiting for the booklet to arrive, enjoy the following recipe taken from the booklet.

Veal Burgers

With Sautéed Peppers

Preparation time: 5 minutes
Cooking time: 8 to 10 minutes

- 1 1/2 pounds ground veal
- 1 egg, lightly beaten
- 3 tablespoons finely chopped onion
- 1/2 teaspoon coarse grind black pepper
- 1/4 teaspoon salt
- 1/2 cup each red, green and yellow bell pepper strips (2 1/4 x 1/4 inches)
- 1 1/2 teaspoons vegetable oil
- Bread or rolls, toasted (optional)

Combine ground veal, egg, onion and pepper, mixing lightly but thoroughly. (Mixture will be very moist.) Shape into 6 patties, each about 1/2-inch thick. Arrange on rack of broiler pan. Broil 4 inches from heat, 4 to 5 minutes per side or to desired doneness. Or, place burgers on grid over medium coals and grill 10 to 12 minutes, turning once. Season with 1/2 teaspoon of the salt. While burgers are broiling, cook bell pepper strips in oil in 10-inch nonstick skillet until tender. Stir in remaining 1/4 teaspoon salt. Serve burgers on bread or rolls topped with peppers. 6 servings.

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.

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| Oct. | 21- | Homemade Breads |
| | 28- | Lancaster Farming Staff Favorites |
| Nov. | 4- | Pasta Favorites |