



Home On The Range



Soups And Stews Chase Away January Blahs

Today's health-conscious, time-pressured cooks are a demanding lot. They want meals that are light, fresh, full-flavored, and nutrition-packed...and they want to be in and out of the kitchen in 30 minutes or less.

These recipes go a long way toward meeting these contemporary criteria. Soups and stews often require little preparation before cooking and are loaded with nutrition. You may even make soups a day or two ahead of time and refrigerate until you are ready to heat and serve it.

These soups and stews make wonderful meals for the family — just add wholegrain rolls and fresh fruit for dessert.

MY FAVORITE TOMATO SOUP

2 cans tomato soup
 1/2 cup canned tomatoes, cut, seeded and drained
 1 can milk
 1/2 cup grated American cheese
 1 cup toasted cubed bread
 Salt and pepper, to taste
 Drain, seed and cut tomatoes, heat in a microwave or in saucepan.

Place tomato soup in saucepan, gradually add milk and stir until smooth. Heat over medium heat. Remove from heat and add the heated tomatoes. Transfer to soup bowls, sprinkle with grated cheese. Top with cubed toasted bread and serve with salt and pepper to be added by the person eating the soup.

May sprinkle soup with bacon bits or top with cheese, if desired.

**BJ. Light
Lebanon**

CHICKEN VEGETABLE SOUP

16-ounces garden herb seasoning
 14.5ounce can chicken broth
 2 cups chopped cooked, boneless, skinless chicken breasts
 Parmesan cheese, optional
 In 2-quart glass measure, combine vegetables and chicken broth. Cook, covered on high for 8 to 10 minutes or until vegetables are tender. Stir halfway through cooking time. Add chicken. Cook, covered on high for 1 to 2 minutes or until heated through. Sprinkle with Parmesan cheese, if desired. Serves 6.

PUMPKIN JACK SOUP

3 cups onion, chopped
 3 cups potato, chopped
 2 1/2 cups celery, chopped
 1/2 cup butter
 2 quarts chicken broth, condensed
 5 1/2 cups canned pumpkin
 1 cup tomato paste
 1/2 teaspoon white pepper, ground
 1/4 to 1/2 teaspoon red pepper sauce
 1 1/2 quarts cream, light, or half and half
 1 quart Monterey Jack cheese, shredded

Saute onion, potato and celery in butter until tender, about 12 minutes. Add chicken broth to sauteed vegetables. Simmer 10 minutes. Puree vegetables.

Combine pureed vegetables with pumpkin and tomato paste. Stir in seasonings. Bring to boiling. Gradually stir in cream. Heat just to simmering (do not boil).

Stir in cheese. Remove from heat and stir until cheese is melted. May be served hot or cold.

GARLIC SOUP

4 cups chicken broth
 10 large, fresh garlic cloves, peeled
 1 large tomato peeled and seeded
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 1/2 teaspoon dried thyme
 2 egg whites
 1/2 cup grated Monterey Jack cheese

Pour 1 cup chicken broth into large saucepan. Add garlic and bring to a boil. Cover and simmer for 15 minutes. Pour into blender. Add tomato, salt, pepper, and thyme and blend until smooth. Return blended mixture to pan. Add remaining broth and bring to a boil. Simmer uncovered for 15 minutes. Beat egg whites with fork until frothy and gradually add to soup. Mix well and cook 5 minutes more. Ladle into bowls and sprinkle each serving with one tablespoon grated cheese. Serves 8.

**Roland Komoda
Monongahela**



Veal and Vegetable Soup is a deliciously satisfying soup with only 234 calories per serving.

VEAL AND VEGETABLE SOUP

1 1/2 pounds veal for stew, cut into 1-inch pieces
 2 garlic cloves, crushed
 1 tablespoon olive oil, divided
 1/2 teaspoon salt
 3 1/2 cups water
 13 1/2 ounces ready-to-serve beef broth
 1 tablespoon fresh marjoram
 1/2 teaspoon coarse grind black pepper
 1 1/2 cup red-skinned potatoes, cubed
 1 1/2 cups corn
 1 small zucchini

Toss veal for stew with crushed garlic; set aside. Heat 2 teaspoons oil in large saucepan over medium heat. Brown veal, half at a time, using remaining oil as needed. Pour off drippings if necessary. Season veal with salt. Return all veal to pan. Add water, broth, marjoram and pepper. Bring to a boil. Reduce heat to low and simmer covered for 45 minutes. Add potatoes and corn. Continue simmering covered 15 minutes or until veal and vegetables are tender. Meanwhile, cut zucchini in half lengthwise; cut into 1/4-inch slices. Add zucchini to pan; continue cooking covered 5 minutes or until zucchini is crisp-tender. Six servings.

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Featured Recipe

In today's health-conscious environment, many consumers find themselves juggling nutrition concerns with taste, and sacrificing foods they love. New Bisquick Reduced Fat baking mix, with half the fat of the original, offers families a new way to reduce the fat in their diet without giving up the quality and taste for which Bisquick is known.

With Bisquick Reduced Fat, all your Bisquick favorites—from pancakes and biscuits, to coffee cake, shortcake, muffins, pizza and dumplings—provide the same satisfaction and convenience with a little less guilt.

Impossible Chicken'n Broccoli Pie, a reduced-fat version of a classic Impossible Pie, is a terrific recipe for consumers looking for ways to cut fat in their diets. To prepare this quiche-type dish, simply mix chicken, broccoli, crisp bell pepper, chopped onion and mozzarella cheese. Then top with a blend of Bisquick Reduced Fat baking mix, skim milk and egg whites for a special brunch, novel lunch or light supper that looks and tastes like it took hours to prepare.

Impossible Chicken'n Broccoli Pie

1 package (10 ounces) frozen chopped broccoli
 1 1/2 cups shredded mozzarella cheese (6 ounces)
 1 1/2 cups cut-up cooked chicken
 1/2 cup chopped onion
 1/2 cup coarsely chopped red bell pepper
 1 cup skim milk
 4 egg whites or 1/2 cup cholesterol-free egg product
 1 cup Bisquick Reduced Fat baking mix
 1/2 teaspoon salt
 1/2 teaspoon pepper

Heat oven to 400°. Grease glass pie plate, 10x1 1/2 inches. Rinse broccoli with cold water to thaw; drain thoroughly. Mix broccoli, 1 cup of the cheese, the chicken, onion and bell pepper in pie plate.

Beat remaining ingredients in blender on high speed 15 seconds, with hand beater or wire whisk 1 minute or until smooth. Pour into pie plate.

Bake 25 to 35 minutes or until knife inserted in center comes out clean. Sprinkle with remaining cheese. Bake 1 to 2 minutes longer or just until cheese is melted. Cool at least 10 minutes. 6 to 8 servings.

1 serving: 260 calories; protein 25 g; carbohydrate 20 g; fat 9 g; sodium 740 mg; cholesterol 50 mg; saturated fat 4 g.

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. Recipes should reach our office one week before publishing date.

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