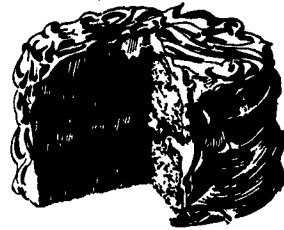


Home On The Range



Soups And Stews Beat January Blahs

Soup goes a long way to satisfy hungry appetites. It tastes even better the day after it's made, once flavors have had a chance to blend and mellow. Make a big batch and store in small portions, just right for weekday lunches.

Soup keeps up to three days in the refrigerator and freezes well for longer storage. Here are a few tips for freezing soup:

- The only ingredient to avoid when freezing soup is potatoes, because they become grainy and soft. Cook potatoes fresh to add to soup that's been frozen.

- Freeze soup in containers that hold enough for one meal — a quart for 4 to 6 servings, a pint for 2 to 3 servings.

- Use a wide-mouth container to make it easier to take out partially thawed soup. Thaw in the refrigerator and use thawed soup right away.

- Make sure there's 1/2-inch headspace in quart containers.

- 2-inch headspace in pint containers to leave enough room for soup to expand as it freezes.

- Take a minute to label container with name of recipe, number of servings, and the date. That takes the guesswork out of a visit to the freezer later. Soups and stews keep 2 to 3 months.

- Some flavors intensify during freezing, but onion gradually loses flavor. Plan to add more onion or other seasoning when you're ready to serve soup.

CREAMY WILD RICE SOUP

6 tablespoons butter
3 tablespoons chopped green onions
1/2 cup flour
4 cups chicken broth
1/2 cup cooked, cubed ham
2 cups cooked wild rice
1/4 cup finely grated carrots
3 tablespoons chopped pecans
1/4 teaspoon white pepper
1 cup half and half
Parsley, optional

In large saucepan, melt butter and saute onions. Blend in flour, gradually add broth. Cook, stirring constantly until mixture comes to a boil. Boil 1 minute. Stir in ham, wild rice, carrots, pecans and pepper; simmer 5 minutes. Blend in half and half; heat to serving temperature. Garnish with parsley. 6 servings.

SUCCOTASH-STYLE VEAL STEW

4 teaspoons vegetable oil, divided
1 1/4 pounds veal for stew, cut into 1-inch pieces
2 cups coarsely chopped onion
1 garlic clove, crushed
1 1/2 cups water
1/2 cup white wine
2 bay leaves
1/4 teaspoon salt
1/2 teaspoon dried thyme leaves
1/4 teaspoon coarse grind black pepper

2 1/2 cups frozen mixed vegetables

1 tablespoon cornstarch, dissolved in 2 tablespoons water

Heat 2 teaspoons oil in large heavy saucepan over medium heat. Brown veal for stew, in two batches, adding 1 additional teaspoon of oil as needed. Remove from pan; reserve. Cook onion and garlic in remaining 1 teaspoon oil over medium heat until crisp-tender about 2 minutes, stirring frequently. Return veal to pan. Add water, wine, bay leaves, salt, thyme, and pepper. Bring to boil. Reduce heat, cover and simmer 50 minutes; add vegetables and continue cooking, covered, 10 minutes or until veal is tender. Stir in cornstarch mixture. Bring to a boil; cook and stir until sauce is thickened, about 1 to 2 minutes. Remove bay leaves before serving. 6 servings.

SCALLOPED MUSHROOM POTATOES

6 medium-sized potatoes
1 can mushroom soup
1/2 cup milk
Salt and pepper to taste
Combine mushroom soup, milk, salt and pepper. Slice potatoes very thin and put alternate layer of potato and soup in buttered casserole. Bake in covered casserole for 50 minutes at 400 degrees. Remove cover and brown before serving.

Betty Biehl
Mertztown

CREAM OF BROCCOLI SOUP

1 1/2 cups chicken broth
1 bunch broccoli, cut up 3 small heads
Salt, to taste
2 tablespoons butter
2 1/2 cups milk or half and half
Cook broccoli in chicken broth until soft. Blend on high until smooth. Add remaining ingredients. Serve warm.

Joanne Good
Blue Ball

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.

January

- 8- Breakfast Favorites
- 15- Pasta Dishes
- 22- One-Dish Dinners
- 29- Cooking With Lamb



For a deliciously satisfying meal, try Veal Succotash-Style Stew. Tender veal and vegetables combine to make an effortless one-dish meal that's sure to please.

CREAM OF VEGETABLE SOUP

3 tablespoons butter
1/4 cup onion
3 tablespoons flour
1 1/2 teaspoon salt
Pepper, to taste
3 cups milk
2 cups vegetable pulp and cooking liquid

1/2 cup cream, optional
Heat butter, add onion and simmer about 5 minutes or until soft but not browned; stir in flour and seasonings; remove from heat and slowly add milk, stirring until well blended; return to low heat and cook until thick and smooth, stirring constantly.

Add vegetable pulp and liquid made from leftover vegetables cooked in liquid until soft enough to be pressed through a sieve or pulverized in a blending machine; measure pulp and add cooking liquid or milk to make 2 cups.

Reheat before serving, adding cream if desired. Sprinkle each serving with chopped parsley, chives or water cress or a dash of paprika. Makes about 6 servings.

PETER RABBIT SOUP

1 cup green beans
1 cup potatoes, diced
1/4 cup chopped celery
1 tablespoon minced onion
1/2 tablespoon parsley flakes
1/4 teaspoon salt
3 cups water
1/4 cup rice
1 1/2 cup chicken or turkey broth
2 cups cooked, diced chicken or turkey

1 teaspoon chicken bouillon
1 cup tomato juice
2 tablespoons flour
Cook rice in salt water for 5 minutes. Add vegetables and cook until tender. Add broth bouillon and chicken. Make a paste with tomato juice and flour. Add to soup. Bring to boil again.

Mrs. D. Hoover
Reinholds

CREAM OF ASPARAGUS SOUP

2 bunches asparagus
1 small onion
3 tablespoons butter
3 tablespoons flour
1 quart milk
Salt and pepper

Melt butter in saucepan, add flour and then milk to make a cream sauce. Cook chopped asparagus for 20 minutes in salt water.

Saute minced onions in 1 tablespoon fat; when brown, add to asparagus. Then add asparagus to cream sauce. Bring to a boil and serve. Serves 6.

R. Zimmerman
Romulus, N.Y.

ASPARAGUS SOUP

10 1/2-ounce can condensed cream of asparagus soup
2 cups light cream
2 cups fresh or frozen asparagus, drained
Salt and pepper
Sugar

Combine all ingredients in blender and whirl until smooth. Pour into saucepan and heat until bubbly. Season to taste with salt, pepper, and sugar. Float a thin slice of lemon on top of each serving bowl.

N.Y. Reader

(Turn to Page B6)

Featured Recipe

A hectic schedule is no reason to sacrifice good taste and nutrition in your family's meals. Instead of resorting to fast, frozen or carry-out, you can create convenient meals using some of your favorite foods.

Soup is a wonderful meal for the family when time is at a premium. Here is a recipe from the Beef Council that takes only 15 minutes preparation time. Allow it to simmer for 1 hour 40 minutes to 1 hour 55 minutes, while you complete other tasks.

For even more convenience, prepare it ahead of time and simply reheat it on low to serve.

BURGUNDY BEEF AND VEGETABLE STEW

1 1/4 pounds beef for stew, cut into 1 1/2-inch pieces
1 tablespoon vegetable oil
1 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon black pepper
13 1/4-ounce single strength beef broth
1/2 cup Burgundy wine
2 cloves garlic, minced
10-ounce package frozen whole baby carrots
2 cups frozen whole pearl onions
2 tablespoons cornstarch
1 tablespoon water
8-ounces frozen sugar snap peas

Brown beef for stew in oil in Dutch oven. Pour off drippings. Sprinkle thyme, salt, and pepper over beef. Add beef broth, wine and garlic; stir to combine. Bring to a boil; cover tightly and simmer 75 to 100 minutes or until beef is tender. Stew may be prepared to this point, covered, and refrigerated for up to 24 hours. Add carrots and onions; cover and continue cooking 15 minutes. Combine cornstarch and water; stir into stew with sugar snap peas. Bring to a boil. Boil 2 minutes, stirring constantly. 6 servings.