



Home on the Range

Soup's Hot

There is nothing like a steaming bowl of soup to fill your stomach and warm you up on a wintry day.

Soups often brim with nutrition with vegetables, cheese and meat — making it a one-course meal.

Some cooks prefer to follow time-honored recipes, and others are prone to add a dash of this and that and whatever they have on hand. The combinations are endless. And, almost any combination will be tasty with the right seasonings added.

When you hear those cold winds blow and the sleet pinging on your window panes, it's time to stir up a hearty batch of soup.

TACO SOUP

1½ pounds lean ground beef
½ cup chopped onions
28-ounces whole tomatoes with juice
14-ounces kidney beans with juice
8-ounce can tomato sauce
1.25 ounce package taco seasoning
1 cup water
Salt and pepper to taste
1 cup grated cheese
1 cup chopped onion

Brown beef in large kettle. Drain excess grease. Add ½ cup chopped onion. Add tomatoes, kidney beans, corn, water, and taco seasoning. Add salt and pepper to taste. Stir. Simmer about 25 minutes. Serve hot with cheese and chopped onion as a side dish.

Sarah Clark
Breezewood

GOLDEN CREAM SOUP

3 cups chopped potatoes
1 cup water
½ cup celery slices
½ cup carrot slices
¼ cup chopped onion
1 teaspoon parsley flakes
½ teaspoon salt
Dash pepper
1 chicken bouillon cube
1½ cups milk
2 tablespoons flour
½ pound Velveeta cheese, cubed
Combine potatoes, water, celery, carrots, onions, parsley flakes, seasonings, and bouillon. Cover, simmer 15 to 20 minutes or until vegetables are tender. Gradually add milk to flour, stirring until well blended. Add flour mixture to hot vegetables; cook, stirring constantly, until mixture boils and thickens. Add cheese; stir until melted. Six 1-cup servings.

Pauline Fox
Bangor

OYSTER BISQUE

2 8-ounce cans oysters, drained, reserving liquid
¼ cup thinly sliced celery
¼ cup finely chopped onion
2 tablespoons reduced calorie margarine
3 tablespoons flour
¼ teaspoon salt
¼ teaspoon white pepper
2 cups skim milk
12-ounce can evaporated skim milk
2 tablespoons chopped chives
Chop oysters, set aside. In a 3 or 4-quart saucepan, cook celery and onion in margarine until tender. Turn heat to low and stir into the celery mixture the flour, salt and pepper. Cook for one minute, stirring constantly. Add milk and evaporated milk slowly until thoroughly mixed stirring constantly; cook for 5 minutes or until mixture thickens. Do not boil.

Stir in oysters, reserved liquid and heat over low heat until mixture is heated and serve. Yields four 1½ cup servings. Each serving is 240 calories.

Betty Light
Lebanon

TOMATO RAREBIT SOUP

1 pound aged cheddar cheese
1½ cups milk
2 ounces butter
2 tablespoons flour
6 ounces non-alcoholic beer
2 tablespoons dry mustard
1 cup fresh tomato puree
Salt
White pepper
Granulated garlic
Fresh oregano or basil
1 cup seasoned croutons
In a saucepan, warm milk over low heat.

In a heavy saucepot over medium low heat, melt butter, add flour and cook, stirring constantly, for about 3 minutes. Do not allow to brown. Increase heat and add milk to butter and flour mixture ½ cup at a time, stirring until completely smooth with each addition. Bring to a boil, stirring constantly. Add mustard and non-alcoholic beer, bring to a boil.

Cut cheese into ½ -inch cubes, add to soup, reduce heat, and stir until smooth.

Add tomato puree and 1 tablespoon chopped fresh herbs. Season to taste with salt, pepper, and garlic.

Divide soup in heated bowls, garnish with croutons and sprigs of fresh herbs. Serve immediately. Serves 4.



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

CHEDDAR CHEESE SOUP

2 tablespoons butter
½ cup chopped onion
½ cup chopped carrots
½ cup chopped green pepper
½ cup chopped celery
5 tablespoons flour
4 cups chicken broth
3 cups sharp cheddar cheese, shredded
12-ounce can evaporated milk
Dash pepper, freshly ground
Dash hot pepper sauce, optional
4 slices bacon, fried and crumbled

In large saucepan, melt butter. Add carrots, onions, green pepper, and celery. Cook and stir over medium-low heat until the vegetables are tender.

Sprinkle the vegetables with flour, adding 1 tablespoon at a time, stirring until the flour is blended in.

Add the chicken broth to the saucepan. Cook and stir over medium heat until the mixture comes to a boil. Reduce heat. Add the shredded cheese, stirring with a large whisk until the cheese is melted.

Slowly add the evaporated milk, stirring until the mixture is well blended and heated through.

Add enough freshly ground pepper to taste. If using hot pepper sauce, use just a dash. Sprinkle with crumbled bacon. Serve immediately.

Sarah Clark
Breezewood

YELLOWEYE BEAN SOUP

8 ounces dry yelloweye beans
1 ham shank
2 carrots, diced
2 onions, thinly sliced
2 potatoes, sliced
1 teaspoon salt
Black pepper, freshly ground
Lemon slices, for garnish
Soak washed beans overnight in

2 quarts of water. Do not drain liquid after soaking. Combine all the ingredients and cook slowly until the beans are tender, adding more liquid, if necessary. Serve with beans whole, mashed, or rub mixture through sieve and season. Add hot water if too thick. Serve topped with lemon slices.

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

January 14- Bread and Bread Rolls
21- Pizza Week
28- Beef For Dinner
February 4- Heart-Healthy Recipes

Featured Recipe

Erin Williams, Lebanon County's Li'L Miss Dairy Princess wants to share a few of her favorite recipes. She enjoys eating them along with her family.

Country Chicken Casserole

1 pound Velveeta process cheese spread, cubed
1 cup milk
1/2 cup Miracle Whip salad dressing
2 cup chopped cooked chicken or turkey
1 10 ounce package frozen peas and carrots
7 ounce spaghetti, cooked and drained
1 tablespoon chopped chives, optional
Heat process cheese spread, milk, and salad dressing over low heat. Stir until sauce is smooth. Add remaining ingredients: mix well, pour into a 2-quart casserole; bake at 350° for 35 to 50 minutes or until hot. Makes 6 to 8 servings.

Finger Layers

First Layer: Dissolve 1 large pack Jello in 2 cups boiling water and pour into 9x13 inch pan and refrigerate for 40 minutes.
Second Layer: Dissolve 2 envelopes Knox gelatin, 1/2 cup cold water set aside. Put: 1/2 pint heavy cream, 1/2 cup sugar into heavy saucepan with gelatin water and bring to a boil. Remove from heat and add: 1/2 pint sour cream, 1 teaspoon vanilla and mix until smooth. When cool, pour over first layer, set aside, 40 minutes in refrigerator.
Third Layer: Same as first layer. Cool and pour on top of second layer.