



Home on the Range

Souped Up Recipes To Warm You

Soups and stews can be as filling as one-dish meals or as light as an appetizer. Either way, soups and stews continue to gain in popularity both in eating and in making them.

A wonderful asset on your pantry shelves is the "Cream of Anything Soup," by Alletta Schadler, Lebanon County Extension family living agent. This quick mix can be stored and used when time is at a premium. It can be eaten as a soup or used in casseroles requesting canned creamed soups. The home-made version is more economical and healthier.

These soups and stews make great family meals, or a weekend supper for guests. Serve with crusty bread and fresh fruit for a complete meal.

CREAM OF CARROT AND POTATO SOUP

Salted water
4 medium potatoes, sliced
3 large carrots, sliced
1 medium onion, diced
1 tablespoon butter
1 tablespoon all-purpose flour
2 cups milk
Salt and pepper to taste
6 tablespoons whipping cream
Place potatoes, carrots, and onions in a pan, cover with salted water. Cook until tender. Drain, saving stock, put through sieve, food mill or food processor to puree.

Melt butter, add flour and cook for one minute, stirring constantly. Gradually add milk, puree vegetables and cooking stock. Taste and season then reheat beating with a whisk or rotary beater. Serve hot with spoonful of whipping cream. Serves 6.

ITALIAN SUPPER SOUP

1 pound Italian sausage, hot or sweet cut into cubes
½ cup chopped onion
½ cup chopped green pepper
Saute these together in heavy skillet until sausage is cooked.

To this mixture, add:
1 tablespoon salt
½ teaspoon pepper
1 large can whole tomatoes, crushed a little
1½ cups water
1½ cups vegetable/tomato juice
½ teaspoon thyme

Simmer 30 minutes. Add:
1 cup uncooked elbow macaroni and simmer 15 minutes more. If more liquid is needed, add the vegetable juice. This soup is rich and hearty and great served with rolls for a meal.

Eileen Murphy
Pa. Alternate Dairy Princess

CREAM OF ANYTHING SOUP

Quick Mix

This recipe makes enough mix to prepare about 12 cups of cream soup. You can vary the flavor of granular bouillon used and change the herb seasoning used. Suggested herb blends might be salad herb blends, or thyme, marjoram, parsley, or rosemary. Experiment with single herb flavors or combinations. Be sure to label each batch.

You can use single cooked vegetables or combinations. Blend until smooth, partially chopped or leave them chunky. Suggested vegetables: broccoli, cauliflower, carrots, asparagus, watercress, peas, celery, and mushrooms. Meat or tuna may be added before blending.

As prepared, this is a low-fat recipe. To make it richer, add several slices cheese to the batch after it is thickened. This not only adds extra calcium but also calories and salt.

Mix:
2 cups non-fat dry milk powder
½ cup corn starch or regular clear-jel
3 tablespoons instant granular chicken bouillon
2 tablespoons instant minced onion
1 teaspoon dry mustard
1½ teaspoons dry herbs (blend or combination)
½ teaspoon ground pepper

Combine all ingredients in a dry one-quart container. Stir or shake to mix. Keep covered tightly and store at room temperature. (4 tablespoons of mix will thicken and flavor 1 cup water).

To Make Soup:
3 cups water
½ cup mix
1 to 2 cups cooked vegetables
2 to 3 slices cheese (optional)
Blend together water and mix. Bring to a boil, stirring occasionally. Add cooked vegetables. Pour into blender container. Blend to texture desired. You may want to blend this in two batches.

Return to saucepan, add cheese if desired, and heat to serving temperature. Add meat or fish cubes if desired.

Note: This same mixture may be used to make a sauce for vegetables. Combine: 1½ cups water, ½ cup mix, 2 tablespoons butter. Bring to a boil, stirring often. Add cheese if desired.

Alletta Schadler
Lebanon Co.
Family Living Agent



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.

BEEF STEW

¼ pound sliced bacon, cut in 1-inch pieces
1½ pounds beef broth
½ cup water
2 cloves garlic, chopped
½ teaspoon salt
½ teaspoon dried thyme leaves
¼ teaspoon dried rosemary leaves, crushed
1 teaspoon black pepper
1 bay leaf
6 medium carrots, cut in 1-inch pieces
2 medium onions, diced
6 medium potatoes, cubed
1 rib celery, cut in ½-inch pieces

1 can diced tomatoes
In heavy skillet, fry bacon pieces until crisp. Remove, drain on paper towel. Fry beef cubes in bacon drippings until brown. Drain fat. Add broth, water, and chopped garlic, salt, thyme, rosemary, pepper, and bay leaf. Bring to a boil, reduce heat and simmer one hour. Add vegetables and cook until vegetables are soft, 25 to 40 minutes. Let stand 5 minutes. Serve hot with chunks of French bread.

Makes 6 to 8 servings.

B. Light Lebanon

CREAM OF ASPARAGUS SOUP

1 pound asparagus
4 cups milk, scalded
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
¼ teaspoon pepper

Wash asparagus, cut off tips 1½-inches from the top. Place tips in saucepan, cover with water and cook until tender. Remove from water and set aside. Cut up remaining parts of asparagus and put in same water and cook until tender. Drain. Put through a sieve or food processor and add to milk.

Melt butter, add flour, stirring constantly cook over low heat for 1 to 2 minutes. Gradually add milk, salt, and pepper, and bring to a boil. Reduce heat and cook 3 minutes. Add asparagus tips and serve hot with croutons or crackers. Serves 6.

OLIVE-BEAN CHILI

3 tablespoons molasses
1½ teaspoons dry mustard
1½ teaspoons soy sauce
2 teaspoons olive oil
2 medium carrots, cut diagonally into ¼-inch slices
1 large onion, chopped
1 tablespoons chili powder
3 large tomatoes, chopped
15-ounce can pinto beans, drained
15-ounce can kidney beans, drained
½ cup ripe olives, sliced
About ½ cup plain nonfat yogurt
Crushed red pepper flakes

Combine molasses, mustard, and soy sauce; set aside. Heat oil; add carrots, onion, chili powder, and ¼ cup water. Cook, covered, until carrots are almost tender, about 4 minutes. Uncover and cook, stirring, until liquid has evaporated. Add molasses mixture with tomatoes, pinto beans, kidney beans, and olives. Cook, stirring gently, until mixture is hot and tomatoes are soft, about 5 minutes. Ladle chili into bowls, top with yogurt. Sprinkle with pepper flakes to taste. Makes 4 servings. Cooking time: about 10 minutes. Olive Oil

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Featured Recipe

Succotash is recognized as a Southern dish of corn and lima beans, sometimes with other vegetables added. The word "succotash" actually comes from the Algonquian Indian word "msickquatash" meaning boiled whole kernels of corn.

Historians say that early settlers learned about succotash from the Algonquians, who not only grew corn and beans together in the same field, but cooked them in the same pot.

Here is the recipe for the versatile stew that makes a great family meal or a weekend supper for guests.

VEAL SUCCOTASH-STYLE STEW

4 teaspoons vegetable oil, divided
1½ pounds veal for stew, cubed
2 cups coarsely chopped onion
1 garlic clove, crushed
1½ cups water
2 bay leaves
½ teaspoon salt
¼ teaspoon coarse grind black pepper
2½ 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 in two batches, adding 1 additional teaspoon 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, bay leaves, salt, thyme, and pepper. Bring to a 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.

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 -	24-	Pizza Month
	31-	Low Fat Recipes
February	07-	Muffin Mania Week
	14-	Valentine's Day