

Home on the Range

Soup's On

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What better way to take the chill off wintry days than with a bowl of steaming hot soup.

With meat, vegetables, pasta, and dairy ingredients, many soups meet complete nutritional requirements. Soups are also the ultimate expression of culinary creativity. You can add and subtract ingredients in most recipes to give it a whole new flavor and your personalized signature.

When cold winds blow, and sleet coats walkways, put on the soup and warm up.

PUMPKIN SOUP

- 1/4 cup chopped green pepper
- 2 tablespoons chopped onion
- 1 teaspoon parsley flakes or fresh minced parsley
- 1/2 teaspoon thyme leaves
- 1 bay leaf
- 2 tablespoons butter
- 9-ounces canned tomatoes, diced
- 2 cups mashed cooked pumpkin or squash
- 2 cups water
- 2 chicken bouillon cubes
- 1 tablespoon flour
- 2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon pepper

Saute pepper, onion, parsley, thyme, and bay leaf in butter until tender; do not brown. Add tomatoes, pumpkin/squash, water, and bouillon; bring to boil. Reduce heat; simmer 30 minutes, stirring occasionally. In small bowl, combine flour and milk; blend well. Stir into soup mixture; add salt and pepper. Cook over medium heat; stirring frequently until mixture boils. Yield: 6-8 servings.

Betty Abbott
Aston

MIRACLE SOUP

- 2 medium onions
- 1 large can tomatoes
- 1 medium head cabbage
- 3 carrots
- 2 green peppers
- 1 stalk celery
- Salt and pepper to taste
- 1 package dry onion soup mix
- 1 pound ground beef, browned, drain grease

Chop onions, carrots, cabbage, peppers, and celery. Add tomatoes and one package of dry onion soup mix. Cook until vegetables are tender. Add ground beef.

Mrs. Glenn Love
East Waterford

CHEDDAR CHOWDER

- 2 cups chopped potatoes
- 1 cup sliced carrots
- 2/3 cup chopped celery
- 1/2 cup chopped onion
- 2 cups water
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons sweet cream butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1 cup shredded cheddar cheese
- 1 cup American cheese
- 1 cup cooked, cubed ham

In 3-quart saucepan, combine potatoes, carrot, celery, onion, water, salt and pepper. Cook over medium heat, stirring occasionally, until mixture comes to a boil (10-12 minutes). Cover, reduce heat to low. Continue cooking until vegetables are crisply tender (20-22 minutes); do not drain. Meanwhile, in 2-quart saucepan melt butter. Stir in flour. Cook over low heat, stirring constantly, until smooth and bubbly (1 minute). Stir in milk. Continue cooking, stirring occasionally, until mixture thickens and comes to a full boil (10-12 minutes). Boil 1 minute. Remove from heat; stir in remaining ingredients until cheese is melted. Stir cheese sauce into undrained, cooked vegetables. Cook over medium heat, stirring occasionally, until heated through (5-6 minutes). Makes six 1-cup servings.

Ashley Carper
Huntingdon Co. Dairy Princess

CREAMY GOLDEN POTATO SOUP

- 4 cups chopped potatoes
- 1 cup water
- 1/2 cup celery, chopped
- 1/4 cup carrots, chopped
- 1/4 cup onion, chopped
- 1 teaspoon parsley flakes
- 2 chicken bouillon cubes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 1/2 cups milk
- 4 tablespoon flour
- 1/2 pound Velveeta cheese

In large saucepan, combine first nine ingredients. Cover; simmer 20 minutes, or until vegetables are tender. Gradually add milk to flour, add to vegetables; cook until thickened. Add cheese. Stir until melted. Serves 8.

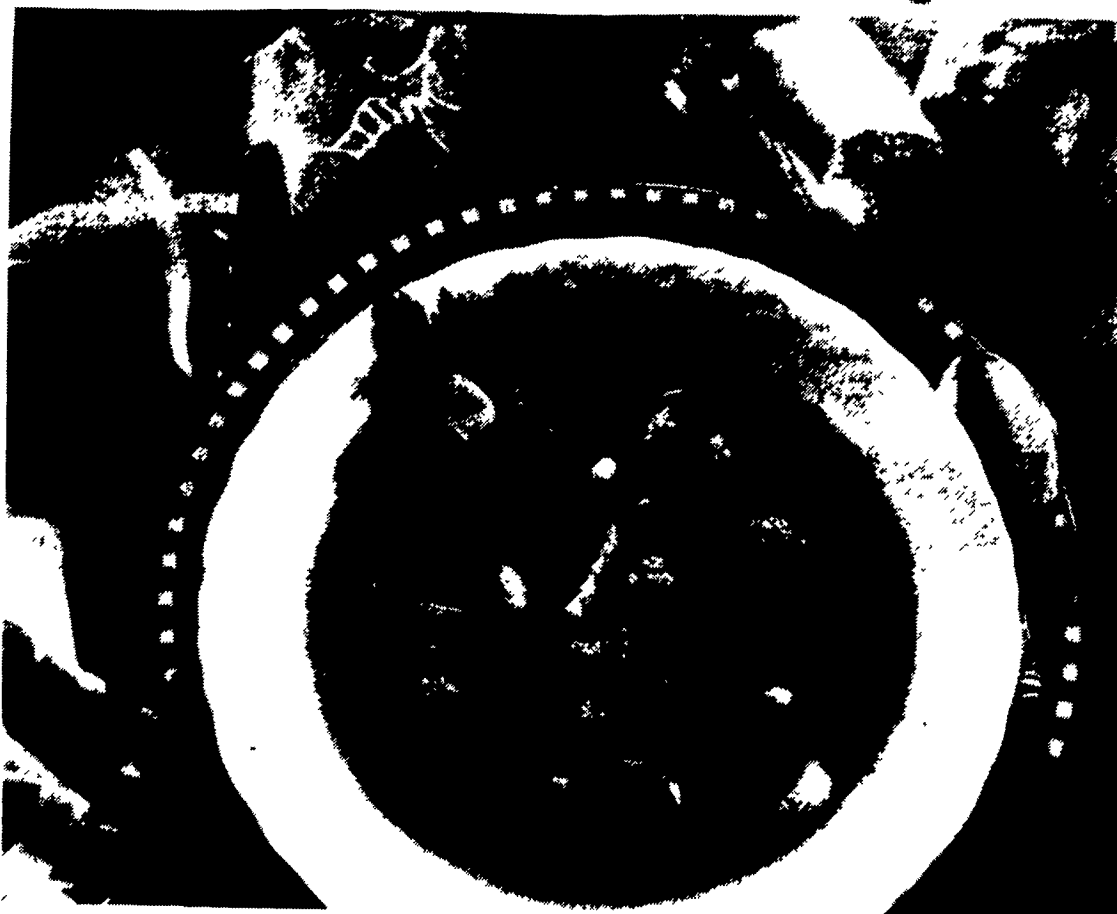
E. Herr
Ephrata

CREAM OF TOMATO SOUP

- 1 teaspoon finely chopped onion
- 2 tablespoon butter
- 3 tablespoon flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups tomato juice
- 1 1/2 cups milk
- 1/2 cup chicken bouillon

Saute onion in butter. Stir in flour, sugar, salt, and pepper. Cook until smooth and bubbly, stirring constantly. Remove from heat. Gradually stir in tomato juice. Bring to a boil, stirring constantly. Boil one minute. Stir in milk and bouillon. Makes 4 servings.

Martin Roy
Warrenton, VA



Quick Italian Beef and Vegetable Soup is a prime example of soup that can be adapted easily to fit your personal taste. Add or subtract ingredients you like or dislike for your own personalized signature.

QUICK ITALIAN BEEF & VEGETABLE SOUP

- 1 pound lean ground beef
- 1 large clove garlic, crushed
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 2 cans ready-to-serve beef broth
- 1 1/2 -ounce can Italian-style stewed tomatoes, undrained, broken up
- 1 cup carrots, sliced
- 15-19-ounces canned cannellini or Great Northern beans, rinsed, drained
- 1 medium zucchini, cut lengthwise in half and crosswise into 1/4-inch thick slices
- 2 cups torn spinach leaves, lightly packed

Heat Dutch oven or large saucepan over medium heat until hot. Add ground beef and garlic; brown 4 to 5 minutes, breaking beef up into 1/4-inch crumbles. Pour off drippings. Season beef with pepper and salt. Stir broth, tomatoes, and carrots into beef. Bring to boil; reduce heat to low. Simmer, uncovered, 10 minutes. Stir in beans and zucchini; continue to cook 4 to 5 minutes or until zucchini is crisp-tender. Remove from heat; stir in spinach. Garnish as desired. Makes 4 servings.

Darol Wetzel
Nat. Beef Cook-Off

QUICK CRAB SOUP

- 1 quart light cream or half and half
- 9-ounces cream cheese with chives
- 10 1/2-ounce can condensed tomato bisque
- 2 10 1/2-ounce cans condensed cream of celery soup
- 1 pound lump crab meat, fresh or frozen, thawed
- 1/2 cup dry sherry
- 1 cup dairy sour cream
- Fresh chives
- Lemon peel

Combine cream, cream cheese, and condensed soups in 4-quart heavy Dutch oven. Heat over low heat, stirring occasionally with wire whisk, until warm. Stir in crab meat and sherry. Heat until steaming. Spoon into bowls. Top each with a tablespoonful of sour cream, chives, and lemon peel. Serve immediately.

Noreen Rouse
Sullivan Co. Dairy Princess

STRACCIATELLA FLORENTINE

- 2 cans 14.5-ounces each fat-free, reduced-sodium chicken broth
- 10-ounce package frozen chopped spinach
- 1/2 teaspoon ground nutmeg
- 4 eggs, well beaten
- 1/2 cup grated parmesan cheese
- 1 cup cheese-and-garlic-flavored croutons, optional

In large saucepan, over high heat, bring broth to boiling. Add spinach. Cook until thawed, stirring occasionally with fork to separate. Stir in nutmeg. Reduce heat to simmering. While stirring soup, slowly pour in eggs. Immediately remove from heat. Pour or ladle about 1 cup soup into each of six soup bowls. Sprinkle each with 1 tablespoon of the cheese and 1/2 cup croutons, if desired.

American Egg Board
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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- 22 - Pizza, Any Way You Like It
- 29 - Breakfast Buffet
- February- 5 - Muffin Mania Week
- 12 - Valentine Sweets

Featured Recipe

Tioga County Dairy Princess Stefanie Long writes that at her house some things never change with the new year.

She writes that in the past, her family has collected many recipes, many of them have been passed down from their Pennsylvania Dutch ancestry.

"Being of this heritage, I have learned to put dairy products in just about everything," Stefanie said.

She especially enjoys making recipes as they were originally made by her ancestors, and then adding her own personal touches.

Here is a recipe, which was handed down through the generations, but that Stefanie adapted to suit her own personal taste.

"It's quite a simple dish that tastes great this time of the year," Stefanie said.

POTATO SOUP

- 7-8 large potatoes
 - 5 cups water
 - 2 onions, chopped
 - 1 can cream of celery soup (undiluted)
 - 1 can evaporated milk
 - 1 can creamed corn
 - Salt and pepper to taste
- Peel potatoes and bring to a boil in water with onions until soft. Simmer and add evaporated milk, cream of celery soup, and creamed corn. Simmer for 20 minutes and serve.