



Home on the Range

Soups, Stews

Warm Winter's Chill

BROCCOLI SOUP

¼ cup diced onion
2 tablespoons butter
½ teaspoon salt
6 cups water
6 chicken bouillon cubes
6 cups milk
8-ounces medium noodles
16-ounces broccoli pieces, cooked, drained
1 pound yellow processed cheese

Cook onions in butter for three minutes. Add water, bouillon cubes, and noodles. Boil three minutes. Add milk, cooked broccoli, and cut-up cheese. Simmer until cheese is melted. Serve.

Carole Hoover
Lancaster Co. Dairy
Promotion Committee

HEARTY HAMBURGER SOUP

2 tablespoons butter
1 cup sliced carrots
1 pound ground beef
1 cup diced potatoes
½ teaspoon pepper
4 cups milk
1 cup chopped onion
½ cup chopped green pepper
2 cups tomato juice
½ teaspoon salt
½ cup flour

Melt butter in saucepan; add onions, carrots, and green peppers. Cook until onions are tender (not brown). Add ground beef and cook until browned. Stir in tomato juice, potatoes, and seasoning. Cover and cook over low heat until vegetables are tender.

Combine flour with one cup milk and beat until free of lumps, stir into soup mixture. Add remaining milk and heat over medium heat, stirring frequently. Do not allow to boil. Serve hot.

Carole Hoover
Lancaster Co. Dairy
Promotion Committee

GREEN CHILI PORK STEW

1 pound boneless pork sirloin, cubed
2 large potatoes, cubed
2 teaspoons curry powder
1 teaspoon minced garlic
1 tablespoon vegetable oil
2½ cups chicken broth
1½ cups apple juice, divided
14½-ounce can tomatoes, undrained
2 medium carrots, chopped
1 medium onion, cut into wedges
4½-ounce can chopped green chili peppers, undrained
1½ teaspoons dried oregano, crushed
¼ cup flour

In Dutch oven, saute pork, curry, and garlic in hot oil until

browned. Stir in broth, 1 cup apple juice, potatoes, tomatoes, carrots, onion, chili peppers, and oregano. Bring to a boil and reduce heat to low. Cover and simmer 30 minutes or until pork and vegetables are tender. Stir together remaining ½ cup apple juice and flour; add to Dutch oven. Cook and stir until mixture is thickened. Spoon stew into soup bowls. If desired, top with sour cream and chopped fresh cilantro. Serves 6.

CREAMY PUMPKIN SOUP

1 medium onion, chopped
2 tablespoons butter
2 cans (14½-ounces each) chicken broth
2 cups sliced peeled potatoes
2 cups cooked or canned pumpkin
2-2½ cups milk
½ teaspoon ground nutmeg
½ teaspoon salt
¼ teaspoon pepper
1 cup sour cream
1 tablespoon chopped fresh parsley
3 bacon strips, cooked, crumbled

In a large saucepan, saute onion in butter until tender. Add broth, potatoes, and pumpkin; cook until potatoes are tender, about 15 minutes. Remove from heat; cool. Puree half the mixture at a time in food processor until smooth; return all to pan. Add milk, nutmeg, salt and pepper; heat through. Meanwhile, combine sour cream and parsley. Spoon soup into bowls; top each with a dollop of sour cream and sprinkle with bacon. Yield: 6 servings.

SAVORY VEAL STEW

2½ pounds veal for stew, cubed
¼ cup all-purpose flour
3 tablespoons olive oil
1 large onion, coarsely chopped
3 large cloves garlic, crushed
1 can (13¼-ounces) chicken broth
2 teaspoons dried thyme leaves, crushed
1 pound baby carrots
1 pound small red potatoes, halved
1 cup frozen peas

In large bowl, combine flour, ½ teaspoon salt and ½ teaspoon pepper. Add veal; toss to coat. In Dutch oven, heat half the oil over medium heat until hot. Add veal (½ at a time) and brown evenly, stirring occasionally; add remaining oil as needed. Remove veal.

Add onion and garlic to pan; cook and stir one minute. Gradually stir in broth and thyme. Re-



A bowl of homemade soup and chunks of crusty bread are sure to satisfy the hungriest appetites.

turn veal; bring to a boil. Reduce heat to low; cover tightly and simmer 45 minutes.

Add carrots and potatoes; continue simmering, covered, 30 minutes or until veal and vegetables are tender. Skim fat. Stir in peas; heat through. Makes 4 servings.

Nat. Cattlemen's Beef Assoc.

HEARTY POTATO SOUP

6 medium potatoes, peeled, sliced
2 carrots, diced
6 celery stalks, diced
2 quarts water
1 onion, chopped
6 tablespoons butter
6 tablespoons all-purpose flour
1 teaspoon salt
½ teaspoon pepper
1½ cups milk

In a large kettle, cook potatoes, carrots, and celery in water until tender. Drain, reserving liquid and setting vegetables aside. In the same kettle, saute onion in butter until soft. Stir in flour, salt and pepper; gradually add milk, stirring constantly until thickened. Gently stir in cooked vegetables. Add one cup more of reserved cooking liquid until soup is desired consistency. Yield: 8-10 servings (about 2½ quarts).

Gib Knepp

CHEDDAR CHOWDER

2 cups boiling water
2 cups diced potatoes
½ cup sliced carrots
½ cup sliced celery
¼ cup chopped onion
1½ teaspoon salt
¼ teaspoon pepper
¼ cup butter
¼ cup flour
2 cups milk
2 cups shredded sharp cheddar cheese
1 cup cubed cooked ham

In a large saucepan, boil water, add potatoes, carrots, celery, onion, salt and pepper. Cover and simmer 10 minutes. Do not drain. Make white sauce with butter, flour, milk, and cheese; stir until melted. Add ham and undrained vegetables to white sauce mixture. Heat, don't boil. Makes 6-8 servings.

Debbie Stuff

Featured Recipe

Hearty or thin, clear or thick, hot or cold, soups have long been a menu favorite. Technically a soup is any liquid food in which a solid is cooked.

But combining vegetables, pasta, meat, and cheese often changes soup from a liquid form to a thick, full-of-flavor meal.

Originally chowders were primarily seafood mixtures, but later the word was also used for one vegetable or a combination along with meat or fish.

Today's featured recipe is a creamy ham and cheddar chowder that the 1990 Pennsylvania State Dairy Princess Kristen Metzker shared during her reign.

For those who are unaware, a great source of recipes is the Pennsylvania Dairy Princess and Promotion Services Inc.(PPDPS) Each year, they print a booklet of favorite recipes from each county dairy princess.

For a copy, check with your county dairy princess or con-

tact PPDPS at 23515 Range Rd., Union City, PA 16438 or call (814) 694-2661.

Enjoy this recipe.

CREAMY HAM AND CHEDDAR CHOWDER

4½ cups diced potatoes
1 cup diced carrots
1 cup diced broccoli
½ diced onion
1 tablespoon salt
½ teaspoon pepper
5 cups milk
1 cup flour
4 cups cheddar cheese, shredded
2 cups diced cooked ham
5 cups water
½ cup butter

Cook veggies and water and spices for 10 minutes or until tender. Make white sauce in heavy pan with butter, flour and 3 cups milk. Heat over medium heat, stirring until it thickens and boils. Add cheese and lower heat to simmer. Add ham and undrained veggies. Gently stir to mix veggies through. Bring almost to a boil, but remove from heat before boiling. Serves 12-14.

CAULIFLOWER CHEESE SOUP

¼ cup water
2 tablespoons butter
½ cup carrots, shredded
½ cup chopped onions
2 cans cream of potato soup
2 cups milk
1 cup corn
1 cup cauliflower, coarsely chopped
1 cup shredded cheddar cheese
½ cup mozzarella cheese

Simmer water, butter, carrots, and onions until carrots are tender. Add soup, milk, corn, and cauliflower. Cook and stir over medium heat until vegetables are tender. Add cheese just before serving.

Nicole Powell
Clarion/Venango
Dairy Princess

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

January

26 — Superbowl Ideas

February

2 — Heart-Healthy Cooking
9 — Valentine' Day Sweets
16 — Weeknight Dinners