



# Home on the Range



## Winter Warmers — Soup's On

### RED CABBAGE SOUP

1 large onion, chopped  
1 pound ground beef, browned  
6 cups water  
½ medium cabbage, chopped  
3 tablespoons sugar  
1 teaspoon salt  
Dash pepper  
1 bay leaf  
3 tablespoons Worcestershire sauce  
12-ounce can tomato paste  
Combine ingredients and bring to a boil. Simmer until cabbage is tender. Use regular green cabbage. It is the juice that turns it red.

Leona Matz  
Galeton

### GERMAN POTATO SOUP

3 slices bacon  
3 cups diced, peeled potatoes  
1 small onion, chopped fine  
2 stalks celery  
½ teaspoon salt  
¼ teaspoon pepper  
Rivels  
1 can canned milk  
3 tablespoons butter  
Chop bacon fine, fry until crisp and brown. Put bacon in large saucepan. Add potatoes, onion, celery, salt and pepper. Cover with water and cook until vegetables are tender about 25 minutes. Dribble rivels into gently boiling soup, stirring constantly so they stay separate. Add milk and butter, cook 10-15 minutes.

Rivels: Pour 1 cup flour on a flat surface. Make a well in the center, pour in slightly beaten egg to which 1 teaspoon salt has been added. Using your hands and a knife, work these three ingredients together into a noodle-type pastry. Knead a couple of times. Chop into small pea-sized pieces. Serves 6-8.

Leona Matz  
Galeton

### HAMBURG SOUP

1 small onion, diced  
1 pound ground beef, browned, drained  
46-ounce can V-8 juice  
10-ounce can cream of mushroom soup  
¼ teaspoon garlic salt  
1 package frozen mixed vegetables  
Combine ingredients and cook vegetables until soft.

Leona Matz  
Galeton

### BROCCOLI CHEESE SOUP

2 cups cooked noodles  
10-ounce package frozen broccoli, thawed  
3 tablespoons chopped onion  
2 tablespoons butter  
1 tablespoon flour  
2 cups cubed processed Velveeta cheese  
Salt to taste  
5½ cups milk  
Combine all ingredients in a crockpot. Stir to blend. Cook on low for 4 hours. Serves 8.

Laura Blauch  
Lebanon Co. Dairy Princess

### ITALIAN WEDDING SOUP

½ pound ground beef  
1 egg, slightly beaten  
2 tablespoons dry bread crumbs  
1 tablespoon Parmesan cheese  
½ teaspoon basil  
½ teaspoon onion powder  
5¼ cups chicken broth  
2 cups spinach  
½ cup Orzo macaroni, uncooked  
¼ cup chopped carrots  
In medium bowl, combine meat, eggs, bread crumbs, cheese, basil, and onion powder. Shape into ¼-inch meatballs.  
In large saucepan, heat broth to boiling, stir in orzo, spinach, carrots, and meatballs. Return to boiling. Reduce heat to medium. Cook at slow boil for 10 minutes or until pasta is tender. Stir frequently to prevent sticking. Serve with additional Parmesan cheese if desired.

Mrs. Nevin Wenger  
Chambersburg

### FIFTEEN BEAN SOUP

20-ounce bag of 15-bean soup beans  
1 large onion, chopped  
28-ounce can tomatoes  
1 teaspoon chili powder or red pepper  
Juice of 1 lemon  
1 clove minced garlic  
Salt and pepper to taste  
Ham packet (in bean bag)  
Wash beans. Place in pan or kettle. Cover with water and 2 tablespoons salt. Soak overnight. Drain, add 2 quarts water. Add ham hocks or smoked sausage. Bring to a boil. Simmer slowly 2½-3 hours. Add onion, tomatoes, chili powder, lemon juice, garlic, salt, and pepper. Simmer 30 minutes more. Add contents of ham packet and simmer 1-2 minutes. Serves 4.

Jean Walter  
Sinking Spring

### ITALIAN BEEF STEW

1-2 pounds chuck roast, cut in cubes  
2 (16-ounce) bags frozen cavetelli noodles  
32-ounce jar spaghetti sauce  
2 carrots sliced  
2 cloves garlic  
¼ cup olive oil  
Salt and pepper to taste  
1 teaspoon onion salt  
Grated parmesan cheese  
In a large Dutch oven, saute garlic and carrots in olive oil; add beef cubes, cooking until browned. Add salt, pepper, onion salt to the beef, then add spaghetti sauce. Cover and cook slowly for 2 hours or until beef is tender.

Cook cavetelli until al dente, drain, add to beef. Serve in a large bowl topped with your favorite grated cheese. Serves 6-8.

Variations: A small amount of grated cheese and red wine can be added to the sauce while cooking.

Best if served with Italian salad, Italian bread, and butter.

*We gave eaten this dish every Christmas Eve for the last 15 years.*

Bernadine Selzer  
Reading

### CABBAGE SOUP

3 tablespoons butter  
1 pound cabbage, shredded (about 5 cups)  
1 cup onions, thinly sliced  
6 cups chicken broth  
1 teaspoon salt  
½ teaspoon pepper  
¼ teaspoon nutmeg  
½ cup uncooked rice  
1 cup shredded Gruyere cheese  
In a 4-quart kettle, melt butter; add shredded cabbage and sliced onions. Cook over medium heat for 10 minutes. Add broth and seasonings; cook covered for 10 minutes more. Add rice and cook 20 minutes longer for softer rice. Serve in bowls and garnish with shredded cheese. Serves 6-8.

*During Lent our church served a bread and soup supper. This was one of the soups hailed by all. Originally the recipe was from Yankee Magazine.*

Helen Murdock  
Topton

### BROWN POTATO SOUP

3-4 medium potatoes  
3 hardcooked eggs  
1 quart milk  
1 tablespoon butter  
4 tablespoons flour  
Salt and pepper to taste  
Cook potatoes until soft and dice. Boil eggs, cool, and dice. Put potatoes in kettle, add milk, and butter. Brown flour in pan on low heat stirring until light brown. Stir into milk. Cook until thickened. Add eggs, salt and pepper. Serves 4.

Vicki Rogers  
Lancaster



Chili and other beans offer many alternatives for taste, nutrition, and satisfaction.

## Featured Recipe

Did you know that more Americans sit down to sip a steaming bowl of soup in January than any other month.

That's one of the reasons Campbell Soup Company has named January National Soup Month.

Campbell's has been brewing broth, soups, and stews since 1897 in order to accommodate consumers' cravings for soup. It's estimated that Americans consume more than 10 billion bowls in a year.

You don't need to rely on soup in a can. Make your own. It's often healthier and better tasting.

So many options for a variety of soups are available. Fay Strickler, home economist with the Berks County Extension, printed a booklet of soup recipes sent in by Berks Countians. A limited number of the recipe booklets are available for clients who go to the Leesport office to pick up a single copy.

Here is a recipe from Janet Withers, Blandon, and printed in the booklet.

### BLACK BEAN SOUP

2 pounds black beans  
¼ cup olive oil  
3 cups diced onions  
1 teaspoon minced garlic  
1 pound ham, cooked, shredded  
6 quarts water  
2 tablespoons cumin  
1 tablespoon dried oregano  
3 bay leaves  
2 teaspoons black pepper  
Pinch cayenne  
6 tablespoons parsley, chopped  
2 medium red bell peppers, seeded, diced, reserve for ¼ cup garnish  
¼ cup dry sherry  
1 tablespoon brown sugar, packed  
1 tablespoon fresh lime juice  
1 cup sour cream  
Salt to taste

Rinse beans and soak in a pot of cold water overnight; drain, rinse, and set aside. Heat the olive oil in a large soup pot over low heat. Add onions and garlic and cook until soft. Add beans, ham, and water to the pot. Stir in cumin, oregano, bay leaves, black pepper, cayenne, and parsley. Bring to a boil, reduce heat, and simmer uncovered until beans are tender and the liquid reduced by three-quarters, about 1½-2 hours.

Remove ham, cool, shred. Return ham to pot. Stir in sherry, brown sugar, lime juice, and diced red pepper. Simmer 30 minutes longer, stirring frequently. Season to taste. Garnish each bowl with a dollop of sour cream and a sprinkling of diced red pepper. Serves 8-10.

## 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

- 11 — Make It With Coffee
- 18 — Make It Healthy
- 25 — Breads, Muffins, More

### February

- 4 — Heart-Healthy Recipes