

## Old-fashion soups are still easy to make

These are the doldrum days, when you want to hole up with a good book and a big pot of soup simmering on the stove. No fuss — just a hearty, homemade meal-in-a-bowl, simply seasoned, tasting of all the good ingredients that went into it.

Old-fashioned Chicken and Corn Chowder is a thick, homey-tasting brew, amazingly simple to make and cooked in only a few minutes. It tastes even better the next day if there's any left; with cornbread squares and a simple salad it fits easily into the company category. It's based on leftover cooked chicken and canned corn.

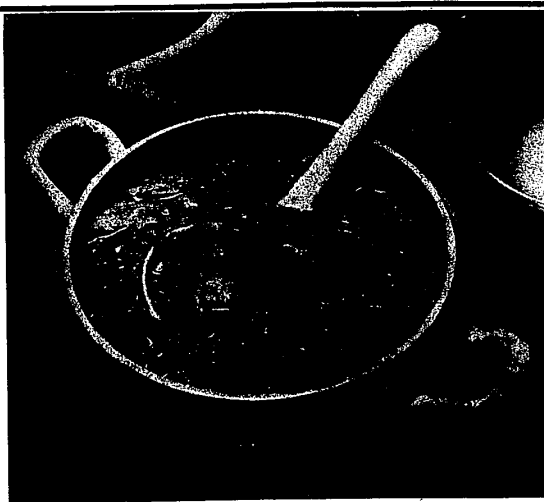
### OLD-FASHIONED CHICKEN AND CORN CHOWDER

- 2 Tbsp. vegetable oil
- 1 cup chopped onions
- 1 cup chopped celery
- 3 Tbsp. flour
- 3 cup chicken broth
- 2 cans (12 oz.) kernel corn undrained
- 2 cups cooked chicken cubes
- 1 cup milk
- 3/4 tsp. worcestershire sauce
- 2 Tbsp. chopped parsley

In a large sauce pot heat oil until hot. Add onions and celery; sauté until tender, about 5 minutes. Stir in flour. Gradually add chicken broth; bring to a boil. Add corn, chicken, milk and worcestershire sauce. Simmer, just until hot and flavors blend. Ladle into bowls and sprinkle with parsley, if desired. Yield: 8 cups.

### HEARTY BEEF AND SAUSAGE SOUP

- 1 Tbsp. salad oil



- 1 lb. stewing beef in 1/2-inch cubes
- 1 lb. sweet Italian sausage links, sliced
- 1 can (28 oz.) tomatoes, broken up
- 2 1/2 cups water
- 1 cup chopped onions
- 1 tsp. salt

- 1 Tbsp. worcestershire sauce
- 2 cup peeled potatoes in 1/2-inch cubes
- 1 cup sliced celery

In a large sauce pot, heat oil until hot. Add beef; brown on all sides; remove with a slotted spoon and set aside. Add sausage and brown in both sides. Drain off drippings. Add tomatoes, water, onions, salt, worcestershire sauce and reserved beef. Bring to a boil; reduce heat and simmer, covered, until beef is almost tender, about 1 1/2 hours. Add potatoes and celery. Simmer, covered, until vegetables and meat are tender, about 20 minutes. Yield: Six to eight portions.

## Boneless meat cuts can be money-savers

Have you discovered that most cookbooks are long on roasting charts and short on recipes using a single pound? You're discouraged about what to buy. The secret is to search out the boneless meat cuts. Sometimes a special on boneless pot roast prices is below stew meat. Simply buy the roast and cut it up for stew meat yourself.

Nutritionally, one pound of boneless beef will provide six 2-oz. servings of cooked meat. Americans are big meat eaters, so you've got to decide if it does look like enough meat to feed your family.

If your recipe is mostly meat, four servings per pound is the norm. When vegetables are included, the number goes up to six servings or maybe eight depending on the final volume.

"Watch your local supermarkets for the specials," says Jeanne M. Sowa of the Michigan Beef Industry Commission. "With a little ingenuity, you can work around the cut to give you a nutritious, satisfying main entrée with 1 pound of meat."

These dishes could range from steaks, stews, pot roast, casseroles, meat pies, skillet combinations, meat loaves, meatballs and patties and soups. Here is a recipe for Shaker Beef Goulash that includes only 1 pound of beef cubes, yet it's full of beef, rutabaga, carrot and herbs. It can cook for a long time, so put it together, and using slow cooking, just forget about it.

To make it table pretty, wreath the serving dish with hot mashed potatoes.

### SHAKER BEEF GOULASH

- 1 Tbsp. all purpose flour
- 1 tsp. salt
- Dash pepper
- 1 lb. stew meat, in 1-inch cubes
- 1 Tbsp. cooking oil
- 1 medium onion, sliced
- 1 cup water
- 1/2 cup apple juice
- 1 medium rutabaga, peeled and diced (about 2 cups)
- 3 large carrots, peeled and diced (about 1 cup)
- 1 cup water
- 1 Tbsp. snipped parsley
- 3/4 tsp. salt
- 1/4 tsp. dried marjoram, crushed
- 1/4 tsp. dried thyme, crushed
- 1/2 cup water
- 2 Tbsp. all purpose flour

In paper or plastic bag, combine the 1 tablespoon flour, the 1 teaspoon salt, and the pepper. Add beef cubes, few at a time, shaking to coat. In large sautépan, brown beef in hot oil; add onion, the first cup of water and apple juice.

Cover and simmer for 1 1/2 hours or till meat is tender. Add rutabaga, carrots, and the second cup of water, the parsley, the 3/4 teaspoon salt, the marjoram and thyme. Simmer covered till vegetables are tender (about 30 minutes). Blend together remaining water and flour; stir into mixture.

Cook and stir till thickened and bubbly. Transfer to serving dish; spoon mashed potatoes around edge. Makes four to five servings.



## Carrot soup: It's great year-round

The flavors of garden-fresh carrots, savory chicken broth, creamy butter and milk combine for hearty eating. A garnish of bacon and cheese and crackers on the side complete the mini-meal that will sustain armchair athletes until the final gun. Golden Carrot Soup could be the perfect partner for a favorite sandwich or just enough for a light luncheon.

### GOLDEN CARROT SOUP

- 1/4 cup butter
- 2 cup (4 medium) grated carrots
- 3 Tbsp. all-purpose flour
- 1 can (13 1/2 oz.) chicken broth
- 1/2 cup milk
- 2 Tbsp. cooked, crumbled bacon
- 1/4 tsp. each salt and white pepper
- Cooked, crumbled bacon

In 2-quart saucepan melt butter. Add carrots. Cover, cook over medium heat, stirring occasionally, until carrots are crisply tender (8-10 minutes). Stir in flour until smooth. Stir in remaining ingredients. Continue cooking, stirring often, until soup comes to a full boil (10-14 minutes). Boil 1 minute. Serve hot. Garnish with crumbled bacon. Yields four 1-cup servings.

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