

Try this super beef soup with southern vegetables

Beef soup is surely one of winter's most appreciated entrees, but it can also become one of the most routine if it is made each time with the same basic vegetables and seasonings. However, with so many different and delicious vegetable and seasoning combinations to choose from, there are enough beef soup variations to keep the family warm and happy all winter long.

To help you break the same-soup-for-supper habit, here's a recipe for flavorful Beef-Okra Soup made with a medley of favorite Southern vegetables. In addition to the okra, the chunks of beef are cooked with tomatoes, corn, onion and green pepper. Red pepper pods and garlic lend special flavor appeal to the beef as it gently simmers to tenderness.

A beef soup such as this one is popular in the post-holiday season not only for its satisfying hearty goodness but also for its economy. During this time of year when most families are particularly budget-conscious, beef for stew

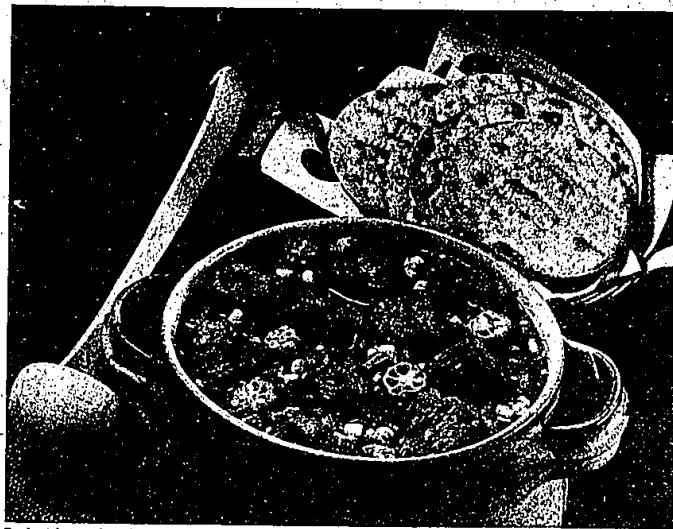
is a good buy for it provides delicious beef flavor at an economical price. The chunks of beef also help stretch the budget for they are boneless, with little waste.

Beef for stew is more economical than many beef cuts for it is cut from less tender sections of beef such as the chuck, fore shank, short plate and round. These sections are in less demand than tender sections such as the rib and short loin and therefore, carry a lower price tag. While beef for stew may not be naturally tender, it will be tender and delicious when simmered in liquid.

BEEF-OKRA SOUP
 1 lb beef for stew, cut into 1-lb pieces
 1 tbsp cooking fat
 3 cups water
 2 tsp sugar
 ¼ tsp salt
 ¼ tsp red pepper pods

1 clove garlic, minced
 2 tsp flour
 1 can (16 ounces) tomatoes
 1 large onion, chopped
 1 can (8 ounces) whole kernel corn
 ¼ cup chopped green pepper
 1 package (10 ounces) frozen cut okra
 Brown beef in cooking fat in Dutch oven. Pour off drippings. Add water, sugar, salt, red pepper pods and garlic. Cover lightly and simmer 1 hour. Drain tomatoes. Combine flour with ¼ cup tomato liquid; stir into beef. Add tomatoes, remaining tomato liquid and onion and continue cooking, covered, 30 minutes or until meat is tender. Stir in corn, green pepper and okra and continue cooking 10 to 12 minutes. 4 servings of ¼ cups each.

Salad is always a good choice to serve with a hot and hearty soup. Especially tasty will be a lettuce salad tossed with a variety of crisp and colorful vegetables. Accompany the soup and salad combo with favorite crackers, then end the meal with fresh fruit and cookies.



Perfect for a winter's day is this hearty soup made with lots of beef, okra, corn and tomatoes.

Meatless cooking classes set

Every year thousands of families decide to change their eating habits. There are many reasons. Some would like to cut down on the high fat in their diet, others are concerned with cholesterol, FDB and other additives fed to livestock. Other families simply can't afford to buy meat.

Most nutrition experts and dietitians agree that Americans eat too much meat and hard fat, and the way to change those habits is to exchange red meats for vegetables and other protein sources.

If one of your New Year's resolutions is to cut down, or cut meat out of your diet, you should learn how to make the

transition sensibly. One way to do that is to participate in the "Creative Cooking Without Meat" classes that will be part of the Better Living Seminars conducted by Dr. Arthur Weaver, associate professor of surgery at Wayne State University.

Four two-hour classes will include cooking demonstrations and discussions about adequacy of proteins, meal planning, cholesterol-free dishes, low-sugar desserts and more. The evening will provide audiovisuals, food samples and the latest nutritional information.

Classes are scheduled for 7 p.m. January 17, 20, 24 and 25 at Plymouth

Canton High School, 8415 Canton Center, Canton. Donations to cover the cost of the materials will be requested at each class, although there will be no formal charge for the seminar.

Those interested in registering for the cooking school should write: Better Living Seminars, P.O. Box 574, Plymouth, Mich. 48170, or call 455-2283 between 9 a.m. and 5 p.m. weekdays.

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<p>SQUARE PIZZA</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; text-align: center;">Small</td> <td style="width: 33%; text-align: center;">Large X-Large</td> </tr> <tr> <td></td> <td style="text-align: center;">6 pcs. 12 pcs. 24 pcs.</td> <td style="text-align: center;">6 pcs. 12 pcs. 24 pcs.</td> </tr> <tr> <td>CHEESE.....</td> <td style="text-align: center;">2.99</td> <td style="text-align: center;">4.74</td> </tr> <tr> <td>CHEESE & ONE ITEM.....</td> <td style="text-align: center;">3.39</td> <td style="text-align: center;">5.24</td> </tr> <tr> <td>CHEESE & TWO ITEMS.....</td> <td style="text-align: center;">3.79</td> <td style="text-align: center;">5.99</td> </tr> <tr> <td>CHEESE & THREE ITEMS.....</td> <td style="text-align: center;">4.19</td> <td style="text-align: center;">6.74</td> </tr> <tr> <td>CHEESE & FOUR ITEMS.....</td> <td style="text-align: center;">4.59</td> <td style="text-align: center;">7.49</td> </tr> <tr> <td>Maria's SPECIAL 7 Items.....</td> <td style="text-align: center;">4.99</td> <td style="text-align: center;">8.49</td> </tr> <tr> <td>Maria's DELUXE.....</td> <td style="text-align: center;">5.99</td> <td style="text-align: center;">8.49</td> </tr> </table> <p>Deep Dish Pizzas: CHOICE OF ITEMS: Pepperoni, Bacon, Ham/Burgers, Green Pepper, Anchovies, Ham, Mushrooms, Onions, Black Olives, Italian Sausage Baked at No Extra Charge Taking Instructions: Rise 20 Minutes Bake 425 degrees for 30 Minutes</p>		Small	Large X-Large		6 pcs. 12 pcs. 24 pcs.	6 pcs. 12 pcs. 24 pcs.	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