

# Chicken vegetable soup is a good wintry meal

Brrrr. It's cold out there. Tim for a super soup supper, don't you think? Thanks to Freda Bloom of Southfield, this week's Winner Dinner soup that is an ideal way to use use of any vegetables languishing in your refrigerator. It is also a hearty, one-dish meal bound to satisfy those who eat it, not to mention the person doing the dishes.

Bloom is the mother of two grown daughters and works full-time in women's retail. Her hobby is cooking, and she reads cookbooks the way other people read novels. Through her reading and studying she has developed many new recipes, and finds cooking to be a pleasurable necessity.

Some of her favorite recipes have been compiled into a family cookbook she gave her older daughter. She is now in the process of making another cookbook for her younger daughter who is planning to marry this summer. She enjoys writing and eventually hopes to publish a cookbook of some of her favorite recipes.

THANK YOU, Freda Bloom, for sharing your delicious recipes with us and congratulations on being this week's Winner Dinner Winner. Good luck with your cookbook.

Until next week, all the best and if anyone asks you what you are planning to serve for dinner, just tell them that you have a soupcon that soup's on for dinner this week.

Submit your recipes, to be considered for publication in this column or elsewhere, to Winner Dinner, P.O. Box 2607, Birmingham 45012. All submissions become the property of the publisher. Each week's winner receives an apron with the words Winner Dinner Winner on it.

Recipes are printed the same size so that you may clip and save them in a three-ring binder. Use a paper punch to make holes in the clipping or paste the clipping on a blank sheet of three-ring notebook paper. Another option is to simply file the clippings in a folder with pockets that will hold them.



family-tested winner dinner

Betsy Brethen



Free Bloom of Southfield serves Homemade Chicken Vegetable soup with Cottage Cheese Dairy Meal.

## Recipes

### HOMEMADE CHICKEN VEGETABLE SOUP

Served piping hot and chock-full of vegetables, this tasty soup can be made in advance and promises to be a heartwarming and filling meal. Freeze any soup that is left over and you will have at least a snack and, depending on the amount, perhaps even another meal all ready and waiting.

This recipe makes a thick soup and is a wonderful way to be creative and use up any vegetables you have on hand. If you prefer soup a little thinner, simply add more water or chicken broth. Serves 6-8.

- 1 can stewed tomatoes
- 1 small can tomato juice
- 1 can tomato paste, 6-ounce size
- 2 1/2 cups water
- 3 pieces chicken, any size, for flavor
- 2 fresh carrots, diced
- 1 small can mixed peas and carrots, 8-ounce size, drained
- 1 onion, diced
- 1 potato, cubed
- 1 cup turnips, cubed
- 1 cup shredded cabbage
- 1 cup fresh string beans, cut into 1/2-inch pieces or 1 can string beans, 8-ounce size, drained
- 1 box frozen lima beans, 10-ounce size
- 1 box frozen corn, 10-ounce size

Combine the first 12 ingredients in a soup pot and cook until medium heat for 15 to 20 minutes or until your type

of stove. Add lima beans, corn and string beans and cook for another 1/2 hour. Stir frequently to prevent scorching, and season to taste. Remove chicken pieces and take the meat off the bones. Chop meat into bite-sized pieces and return to the pot.

Cool to room temperature and refrigerate. Before serving, skim off any accumulated fat. Serve with crackers.

### COTTAGE CHEESE DAIRY MEAL

Good for dessert or little snack. These dried fruits are best when served right out of the oven. Serves 6.

- Dough
- 3 cups all-purpose flour
- 1 cup oil
- 1 cup plus 2 tablespoons milk

- Filling
- 2 cups cottage cheese
- 2 tablespoons plus 2 teaspoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons milk
- Dash of nutmeg

Blend the flour, oil and milk knead to make a dough and chill for 15 minutes. Roll out dough and divide dough into 6 long strips. Combine the cottage cheese, sugar, cinnamon, milk and nutmeg. Place a heaping amount of the cheese filling on each section of dough. Fold the strip of dough and pinch the edges to seal. Place on a greased cookie sheet and bake for 15 minutes at 350 degrees F.

## Shopping List

- 1 can stewed tomatoes, 15-ounce size
- 1 small can from a 6-pack of tomato juice
- 1 can tomato paste, 6-ounce size
- 3 pieces chicken
- Carrots
- 1 can mixed peas and carrots, 8-ounce size
- Fresh green beans or 1 can string beans, 8-ounce size
- 1 onion
- 1 potato
- Turnips
- Small head of cabbage
- 1 box frozen lima beans, 10-ounce size
- 1 box frozen corn, 10-ounce size
- Flour
- Oil
- Milk
- Cottage cheese
- Sugar
- Cinnamon
- Nutmeg

## Notes

## Salami and vinegar make beans zingy

AP: Salami and tarragon vinegar add zip to frozen beans. Cut or whole green beans suit this vegetable fix-up just as well.

**ZESTY GREEN BEANS**  
One 9-ounce package frozen Italian-

style green beans  
1/2 cup sliced green onions  
1 clove garlic, minced  
1 tablespoon margarine or butter  
1 ounce salami, cut into thin strips (about 1/4 cup)  
2 tablespoons tarragon vinegar or

wine vinegar  
1 tablespoon snipped parsley  
Dash pepper

Cook beans according to package directions. Drain well. Set aside. Meanwhile, in a small saucepan

cook and stir onion and garlic in hot margarine or butter until tender but not brown. Add salami, vinegar, parsley and pepper. Cook and stir for 1 minute. Stir in beans and cook until heated through. Makes 4 servings.

Convenient Shopping and Personal Service

## COUNTRY RIDGE QUALITY MARKET

SALE PRICES EFFECTIVE  
FEB. 18, 1991 THROUGH MAR. 3rd, 1991

BUTCHER HOUSE PLUS FINE SELECTION OF LIQUOR, BEER & WINE, AND GROCERIES

1102 Haggerty Rd.

Just South of 14 Mile Rd.

OPEN FOR YOUR CONVENIENCE  
Mon-Thurs 9-10 Fri & Sat 9-11 Sun 9-9

PHONE  
661-9900

WE BAKE  
FRESH  
DAILY

USDA  
CHOICE  
FRESH MEATS!

LOTTO COMING SOON  
MARCH 20



WE ACCEPT

### G-R-O-C-E-R-Y

9 Lives  
Assorted Flavors  
6 oz. cans  
**4 for \$1.00**

Cottonelle  
4 Roll  
Pack  
**99¢**

B-A-K-E-R-Y Baked Fresh Daily  
BAKED FRESH SEVEN DAYS A WEEK

Garlic Stix  
2 for \$1.00 ea.  
**59¢**

Italian Bread  
**99¢ EA.**

P-O-P-B-E-V-E-R-A-G-E-S

Coke, Reg. & Diet,  
Classic, Sprite, Diet  
Sprite, Caffeine Free

12 Pks.  
Dtp.  
**\$2.99**

Cole  
2 Libr.  
**99¢**

D-A-I-R-Y

Melody Farms  
Homogenized  
Gallons  
**\$1.79**

B-E-E-R

Michelob  
12 oz.  
24 pk. cans  
**\$13.99**

Busch Beer  
12 oz.  
24 pk. Bottles  
**\$9.99**

### M-E-A-T D-E-P-A-R-T-M-E-N-T

U.S.D.A. Choice  
Rump Roast  
**\$1.99 LB.**

Grade A Fresh  
Pork Steaks  
**99¢ LB.**

Fresh Grade A  
Chicken Breast  
**99¢ LB.**

5 lbs. or more  
Lesser Quantities  
**\$1.89**

U.S.D.A. Choice  
Rib Steak  
**\$3.29 LB.**

U.S.D.A. Choice  
Eye of Round  
Roast  
**\$2.49 LB.**

U.S.D.A. Choice  
Cube Steaks  
**\$2.49 LB.**

U.S.D.A. Choice  
Stew Beef  
**\$1.99 LB.**

U.S.D.A. Choice  
Ground Sirloin  
**\$1.89 LB.**

Golden Acre  
Turkey Breast  
**99¢ LB.**

Fresh Grade A  
Boneless Center Cut  
Pork Roast  
**\$2.99 LB.**

U.S.D.A. Choice  
Ground Chuck  
**\$1.49 LB.**

5 LBS. OR  
LB. MORE  
Lesser Quantities  
**\$1.79 LB.**

### C-H-E-E-S-E - M-E-A-T-S - D-E-L-I

Winters Honey Ham.....**\$3.89 LB.**

Long Acre Chicken Breast.....**\$2.99 LB.**

Lipari Colby Cheese.....**\$2.49 LB.**

Lipari Monterey Jack.....**\$2.49 LB.**

L-E-N-T-E-N S-P-E-C-I-A-L-S

Ocean Perch  
**\$2.49 LB.**

Whitefish  
**\$3.49 LB.**

Cod  
**\$3.49 LB.**

Sea Scallops  
**\$5.69 LB.**

P-R-E-P-A-R-E-D F-O-O-D-S

Homemade Meatballs with Gravy.....**\$3.49 LB.**

Chicken Kiev.....**\$3.49 LB.**

City Chicken.....**\$2.99 LB.**

P-R-O-D-U-C-E

Idaho Potatoes  
5 LB.  
**99¢**

Green Peppers  
**25¢**

Bud Lettuce  
2 for \$1.00  
59¢ ea.  
**\$1.00**

Florida Oranges  
5 LB. BAG  
**\$1.99**

F-R-O-Z-E-N F-O-O-D

Green Giant  
Mixed Vegetables,  
Niblets Corn, Peas  
16 oz. Poly Bags  
**99¢**

Breyer's Ice Cream  
1/2 Gallon  
**\$2.89**