

Chicken vegetable soup is a good wintry meal

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

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

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 new book.

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 soupçon 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 3503, Birmingham 38012. Please, no poison, 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



JENNIFER COVINGTON/Staff photographer

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

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-

Observer & Eccentric Winner Dinner

Recipes

HOMEMADE CHICKEN VEGETABLE SOUP

Served piping hot and chunky, 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 sure you are getting enough vitamins you have on hand. If you prefer soup a little thinner, simply add more water or chicken broth. Serves 6 to 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, 6-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
1/2 box frozen lima beans, 10-ounce size
1/2 box frozen corn, 10-ounce size

Combine the first 12 ingredients in a soup pot and cook over medium heat for 15 to 20 minutes, depending on 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 bones and the meat off the bones. Chop meat into bite-sized pieces and return to the soup.

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

COTTAGE CHEESE DAIRY MEAL

Great for dessert or little cracks, these little treats are sure to be a hit right out of the oven. Serves 6.

Dough
3 1/2 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

Bring the flour, oil and milk, enough to make a dough and chill for 15 minutes. Roll out dough and divide dough into 6 long pieces. Combine the cottage cheese, sugar, cinnamon, milk and nutmeg. Place a heaping amount of the cheese filling on each piece of dough. Fold the strip of dough and pinch the edges to封口. Place on a prepared cookie sheet and bake at 350 degrees for 20 minutes.

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, 6-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

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.

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