Chasing winter chills

This recipe makes enough soup for at least a dozen people, maybe more. Cut all amounts in half for a smaller group, or make it all and freeze half for another day. It is a meal in itself, served with just a good bread and cheese and fruit.

1 12 cups dried kidney beans 3 to 4 cloves garlic 1 large onion, chopped 5 tablespoons offve oil

5 tablespoons office off 3 large potatoes, pale and clean-skinned 2 carrots 5 to 6 medium zucchini 1 to 1 % cups cut string beans 3 to 4 medium leeks, sileed (about %

Soak the beans overnight in enough water to keep them covered, then drain them and put them in a giant kettle (2-gailon, or larger) with 4 quarts of water. Add the garlic

SPINACH PIE
20 ounces fresh chopped spinach
6 green onlone, chopped
1 small onlon finely chopped
1 teaspoon sall
1 teaspoon geper
1 teaspoon dill weed
3 eggs
2 cups cottage cheese
1 's cups crumbled feat cheese
1 young crumbled feat cheese
1 young teaspoon

In a large saucepan saute onions in 2 tablespoons butter, stirring of a tablespoon so tablespoon

43 pound butter melted 15 sheets fillo pastry

BAKLAVA
I pound walnuts, chopped
la cup sugar
teaspoons cinnamon
teaspoon cloves

1 pound fillo pastry 1 pound butter melted Syrup — see recipe below

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Combine nuts, sugar and spices. Place 6 fillo sheets in a buttered 9-by-13-inch baking pan, folding the sheets to fit, and buttering each generously. Sprinkle 4 thin layer of nuts

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Simmer the beans for about 1 is simmer the beans for about 1 is Choose 3 large potatoes with healthy shins and scrub them thoroughly under running water. Cut them Into large pieces, without peeling, and add them to the pot. Slice the carrots and zucchin Ithickly and add them also, together with the cut string beans and sliced leeks. Season with some salt and pepiper, a little chopped parsley, a good pinch of celery seed, some basil, oregano and a pinch of marjoram. Simmer again for about 45 minutes. Slice thinly half a small head of savoy cabbage and add it to the soup along with the rice. If you can get the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large, beautiful rice of the Lomberty good of the large good of

parsley.
Serve steaming hot with a good bread and more Parmesan cheese if desired.

Recipe from "The Vegetarian Epicure" by Anna Thomas (Vin-

over fillo. Cover with 4 buttered fillo sheets. Continue, alternating fillo butter and nuts until all nuts are used. Top with 8 buttered fillo sheets. Cut into diamond shapes be-

Bake at 325 degrees for 1 hour or until golden brown. While pastry is baking prepare syrup.

Combine sugar, water, cinnamon stick and lemon juice. Boil gently for 15 minutes. Remove from heat and stir in honey. Pour warm syrup over hot bakla-va. Let stand I hour.

VEGETARIAN PITA SANDWICH

y Deli Anna PIA Santiwich 2 pila rounds 1 cup shredded lettuce 6 tomato silices 6 strips green pepper 's inch thick 2 red onin silices 's cup feta cheese, crumbled Kerby's Greek or Yogurt-Gueumber-dressing — see recipe below

Syrup
3 cups sugar
2 cups water
1 stick chanamon
Juice of half a lemon
2-3 teaspoons honey

Combine nuts, sugar and spices. Place

inch baking pan, folding the sheets to

6 fillo sheets in a buttered 9-by-13-

fit, and buttering each generously.

A Keros family tradition

CORN CHOWDER Serves: 4 to 6 I bacon, diced

pound be 4s pound bacon, diced
3 medium baking potatoes (about 6
ounces each), peeled and cut into 1inch chunks
1 medium onion, chopped
1 ts cups milk
1 17-ounce can cream-style corn
1 7-ounce can corn kernels, drained

tenspoon pepper

Place bacon in a 4-cup glass mea-sure. Cover with paper towel. Cook in microwave on high 5 to 6 inhutes, until bacon is crisp. Remove bacon with slotted spoon and set aside. Dis-card all but 1 tablespoon bacon drippings.

Place potatoes, onion and 1 table-spoon bacon drippings in a 2-quart eassevole. Cover and cook on high 7 minutes, stirring once. Stir in milk, bacon, cream-style corn and corn kernels. Cover and cook on high 10 to 12 minutes, until potatoes are tender. Add pepper and season with hot sauce and salt to taste.

Recipe from "365 Quick & Easy Microwave Recipes" by Thelma Pressman (Harper & Row, 1990).

Warm pitas in microwave or in skillet brushed with oil. Top each with half of vegetables. Sprinkle with feta and dressing. Fold each side inward and secure with a tooth-

Yogurt-Cucumber Dressing

1-2 cloves garlic, finely chopped 3 tablespoons paraley, minced Combine all ingredients; blend well. Variation: substitute sour cream for yogurt.

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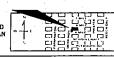
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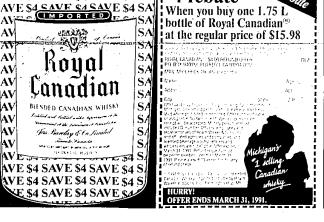
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