

## Hearty soups meal-in-a-bowl

Hearty, whole-meal soups with big, bold Texas flavors can be midweek menu mainstays. Served with crusty bread, corn bread or warm tortillas, they make super, speedy suppers.

Two new crowd pleasers from the Pace Picante Sauce Test Kitchens are great-tasting examples. Ready to serve in about half an hour each, the colorful combinations of readily available ingredients speed the way to Lone Star State flavor with San Antonio's own Pace Picante Sauce. Select mild, medium or hot, as you prefer, for just the desired degree of garden-fresh jalapeno "heat."

**San Antonio Smoked Turkey Soup** streamlines preparation with smoked turkey from the deli department and a bright mix of canned and fresh vegetables. Serve it with help-yourself toppings of sour cream, shredded cheese, cilantro and additional picante sauce for a casual Rio Grande-style supper.

**'Texas Two-Bean 'n' Tuna Soup** turns everyday tuna into fast fiesta fare. A quick combination of tuna, beans, picante sauce, tomatoes and savory seasonings, this family-pleasing meal-in-a-bowl soup freezes beautifully. Why not make a double batch?

**SAN ANTONIO SMOKED TURKEY SOUP**

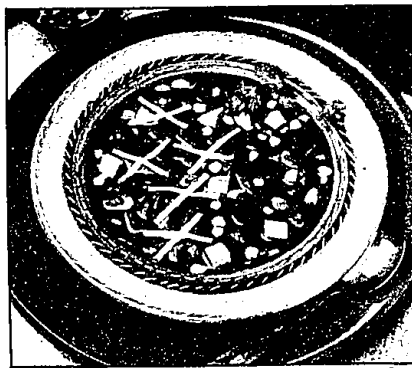
2 cans (14½ ounces each) stewed tomatoes, undrained, chopped  
1 can (about 14 ounces) chicken broth  
½ pound smoked turkey, cut into ½-inch cubes  
1 large green pepper, cut into ½-inch pieces  
1 can (7 ounces) whole kernel corn, drained  
¾ cup Pace Picante Sauce  
1 can (2½ ounces) sliced ripe olives, drained  
1½ teaspoons ground cumin  
1 teaspoon dried basil, crushed  
1 clove garlic, minced  
½ cup sliced green onions

**Optional toppings:** Sour cream, shredded cheese, chopped cilantro

Combine all ingredients except onions and optional toppings in large saucepan. Bring to a boil; reduce heat and simmer 10 minutes. Stir in onions; heat through. Ladle into soup bowls; top as desired and serve with additional picante sauce. Makes 6 servings, about 7½ cups soup.

**TEXAS TWO-BEAN 'N' TUNA SOUP**

1 large onion, chopped  
2 cloves garlic, minced  
1 tablespoon vegetable oil



PACE PICANTE SAUCE

**Speedy soup:** For a family-pleasing meal in a bowl with the bold and spicy taste of Texas, look to San Antonio Smoked Turkey Soup. Team smoked turkey from the deli department with a quick mix of canned and fresh vegetables, and savory seasonings.

1 can (16 ounces) whole tomatoes, undrained, chopped  
1 can (16 ounces) kidney beans, rinsed and drained  
1 can (16 ounces) pinto beans, rinsed and drained  
1 can (about 14 ounces) chicken broth  
1 large green pepper, cut into ½-inch pieces  
¾ cup Pace Picante Sauce  
1½ teaspoons chili powder

1½ teaspoons ground cumin  
1 can (7 ounces) water-packed tuna, drained  
¾ cup chopped cilantro  
Cook onion and garlic in oil in large saucepan until onion is tender. Add remaining ingredients except tuna and cilantro; bring to a boil. Reduce heat, cover and simmer 18 minutes. Stir in tuna and cilantro. Ladle into soup bowls; serve with additional picante sauce. Makes 6 servings, about 7½ cups soup.

## Sample vegetarian fare at Great American Meat-Out

Mark your calendars, HARE — Humanitarians for Animal Rights Education, is planning the Great American Meat-Out noon to 3 p.m. Saturday, April 3, at the Royal Oak Public Library on 11 Mile Road, east of Main Street.

The Great American Meat-Out is an educational event that serves to enlighten the public about healthy alternatives to a meat-based diet. Sample deli-

cious meatless dishes.

Videos will be shown that address the connection between our eating habits and health, the environment, and animal cruelty.

There is no charge to attend. Local HARE members include Mary Melville of Farmington Hills, Lynn Donnell of Livonia, Steve and Karen Bowers of Farmington Hills, and Mike Chlado of Plymouth.

## Creamy vegetable risotto delicious, very low in fat

**AP** — Creamy Vegetable Risotto is an updated version of a creamy rice dish — a classic in Italy. Instead of slowly stirring the broth into a special Italian-grown arborio rice, the following recipe gets its creamy texture by cooking regular long grain rice with milk.

At the very end, a smooth mixture of cottage cheese, yogurt and Parmesan cheese is swirled in for extra richness and flavor, making it a healthful, delicious dish, high in carbohydrates and very low in fat. Serve with crusty Italian bread and a green salad.

### CREAMY VEGETABLE RISOTTO

½ cup low-fat cottage cheese  
¼ cup plain low-fat yogurt  
2 tablespoons grated Parmesan cheese  
1¼ teaspoons salt  
½ teaspoon ground black pepper  
3 cups low-fat milk  
1 cup long grain rice (not converted)

½ cup chopped sweet red bell pepper  
1 cup zucchini, quartered and sliced  
1 cup sliced mushrooms

In a food processor fitted with a metal wing blade or in an electric blender combine cottage cheese, yogurt, Parmesan cheese, salt and black pepper; process until smooth, about 10 seconds; set aside. In a medium saucepan bring milk just to a boil, but do not boil. Stir in rice; reduce heat and simmer, covered, for 10 minutes. Stir in red pepper, zucchini and mushrooms; simmer, covered, until rice is tender, 5 to 8 minutes longer (not all of the liquid will be absorbed.) Remove from heat; stir in cottage cheese mixture and serve immediately. Makes 4 main-dish servings.

**Nutrition information per serving:**  
299 cal., 4 g fat, 15 g pro., 50 g carb., 327 mg calcium, 29 mg vit. C., 5 mg iron. Recipe from: National Dairy Board.

## Sushi made with delicious rice-cheese mixture

**AP** — This sushi is made with a mixture of rice and cheese, spooned onto slices of cucumber. The rice-cheese mixture is topped with a slice of carrot and a sprig of watercress.

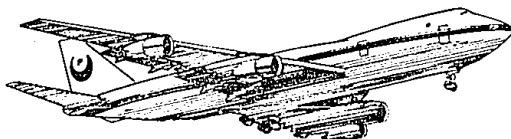
### ORIENTAL-STYLE SUSHI

3 cups hot, freshly cooked white rice  
6 ounces baby blue or baby brie Saga cheese (about ½ baby wheel), softened  
Medium-size cucumbers,

peeled and cut into thirty-six ¼-inch slices  
Dijon mustard, to taste  
Medium-size carrots, peeled and cut into thirty-six ¼-inch slices  
36 small watercress sprigs or leaves

With a fork, mix rice with cheese. Arrange cucumber slices on a tray. Place a small dab of mustard on each cucumber slice. Cover with a slightly rounded tablespoon of the rice mixture. Top with a carrot slice and a sprig of watercress. Makes 36 hors d'oeuvres.

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