

Stews make inviting cold weather meals

Whether they're called stews, ragouts or fricassees, a slow-simmered combination of meat or poultry has universal appeal. And almost every country has its own way with this favorite form of cookery.

What is probably the most popular meat stew begins with beef cubes that are quickly browned, then slowly simmered with vegetables, liquid and herbs. The French call it *Ragout de Boeuf*, the Italians, *Stufatino alla Romana*, and the Belgians, *Carabonnade Flamande*.

In deference to international stews, there's Swedish Stew. Brussels sprouts, Campbell's Condensed Onion Soup, allspice and thyme turn two pounds of beef cubes into a continental entree. Served over noodles, the stew is perfect for family dinners as well as casual entertaining.

Looking for economical ways to jazz up chicken? Here are two. The first: *Caribbean Chicken Stew* combines chicken with potatoes, peas and pimiento-stuffed olives in a mixture of Campbell's Condensed Cream of Chicken Soup and dry white wine. Convenient and colorful, *Caribbean Chicken Stew* offers a new and different way to prepare thrifty poultry.

Another variation on the chicken stew theme: *Country Chicken Fricassee*. This old-fashioned, Sunday-supper chicken stew serves six inexpensively, but well. Carrots, onions, nutmeg, parsley and lemon slices combine for a Belgian-inspired stew. This stew is slimmed down from most fricassees because convenient Campbell's Condensed Cream of Celery Soup replaces the usual calorie-laden heavy cream and egg yolks.

African Ragout is another international stew sampler. Boneless lamb shoulder, simmers in a mixture of Campbell's Condensed Tomato

Soup, onion slices and garlic, then is combined with potatoes and frozen whole okra. This zesty ragout needs only a salad, some crusty bread and fresh fruit to turn it into a budget-saver dinner that looks and tastes like something special.

Whether you're seeking a main course that's unusual or "down home," you can't go wrong with stew. Its popularity endures because it saves the budget, pleases the palate and makes meal-planning easier than ever for the cook.

Swedish Stew

- 2 pounds beef cubes (2 inch)
- 2 tablespoons shorting
- 1 can (10 oz) condensed onion soup
- 1/2 teaspoon ground allspice
- 1/2 teaspoon thyme leaves, crushed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 packages (10 oz ea) frozen Brussel sprouts
- 1/4 cup water
- 2 tablespoons flour
- 1 cup sour cream
- cooked noodles

In large heavy pan, brown beef in shortening; pour off fat. Add soup and seasonings. Cover; cook over low heat 2 hrs. Add Brussels sprouts. Cook 20 minutes more or until done. Stir occasionally. Gradually blend water into flour until smooth; slowly stir into sauce. Cook, stirring until thickened. Gradually stir in sour cream; heat. Serve over noodles. Makes about 7 cups, 6 servings.

Caribbean Chicken Stew

- 2 pounds chicken parts
- 2 tablespoons shorting
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1/2 cup Chablis or other dry white wine
- 2 medium potatoes, quartered

- 1/2 cup chopped onion
- 2 medium cloves garlic, minced
- 1 medium bay leaf
- 1 tablespoon paprika
- 1 package (10 oz) frozen peas
- 1/4 cup sliced pimiento-stuffed olives

In large heavy pan, brown chicken in shortening; pour off fat. Add soup, wine, potatoes, onion and seasonings. Cover; cook over low heat 30 minutes. Add peas and olives. Cook 15 minutes more or until done; stir occasionally. Thicken if desired. Makes 4 servings.

Country Chicken Fricassee

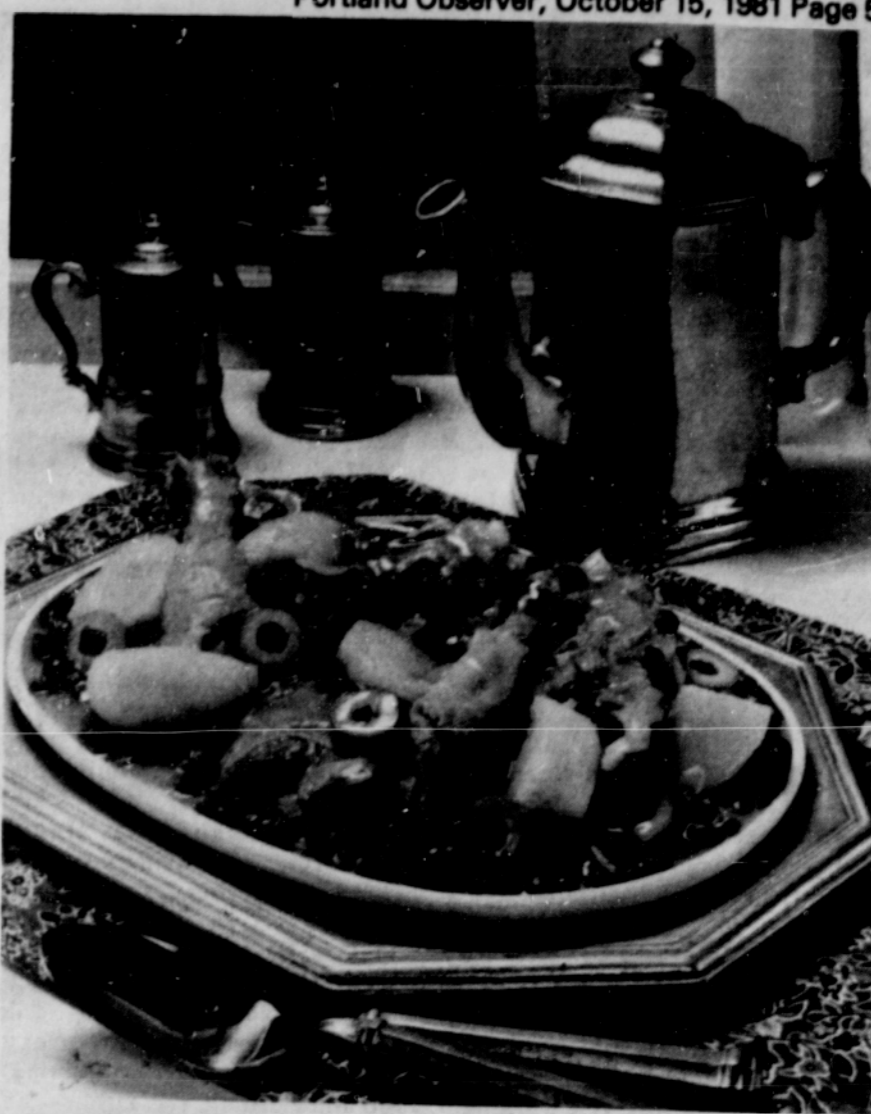
- 6 chicken legs
- 2 tablespoons shortening
- 1 can (10 3/4 oz) condensed cream of celery soup
- 1/2 cup water
- 4 medium carrots (about 1/2 lb) cut 2 inch pieces
- 1 lb. (about 16) small whole white onions
- 1/4 cup chopped parsley
- 1 large bay leaf
- 1/4 teaspoon ground nutmeg
- 3 thin lemon slices

In large heavy pan, brown chicken in shortening; pour off fat. Add remaining ingredients except lemon slices. Cover; cook over low heat 45 minutes. Add lemon slices. Cook 15 minutes more or until done; stir occasionally. Thicken if desired. Makes 6 servings.

African Ragout

- 2 pounds well-trimmed boneless lamb sholder, cut in 1 in. cubes
- 1 can (10 3/4 oz) condensed tomato soup
- 1/2 cup water
- 2 medium onions, thickly sliced
- 2 large cloves garlic, minced
- 1/2 teaspoon salt
- 1/8 teaspoon salt
- 3 medium potatoes (1 lb), cut in half
- 1 package (10 oz) frozen whole okra

In large heavy pan, brown lamb in shortening; pour off fat. Add soup, water, onion, garlic and seasonings. Cover; cook over low heat 30 minutes. Add potatoes; cook 30 minutes. Add okra; cook 10 minutes more or until done. Stir occasionally, thicken if desired. Makes about 8 cups, 6 servings.



From the wide, wide world of stews here's a Caribbean stew -- an unusual departure from the classic chicken stew.

School Lunch Menu

October 19: Cheese-tomato pizza, celery chunk, fresh pineapple, chocolate chip cake, milk.

October 20: Burrito w/meat sauce, tater tots, green peas pear half, milk.

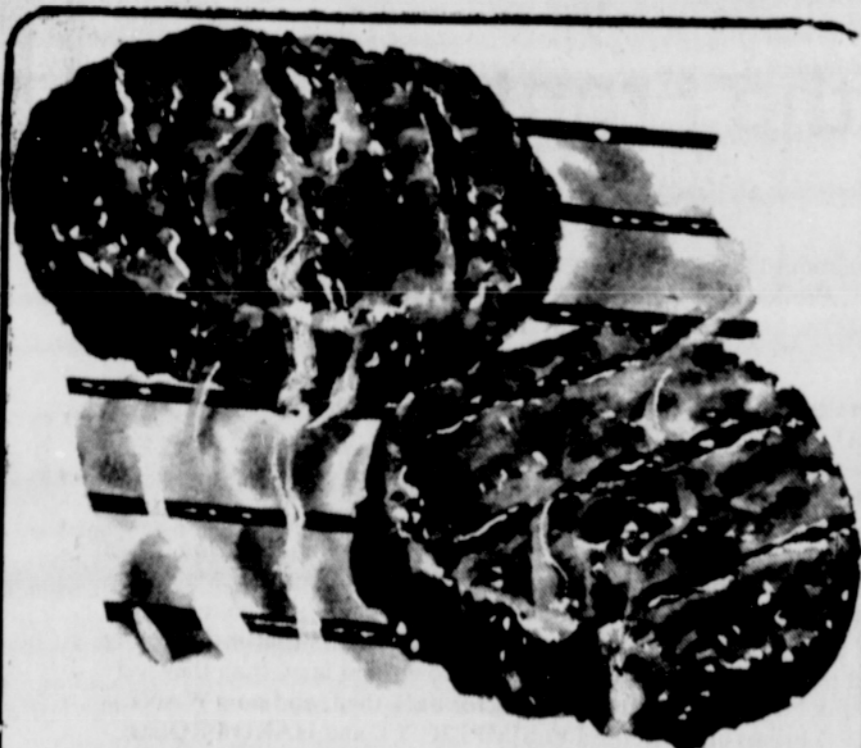
October 21: Cheeseburger on a bun, potato salad, carrot coins, pink applesauce, milk.

October 22: GRANDPARENTS' DAY—Oven baked chicken, whipped potatoes & gravy, cranberry relish, carrot coins, pumpkin bread, fruit crisp, milk.

October 23: Mexican taco, shredded lettuce, tomato, whole kernel corn, hot roll, apple wedges, milk.

"Politeness is like an air cushion; there is nothing inside but it softens the shocks of life." Schopenhauer

With or without guests, make any meal a party by eating it out of doors, in the backyard or at a distance. Kids love the treat of lunch at a little table of their own on the back porch.



Ground Beef
FRESH
lb. **\$1.28**

- Pork Spare Ribs Fresh Country Style lb. \$1.68
- Cross Rib Roast U.S.D.A. Choice Boneless Beef lb. \$2.18
- Beef Liver Fresh Sliced lb. 99¢
- Thick Sliced Bacon Hygrade 1 1/2 lb. Pkg. \$2.39 ea.
- Smoked Rope Sausage Hillshire Farms Original or Polish lb. \$2.49

SE 20th & DIVISION
SE 72nd & FLAVEL
NE 15th & FREMONT
W BURNSIDE at 21st
SAN RAFAEL - 1910 NE 122nd

Forest Grove - 2329 PACIFIC
Oregon City - 878 MOLALLA
Sandy - 1061 SW 1st
LLOYD CENTER

14410 SE DIVISION
3906 SE POWELL
NE 74th & GLISAN
HILLSBORO - 980

TRADEWELL

It's **OREGON PRODUCTS Week** **SAFeway**

WHITE SATIN Sugar
Granulated Sugar, 10-Lb. Bag
SAFeway SUPER SAVER \$2.59

TILLAMOOK Cheese
Medium Cheddar, 2-Lb. Loaf
SAFeway SUPER SAVER \$3.88
An Oregon Product

SANTIAM Green Beans
Cut or Sliced, 16-oz. ... Grown In Oregon
SAFeway SUPER SAVER 3 for 99¢

GRANDMA'S Cookies
Assorted Varieties, 9-oz. to 11-oz.
SAFeway SUPER SAVER 99¢

RESER'S CORN Tortillas
White 12-Count, 10-oz. Package
SAFeway SUPER SAVER 39¢

FLAV-R-PAC Corn or Peas
In Poly Bag, 20-Ounce Size
SAFeway SUPER SAVER 69¢

Oregon Fryers
2 Breast Quarters With Wings, 2 Leg Quarters, 2 Wings, 2 Backs, & 2 Necks.
SAFeway SUPER SAVER 78¢ Lb.

Beef Blade Chuck Roast
Safeway Quality Blade Cut Roast
SAFeway SUPER SAVER \$1.08 Lb.

Tender Sole Fish Fillets Tender, Mild, White Fillets **\$2.28 Lb.**

Wheat Bread Mrs. Wright's Crushed Wheat, 100% Whole Wheat, or Sandwich, 24-oz. **79¢**

Citrus Punch Rich n' Ready From California, 128-oz. **99¢**

French Bread Mrs. Wright's Crusty & Crunchy, 16-oz. **79¢**

Clam Chowder Marners Cove Heat & Serve, 15-oz. **79¢**

Nic-O-Log Firelogs Enjoy A Fire Tonight, 3-Pak **99¢**

Hair Spray Breck Hair Spray 9-Ounce Can **SAFeway SUPER SAVER \$1.36**

Clairol Shampoo Condition 4-oz. Bonus Pak .. 20-oz. **SAFeway SUPER SAVER \$1.47**

Skin Lotion Suave Aloe Vera 10-oz. ... Save 50% **SAFeway SUPER SAVER 89¢**

RED or GOLDEN DELICIOUS Apples
Crisp, Juicy, Sweet Flavored Apples
(17-Lb. Box ... \$4.79)
SAFeway SUPER SAVER Lb. 29¢

Prices Effective Wed. Oct. 14 Thru Tues. Oct. 20 At All Safeway Stores in the Portland area.

SAFeway
SALES LIMITED TO RETAIL QUANTITIES ONLY.