

FOOD SECTION

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Section II

Quick, economical and delicious

Cheese dishes, Main dish soups, and the Incredible, edible egg



PASTA WITH BROCCOLI SAUCE

A timely spaghetti dish, Pasta with Broccoli Sauce, spans the seasons with canned and frozen ingredients.

Versatile, tasty cheese dishes

Good-tasting dishes that can be served any time of the year should be in every cook's repertoire.

Here are three that have the added advantage of being economical yet satisfying. They require only one-half pound of cheese to please four-to-six people with a pasta entree and six-to-eight dinner guests with exceptional side dishes.

To simplify preparation, all three recipes call for condensed soup as a flavorful and cost-conscious base for sauces. The results are always first class while preparation is quick and convenient.

Pasta with Broccoli Sauce is a timely new way to serve spaghetti. Shredded Cheddar cheese and condensed cream of chick soup are the base for a sauce that includes flowerets of broccoli, sliced carrots and chopped parsley. Lemon juice and garlic heighten the flavor of a sauce that looks garden fresh served over cooked spaghetti.

A casserole of macaroni and cheese is entree enough for many people, or a hearty side dish for others. Four Star Macaroni and Cheese is oven baked in a sauce of condensed cream of chicken soup combined with Swiss cheese. Onion, mustard and hot pepper sauce "heat up" the robust flavor of this dish.

Two cups of shredded Swiss cheese, chopped spinach and tomatoes make the taste difference in Scalloped Swiss Potatoes. The sauce beginning is condensed cheddar cheese soup and the added interest comes from green onions, lemon juice, marjoram leaves and garlic powder. The longest time required to ready this dish is for slicing the potatoes—if done by hand. The six-servings casserole bakes for one hour and 15 minutes.

These non-seasonal, no-nonsense recipes call for canned and frozen ingredients—which means that any cook can prepare them any time at "the drop of a hat"—even a guest's hat.

PASTA WITH BROCCOLI SAUCE

1 medium clove garlic, minced
1 tablespoon butter or margarine
1 can (10½ oz.) condensed cream of chicken soup
¼ cup milk
2 packages (10 oz. each) frozen broccoli flowerets, cooked and drained
1 cup sliced cooked carrots
2 cups shredded Cheddar cheese
¼ cup chopped parsley
½ teaspoon lemon juice
Cooked spaghetti

In saucepan, cook garlic in butter a few minutes. Add remaining ingredients except spaghetti. Heat; stir occasionally. Serve over spaghetti. Makes about 5 cups, 4 to 6 servings.

FOUR STAR MACARONI AND CHEESE

1 can 10¼ oz.) condensed cream of chicken soup
1 cup milk
½ cup finely chopped onion
½ teaspoon dry mustard
1/8 teaspoon hot pepper sauce
Generous dash pepper
4 cups cooked elbow macaroni
½ pound Swiss cheese, cut into ½-inch cubes

In 2-quart casserole, combine soup, milk, onion, mustard, hot pepper sauce and pepper; stir in macaroni and cheese. Bake at 400°F. for 25 minutes or until hot; stir. Makes about 6 cups, 6 to 8 servings.

SCALLOPED SWISS POTATOES

1 can (11 oz.) condensed cheddar cheese soup
1 can (about 16 oz.) tomatoes, chopped and drained
1 package (about 10 oz.) frozen chopped spinach, cooked and drained
½ cup sliced green onions
½ teaspoon lemon juice
½ teaspoon marjoram leaves, crushed
1/8 teaspoon garlic powder
1/8 teaspoon pepper
2 cups shredded Swiss cheese
4 cups thinly sliced potatoes

To make sauce, in bowl, combine all ingredients except ½ cup cheese and potatoes. In buttered 2-quart casserole, arrange alternate layers of potatoes and sauce. Cover; bake at 375°F. for 1 hour. Uncover; sprinkle with remaining cheese. Bake 15 minutes more or until done. Makes 6 servings.

Main dish soups

There's a cooking secret known as main dish soups that will make life in the kitchen a lot easier for any cook.

Actually, it is a method of cooking that involves using condensed soup as the soup kettle broth to which other ingredients are added. Crispy fresh vegetables, generous pieces of meat or fish, protein-rich dried beans and pasta are only a few of the possibilities. The result is homemade soup that's good tasting every time and satisfying enough to deserve main course billing along with a salad and warmed rolls.

Main dish soups are economical in terms of time and budget. That's because condensed soup has it all together from the start. Only small quantities of other ingredients are needed to produce a main dish that goes a long way in servings and satisfying hearty appetites.

Here are three mighty creative recipes to try for family dinners.

Chicken Soup Imperial is decidedly Oriental with its shredded Chinese cabbage, mushrooms and

strips of pork in a broth of condensed chicken with rice soup. Crushed red pepper, honey and soy sauce contribute more Far Eastern accents.

Italian Lentil Soup is made with condensed consomme as the base to which assertive hot Italian sausage is added, along with dried lentils, canned tomatoes and seasonings.

South American Hospitality Soup features sweet potatoes which have a special place on tables below the equator. Two soups—Beefy Mushroom and Golden Mushroom—are combined for a creamy soup that has South American heritage. Vegetables are a fascinating selection of zucchini, green pepper, onion, tomatoes and corn on the cob cut into small pieces. This is an exciting soup with a harvest of in-

gredients.

CHICKEN SOUP IMPERIAL

½ pound boneless pork
1 cup sliced fresh mushrooms (about ¼ pound)
2 cups shredded Chinese cabbage
2 tablespoons peanut oil
½ teaspoon crushed red pepper
2 cans (10½ oz. each) condensed chicken with rice soup
1½ soup cans water
2 tablespoons honey
1 tablespoon soy sauce

Freeze meat 1 hour to firm (makes slicing easier); slice into very thin strips. In large saucepan, brown mushrooms and cook pork and cabbage in oil with pepper until done. Add remaining ingredients. Heat; stir occasionally. Makes about 7 cups, 3 to 4 servings.

ITALIAN LENTIL SOUP

1 pound dried lentils
1 pound hot Italian sausage, casing removed
2 cans (10½ oz. each) condensed consomme
2 soup cans water
½ cup chopped onion
1 teaspoon lemon juice
1 can (about 16 oz.) tomatoes, cut up

Sort lentils; wash and drain. In large saucepan, cook sausage; stir to separate meat. Pour off fat. Add remaining ingredients except tomatoes. Cover; bring to boil. Reduce heat; cook over low heat 1 hour. Add tomatoes; cook 30 minutes more or until done. Stir occasionally

Makes about 9 cups, 6 servings.

SOUTH AMERICAN HOSPITALITY SOUP

1 cup sliced zucchini squash
½ cup green pepper, cut in squares
1 large onion, sliced
1 large clove garlic, minced
2 tablespoons butter or margarine
1 can (10¼ oz.) condensed beefy mushroom soup
1 can (10¼ oz.) condensed golden mushroom soup
1½ soup cans water

1 cup cubed sweet potato
1 cup chopped canned tomatoes
2 frozen ears corn on the cob, thawed and cut in quarters

In large saucepan, cook zucchini, green pepper and onion with garlic in butter until tender. Add remaining ingredients. Cover; bring to boil. Reduce heat; simmer 20 minutes or until done. Stir occasionally. Makes about 8 cups, 4 to 5 servings.



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