

Soup and sandwiches

Sandwiches from leftover roasts with quick-cooking homemade vegetable soups are a creative and substantial combination when a fast evening meal is needed.

A soup-and-sandwich meal is a nice change of pace from the usual dinner entree routine and a great way to use leftover meats. It's a good easy-to-serve menu when dinner competes with other household activities. It also lets the cook have time off, once the initial soup preparations are completed and some helping hands have been enrolled for making sandwiches.

Here are recipes for three hearty vegetable soups that start on the pantry shelf where canned condensed soups are stored. These soups and broths provide the base, then other ingredients such as vegetables, pasta, spices and seasonings are added. The result is a sumptuous soup in 10 or 20 minutes that tastes homemade because it is.

Make one of these quick-cooking soups and serve it with dark-bread sandwiches of leftover roast chicken, beef or ham garnished with lettuce and tomato. For dessert, offer cheese and a bowl of seasonal fruit that might include burgundy apples, delicate pears and frosty grapes.

Hearthstone Tureen is a no-skip vegetable soup that is consistently flavorful, thanks to condensed beef broth paired with tomato soup. A food processor or your own teammates will make short work of preparing chopped onion and thinly sliced cabbage, carrots and celery to be sauteed. Then add the liquid ingredients, pop in some tender cooked peas and chopped parsley, and heat to serve and enjoy.

Vegetable Noodle Soup, an entirely different soup, can be spiked with either oregano or thyme and is just as quickly simmered to perfection. Use either seasoning lightly cooked with chopped onion in this mixed vegetable soup that has a base of condensed chicken broth. Stir in a cup of fine egg noodles for another dimension in taste and texture. Bring to boil, simmer for just five minutes, and serve with style.

Italian-Style Bean Bowl, still another variation, has two kinds of beans—green and kidney—and two kinds of condensed soup—onion and tomato. Minced garlic and crushed oregano leaves add identity. Elbow macaroni rounds out the classic combination of beans and pasta.

This soup-and-sandwich menu scores high on two points: it uses leftovers with graceful ease and provides homemade soup in a hurry.

HEARTHSTONE TUREEN

- 2 tablespoons butter or margarine
- 1 cup cabbage cut in long thin shreds
- ½ cup thinly sliced carrot
- ½ cup thinly sliced celery
- ½ cup chopped onion
- 1 can (10½ oz.) condensed beef broth
- 1 can (10¼ oz.) condensed tomato soup
- 2 soup cans water
- 1 cup cooked peas
- ¼ cup chopped parsley

In 3-quart saucepan over medium heat, in hot butter, cook cabbage, carrot, celery and onion until tender. Add remaining ingredients. Heat to boiling, stirring occasionally. Makes 6 cups or 6 servings.

HEARTY VEGETABLE NOODLE SOUP

(Not In Photo)

- 1 tablespoon butter or margarine
- ½ cup chopped onion
- ¼ teaspoon thyme or oregano leaves, crushed

School Menu

October 17: Texas chili, mixed vegetable salad with Ranch dressing, cinnamon roll, pineapple chunks, milk.

October 18: Lasagna, tossed salad w/Italian dressing, warm garlic bread, orange half, milk.

October 19: Hot dog on a bun, green beans, apple wedges, granola cookie, milk.

October 20: Oven-baked chicken, potato salad, Mrs. Ma's raisin bread, banana half, milk.

October 21: Cheeseburger, lettuce, tomato, pickle, tater triangle, peach slices, milk.

- 1 can (10¼ oz.) condensed chicken broth
- 1 soup can water
- 1 cup cooked mixed vegetables
- 1 cup uncooked fine noodles

In 1½-quart saucepan over medium heat, in hot butter, cook onion with thyme until tender. Add remaining ingredients.

Heat to boiling. Reduce heat to low; cover and simmer 5 minutes longer or until done, stirring occasionally. Makes 3 cups or 3 servings.

ITALIAN-STYLE BEAN BOWL

(Not In Photo)

- 1 tablespoon butter or margarine
- 1 large clove garlic, minced
- 1 teaspoon oregano leaves, crushed

- 1 can (10¼ oz.) condensed onion soup
- 1 can (10¼ oz.) condensed tomato soup
- 1 cup uncooked elbow macaroni
- ¼ teaspoon pepper
- 1 package (9 oz.) frozen cut green beans
- 1 cup kidney beans

In 3-quart saucepan over medium heat, in hot butter, cook garlic and oregano. Add soups, water, macaroni and pepper.

Heat to boiling. Reduce heat to low; cover and simmer 10 minutes. Add green beans and kidney beans. Simmer 10 minutes longer or until done, stirring occasionally. Makes 6 cups or 6 servings.



A beefy tomato soup heavily garnished with fresh vegetables makes a piping hot Hearthstone Tureen to serve with sandwiches and fruit for a delicious meal prepared in a jiffy.

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SUPER SAVER

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Safeway Quality Beef Chuck
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REG. \$1.68 lb. SAVE 34¢ lb.

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Safeway Quality Beef Steaks
\$2.46 Lb.
REG. \$3.08 lb. SAVE 62¢ lb.

Beef Rib Steak
Safeway Quality Beef
\$3.10 Lb.
REG. \$3.88 lb. SAVE 78¢ lb.

Boneless Top Sirloin
Safeway Quality Beef
\$3.18 Lb.
REG. \$3.98 lb. SAVE 80¢ lb.

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SUPER SAVER

Cheddar Cheese
Lucerne Medium Cheddar
\$3.98 2-Lb. Loaf
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15-Oz. Cheerios, 18-Oz. Wheaties
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Maxwell House Ass'd Grinds
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Limit 2
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Russet Potatoes
U.S. No. 2, All-Purpose
15-LB. BAG 98¢
SUPER SAVER

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Gallon \$2.99
SUPER SAVER

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Fresh, Fancy Dole
\$1.59 Lb.

Fresh Cauliflower
Local Grown
39¢ Lb.

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All Varieties
39¢ Ea.

Halloween Pumpkins
Large Assortment, All Goblin Approved!
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