

LIVING SECTION

Cooking with soup is versatile



Oats, cinnamon, allspice, peanuts and dried apricots combine to make these spicy snack bars. The surprise ingredient? Canned tomato soup!

What is versatile, convenient and nutritious? The answer to this riddle is simple, canned condensed soup. A long-time staple in many kitchen cupboards, it continues to adapt to changing consumer tastes and trends.

January has been declared the first ever National Soup Month. Join in the celebration by using canned condensed soup in a favorite family recipe or by trying one of our update ideas.

Recipes using canned condensed soup have become standbys in many households. One updated classic, with a touch of today, is Nutty Tomato Soup Squares. Tomato Soup Cake was introduced in 1922. Over the years, variations with all kinds of ingredients, such as apples and zucchini, have popped up. This newest version is seasoned with cinnamon and allspice and chock full of oats, chopped peanuts and dried apricots. These spicy snack bars are versatile enough for breakfast or as a bedtime snack.

These days, just about everyone is looking for convenience. Canned condensed soup provides an easy start for cooks creating new recipes as well as those preparing time-honored classics. If weeknights are particularly harried, serve Tetrizzini. This quick range-top dish teams cooked spaghetti and chicken, turkey or ham with shredded sharp Cheddar cheese.

The sauce is made simply by the blending of canned condensed cream of mushroom soup and sherry with the colorful touches of pimiento and parsley.

Another sign of the times is an increased general awareness in eating right and light. Salads play a big part in today's lifestyle. They have been elevated to a meal's main event instead of a ho-hum side dish. There are almost as many kinds of salads—vegetable, pasta, fruit and green—as there are salad dressings. Many creamy and clear salad dressings can be made easily with the aid of canned condensed soup. Our Four Way Dressing is a quick way to add excitement to all types of salads. The basic dressing made with canned condensed cream of celery soup and blue cheese, then seasoned with dry mustard and pepper, is an excellent choice for a green salad. A dash of this and a pinch of that changes the look and flavor of the dressing. Try the creamy garlic variation with egg salad. The traditional ingredients of Parmesan cheese, anchovy fillets and garlic blend with the soup for a dressing Caesar salad fans will love. The cucumber-dill dressing would complement salads made with shrimp, salmon or tuna.

Make the most of today. Make the most of the versatility, convenience and good nutrition that canned condensed soup has to offer.

NUTTY TOMATO SOUP SQUARES

1½ cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon baking powder
½ teaspoon ground allspice

1 can (10¼ oz.) condensed tomato soup
1 cup packed brown sugar
½ cup shortening
2 eggs
1 cup dark seedless raisins
1 cup uncooked quick-cooking oats
¼ cup coarsely chopped peanuts
½ cup chopped dried apricots

Preheat oven to 350°F. Grease a 13×9-inch baking pan. In medium bowl, combine flour, cinnamon, baking powder, and allspice.

In large bowl with mixer at medium speed, beat soup, sugar, shortening and eggs until smooth. Add flour mixture to soup mixture; beat until smooth, occasionally scraping bowl with rubber spatula. Stir in raisins, oats, ½ cup peanuts and apricots.

Spread mixture in greased baking pan. Sprinkle with remaining peanuts. Bake 30 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack. Cut into 24 bars.

TETRIZZINI (Not in photo.)

2 tablespoons chopped onion
1 tablespoon butter or margarine
1 can (10¼ oz.) condensed cream of mushroom soup
½ cup water
½ cup shredded sharp Cheddar cheese
1 tablespoon dry sherry
1 can (5 oz.) Chunk Chicken
2 cups cooked spaghetti
2 tablespoons chopped pimiento
1 tablespoon chopped parsley

In 2-quart saucepan over medium heat in hot butter, cook onion until tender. Blend in soup, water, cheese and sherry. Heat until cheese melts, stirring occasionally. Add remaining ingredients; heat until thoroughly heated. Makes 3½ cups or 4 servings.

FOUR WAY DRESSING (Not in photo)

1 can (10¼ oz.) condensed cream of celery soup
½ cup crumbled blue cheese
½ cup salad oil
2 tablespoons wine vinegar
1 teaspoon dry mustard
1/8 teaspoon pepper

In covered blender container at high speed, blend all ingredients until smooth. Refrigerate. Serve on salad greens. Makes 1½ cups.

Creamy Garlic: Omit blue cheese; add 1 large clove garlic and generous dash hot pepper sauce before blending. Makes 1½ cups.

Caesar's: Omit blue cheese; add ¼ cup grated Parmesan cheese, 1 anchovy fillet and 1 small clove garlic before blending. Substitute lemon juice for vinegar. Makes 1½ cups.

Cucumber-dill: Omit blue cheese; add ½ cup chopped cucumber and 1 teaspoon dried dill weed before blending. Makes 2 cups.

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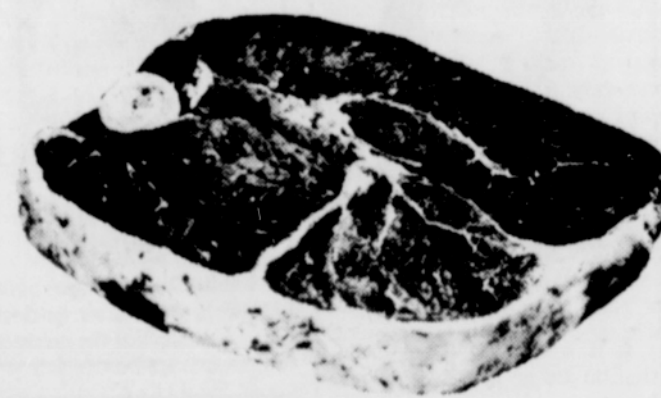
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Dot and Safeway Urge Safety Belt Use: The Grade "A" Way!

Secretary of Transportation Elizabeth Hanford Dole is delivered a carton of Safeway milk bearing the safety reminder "Buckle up. Your life is in your hands."

Safeway Stores, Inc., contributed the space on half-gallon milk cartons sold in September and October to help DOT's safety belt awareness campaign.

Pictured (L to R): Diane K. Steed, Administrator-designate, DOT's National Highway Traffic Safety Administration; Safeway milk plant employee J.B. Bush; Secretary Dole; and John L. Prehn, Jr., Vice President, Safeway Stores, Inc.