

We Make It. You Bake It.
IT'S ALWAYS FRESH!



New Location!

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LARGE PEPPERONI PIZZA

\$5.99

Real cheese and 70 slices of premium pepperoni. Serves 4-6.



Not valid with any other offers.

LARGE HAWAIIAN PIZZA

\$6.99

Canadian-style bacon with lots of juicy Dole pineapple. Serves 4-6.



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LARGE SPECIALTY OF THE HOUSE

\$7.99

Italian sausage, mushrooms, black olives, herb & cheese blend.



Not valid with any other offers.

LARGE COMBO

\$8.99

Salami, pepperoni, sausage, olives, mushrooms, and onions.



Not valid with any other offers.

LARGE COWBOY PIZZA

\$8.99

Pepperoni, Italian sausage, mushrooms, black olives, herb & cheese blend.



Not valid with any other offers.

LARGE PAPA'S FAVORITE

\$9.99

Pepperoni, sausage, beef, olives, mushrooms, and onions.



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Advertise In
The Portland Observer
Call 503-288-0033

YOU COULD BE THE

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TO SAVE A LIFE!

• Most of these patients are under 30.
• Tissue type is what determines compatibility.
• The odds of two unrelated people matching are 1 in 20,000.
You Can Change The Odds
If you are in good health, between the ages of 18 and 55, The National Children's Cancer Society, a non-profit organization providing financial assistance and services to children needing bone marrow transplants, urges you to consider becoming a bone marrow donor.

cooking
NOURISHING SOUPS
the microwave way

- CHICKEN WILD RICE SOUP**
(6 servings)
- 1 pkg. (6 oz.) long-grain and wild rice
 - 2 tablespoons finely chopped onion
 - 2 tablespoons margarine
 - 1/4 cup all-purpose flour
 - 1/2 teaspoon instant minced garlic
 - 1 can (14 1/2 oz., 1 3/4 cups) clear chicken broth
 - 2 cups milk
 - 1 tablespoon white cooking wine
 - 3 cups cubed cooked chicken
 - 1/2 cup corn



onion at HIGH (100%) until melted, about 45 seconds. Stir. Microwave at HIGH for 1 minute.
3. Stir in flour and garlic. Gradually stir in broth. Microwave at HIGH for 4 to 5 minutes until bubbly and thickened, stirring with spoon or wire whisk after every minute.
4. Stir in cooked rice and remaining ingredients. Microwave at HIGH for 5 minutes. Microwave at MEDIUM (50%) for 10 to 15 minutes, stirring occasionally, or until desired serving temperature is reached.

Whirlpool Micro-Tip MICROCOOKING CHICKEN FOR SOUPS AND SALADS. For 2 lbs. boneless chicken breasts or thighs: Place chicken in single layer in shallow glass baking dish. Sprinkle with seasoned pepper and garlic powder, if desired. Cover with waxed paper or plastic wrap, venting at corner. Microwave at HIGH (100%) for 8 to 10 minutes or until no longer pink, rotating dish 1/4 turn and rearranging chicken halfway through cooking. Cool. If not using within one or two days, wrap tightly and freeze.

1. Prepare rice according to package directions. Set aside.
2. In 3-quart glass casserole or large bowl, microwave margarine with

Southern Cuisine: An American Melting Pot

(NAPS)—America is often described as a melting pot of cultures and traditions. And with these come different ways of living, learning—and eating. Some of the more popular ethnic styles that have influenced American dining are Asian, Italian, Chinese and Mexican foods. One American style, in particular, continues to make a name for itself—Southern cuisine.



Some of the more popular Southern foods are Cajun, Creole and African-American which incorporate a variety of hearty foods like beans, okra, corn bread and gumbo. By combining traditional Southern cuisine with the convenience of canned foods such as beans, various vegetables, and specialty items, a truly simple and delicious menu can be created in your own home.

their fresh and frozen counterparts. Many canned beans, for example, contain no cholesterol and are high in fiber, complex carbohydrates, protein, B vitamins and iron.

Southern style cuisine was influenced by immigrants from France, Africa and Spain. Since many of the necessary traditional ingredients were not available in the United States, they used local ingredients that had original flavors, now identified with Southern cuisine.

Canned foods make it possible to celebrate the tradition of Southern cuisine at home, easily and healthfully. Try the following down-home soup and side dish recipes, developed and tested by the Canned Food Information Council.

SOUTHERN SOUP

- 6 green onions, chopped
- 4 stalks celery, chopped
- 2 cloves garlic, mashed
- 2 tablespoons vegetable oil
- 3 cans (5 ounces each) chicken meat, drained
- 1 can (46 ounces) chicken broth
- 1 can (13 3/4 ounces) beef broth
- 1 can (8 ounces) tomatoes, drained and broken up
- 2 cans (14 1/2 ounces each) stewed tomatoes
- 3 cans (4 ounces each) green diced chilies
- 3 tablespoons unsalted seasoning mix
- 1 tablespoon Worcestershire sauce
- 1 tablespoon each chili powder and ground cumin
- 6 ripe avocados
- 2 limes
- 8 ounces each Monterey Jack and Cheddar cheese
- Tortilla chips

RED BEANS, HAM 'N RICE

- 1 1/2 cups cubed canned smoked ham (about 6 ounces)
- 1/2 cup chopped green pepper
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon dried oregano leaves
- 1/8 teaspoon ground cumin
- 1 can (15 ounces) red beans, drained
- 1 can (8 ounces) no-salt-added stewed tomatoes
- 1/4 teaspoon black pepper
- 3 cups cooked rice, warm
- Louisiana Hot Sauce

Saute ham, green pepper, onion and garlic in oil until onion is tender and ham is browned, about 5 minutes. Stir in thyme, oregano and cumin; saute 1 to 2 minutes longer. Stir in red beans and tomatoes; heat to boiling. Reduce heat and simmer, covered, 5 minutes; uncover, stir in pepper and simmer 5 minutes longer. Serve bean mixture over warm rice; sprinkle with hot sauce. Makes 4 entree servings.

Safeway Brands Sale!

Prices effective Sept. 28 through October 4, 1994 at Safeway.

Town House Green Beans & Corn

- 14.5 to 15.25-Ounce
- FIRST 12 Each
- Variety
- SAVE UP TO 1.00 ON FOUR

4 for \$1

Ovenjoy Fresh Breads

- 22.5-Oz.
- White or Wheat
- FIRST 3
- SAVE UP TO 1.08 ON 3

3 for 99¢

Town House Tomato Sauce
8-Ounce.
• SAVE UP TO 40¢ ON 7
7 for \$1

Look In The This Week Magazine for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!

Enjoy Extra Savings With The New 'In-Store' Safeway Shopping Guide Available at your Safeway store.