

Soup Duo

Here's an easy but delicious way to make a brand new soup from two soups. For savory Soup Mates, combine a can of condensed tomato soup with a can of condensed cream of celery soup, adding 1 1/2 soup cans milk

MOLASSES FRENCH TOAST
Here's a nourishing luncheon treat. Add 2 tablespoons of molasses to a beaten egg and a cup of milk. Dip 8 bread slices into the mixture and brown them in butter, turning once.

**Tomato Flavor Popular
In Sauce, Soup, Casserole**

Down Mexico way, the tomato has been king of the table for centuries.
When Cortez and his Conquistadores landed on Mexican soil in the sixteenth century, they discovered the tomato growing on the farms of the ancient Aztecs. Borne by a vine-like plant, the fruit was small and lop-sided; yet its fine flavor made it a favorite at every tribal feast.
An aura of romance clung to the tomato. Some said it was the gift of Quetzacoatl, god of healing; and baskets, heaped high with the jewel-like fruit, were borne on the heads of devotees to his altar. Doctor-priests prescribed the tomato, and it was most popular as a "beauty aid."

But it was the piquant sauces made from the pulp and juices of this magical fruit that captured the epicurean hearts of the Spaniards. So along with the seed of the tomato, the Spaniards took home with them those Mexican recipes in which it starred.

Four centuries later, Americans, perhaps as much as anyone, find delight in dishes seasoned with the tomato. Cream of tomato soup ranks number one on the luncheon hit parade, and ketchup is the favorite condiment in practically every state.

An old Mexican dish, a combination of beef and corn and tomato we call Aztec Dinner, is prepared with the help of rich, crimson cream of tomato soup.

Aztec Dinner
1 medium onion, finely chopped
1/2 cup finely chopped green pepper
1 pound ground beef
2 tablespoons shortening
1 teaspoon salt
1 No. 2 can whole kernel corn, drained
1 can (10 1/2 ounces) condensed cream of tomato soup, undiluted
Dash marjoram

Brown onion, green pepper and beef in shortening in skillet. Add salt. Drain any excess fat. Drain corn, reserving liquid. Stir in corn, 1/2 cup corn liquid, soup and marjoram. Simmer 5 minutes or until hot. Makes 4-5 servings.

In this Beef Pie Mexicale, ketchup provides a rich tomato and spice flavor:

Beef Pie Mexicale
2 tablespoons shortening
1/2 cup chopped onion
1 1/2 pounds ground beef

Serve a hearty vegetable soup followed by a stuffed egg salad. To stuff the eggs, mash the yolks with salt, pepper and salad dressing and add a bit of minced ham, anchovy or parsley for extra flavor.

1 teaspoon salt
1 cup tomato ketchup
1/2 cup water
1 teaspoon chili powder
1 teaspoon apple cider or salad vinegar
1 package (12 ounces) corn muffin mix

Heat oven to 350° F. (moderate). To melted shortening in skillet, add onion, ground beef and salt; cook until meat is lightly browned. Drain off any excess fat. Stir in ketchup, water, chili powder and vinegar; simmer 10 minutes. Prepare corn muffin mix as directed on package. Spread batter evenly on bottom and sides of greased baking dish (11 1/2 x 7 1/2 x 1 1/2"). Spoon meat mixture into corn crust. Bake at 350° F. for 30 minutes or until cornbread is done. Makes 6 servings.

Rice—high on the list of plentiful—combines with beef, onion and tomato, and is seasoned with thick, flavorful tomato ketchup and a dash of chili powder.

Mexican Rice

1/2 cup uncooked rice
2 tablespoons shortening or salad oil
1/2 cup chopped onion
1 clove garlic, halved
1 pound ground beef
2 teaspoons salt
2/3 teaspoon chili powder
1/2 cup tomato ketchup
1 No. 2 can tomatoes
1 cup water

Add rice to melted shortening in large skillet; cook slowly, stirring frequently, until lightly browned. Add onion, garlic and ground beef. Cook, stirring constantly, until meat is browned. Add salt and remaining ingredients; simmer 5 minutes, stirring occasionally. Remove garlic halves. Cover, simmer 20 minutes or until rice is tender. Makes 6 servings.

A truly delicious chili con carne can be made with ketchup, too.

Chili Con Carne

1 pound ground beef
1 cup chopped onion
1 garlic clove, minced
1 tablespoon shortening
2 tablespoons chili powder
1 1/2 teaspoons salt
1 can (1 pound) red kidney beans
1 can (2 cups) water
1 cup tomato ketchup

In large iron skillet or Dutch oven, saute beef, onion and garlic in shortening until brown. Meanwhile, add chili powder and salt. When meat is browned, add kidney beans, water and ketchup. Simmer, covered, 1 hour or until desired thickness is reached. Makes 6 servings.

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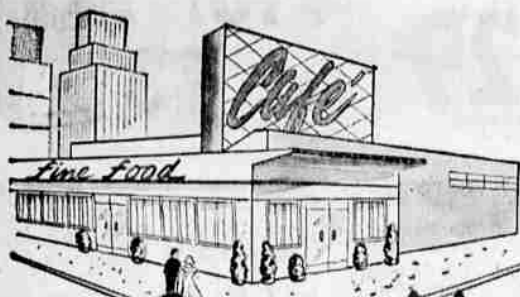


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