

SOUP MAGIC FOR EASY SAUCES

We proudly present these examples of the use of convenient prepared soups magically transformed into exciting, flavorful sauces.

Scandinavian Supper Dish

- TO PREPARE: 5 MIN. TO COOK: 15 MIN.
- 1 10 1/4-oz. can frozen condensed cream of shrimp soup, thawed
 - 1 15-oz. can fish balls in bouillon, drained
 - 2 tablespoons butter
 - 1/4 cup milk
 - 1 1-lb. can potatoes, drained
1. Heat thawed shrimp soup, butter, and milk in a saucepan about 5 min., or until butter is melted.
 2. Add the drained fish balls and potatoes. Cover and simmer until mixture is thoroughly heated, about 10 min. Serve garnished with chopped parsley.
- About 4 servings

Zestful Green Beans

- TO PREPARE: 20 MIN. TO BAKE: 30 MIN.
- 2 10-oz. pkgs. frozen French-style green beans, thawed
 - 1/4 cup butter
 - 1/2 lb. mushrooms, cleaned and thinly sliced
 - 1 8-oz. can water chestnuts, drained and thinly sliced
 - 1 10 1/2- to 11-oz. can condensed cream of mushroom soup
 - 2 teaspoons grated onion
 - 1 cup milk
 - 1/4 cup shredded Parmesan cheese
 - Paprika
1. Butter a shallow 1 1/2-qt. baking dish.
 2. Heat butter in a large skillet over low heat. Add the mushrooms and cook until lightly browned and tender, occasionally moving and turning with a spoon. Remove from heat.
 3. Add the mushroom soup gradually, stirring until well blended. Stir in the onion. Add the milk gradually, stirring until smooth. Lightly mix in the thawed beans and water chestnuts. Heat thoroughly, stirring frequently. Turn mixture into baking dish.
 4. Sprinkle Parmesan cheese evenly over top; sprinkle with paprika.
 5. Bake at 325°F 30 min., or until cheese is lightly browned and beans are just tender.
- About 8 servings

Jilly Curry Sauce

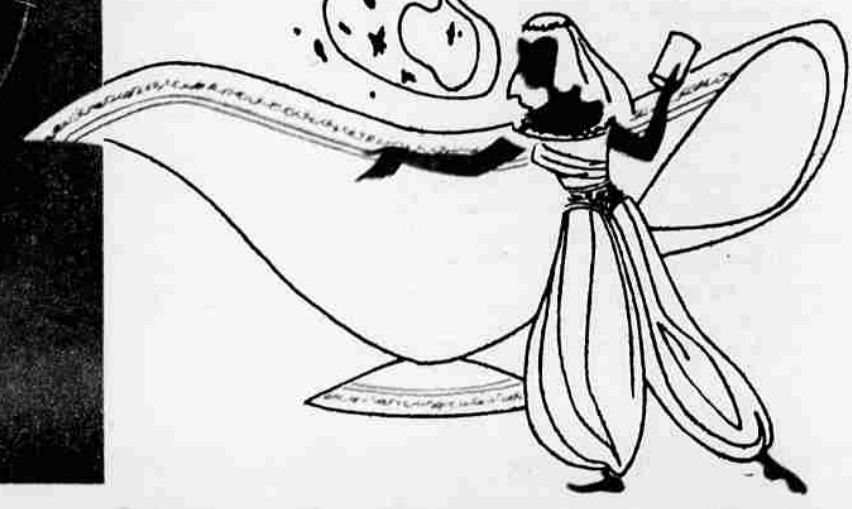
- This rich-flavored curry sauce is a delightful accompaniment for cooked broccoli or asparagus.
- TO PREPARE AND COOK: 15 MIN.
- 1/2 cup (1/2 can) condensed cream of celery soup
 - 1 1/2 teaspoons instant minced onion
 - 1/2 teaspoon curry powder
 - 1/4 cup plus 2 tablespoons milk
 - 1 egg, slightly beaten
 - 1/2 teaspoons butter or margarine
1. Put cream of celery soup and a mixture of onion and curry powder into top of a double boiler; stir until well blended. Add milk gradually, blending in. Place over simmering water and heat thoroughly, stirring occasionally.
 2. Vigorously stir about 1/4 cup of the hot sauce into the beaten egg; immediately return mixture to double boiler. Cook over simmering water 3 to 5 min., stirring slowly and constantly to keep mixture cooking evenly. Blend in the butter. Serve sauce hot.
- About 1 cup sauce

Barbecue Sauce

- TO PREPARE AND COOK: 1 HR. 15 MIN.
- 1 10 1/2- to 11-oz. can condensed tomato soup
 - 1 1/4 cups (10 1/2- to 11-oz. can) condensed beef broth
 - 1 cup chili sauce
 - 2 tablespoons brown sugar
 - 2 tablespoons instant minced onion
 - 1 teaspoon dry mustard
 - 1/2 teaspoon seasoned salt
 - 1/4 teaspoon black pepper
 - 1 small clove garlic (thin, papery outer skin removed), crushed in a garlic press or minced
1. Blend together in a saucepan the tomato soup, beef broth, chili sauce, brown sugar, onion, mustard, seasoned salt, pepper, and garlic. Heat over low heat 10 min., stirring occasionally.
 2. Stir in the celery and green pepper. Simmer uncovered about 1 hr., or until sauce is reduced to one-half the original amount. Stir occasionally during cooking. Serve hot over meat, chicken, or turkey.
- About 3 cups sauce

SOUP MAGIC

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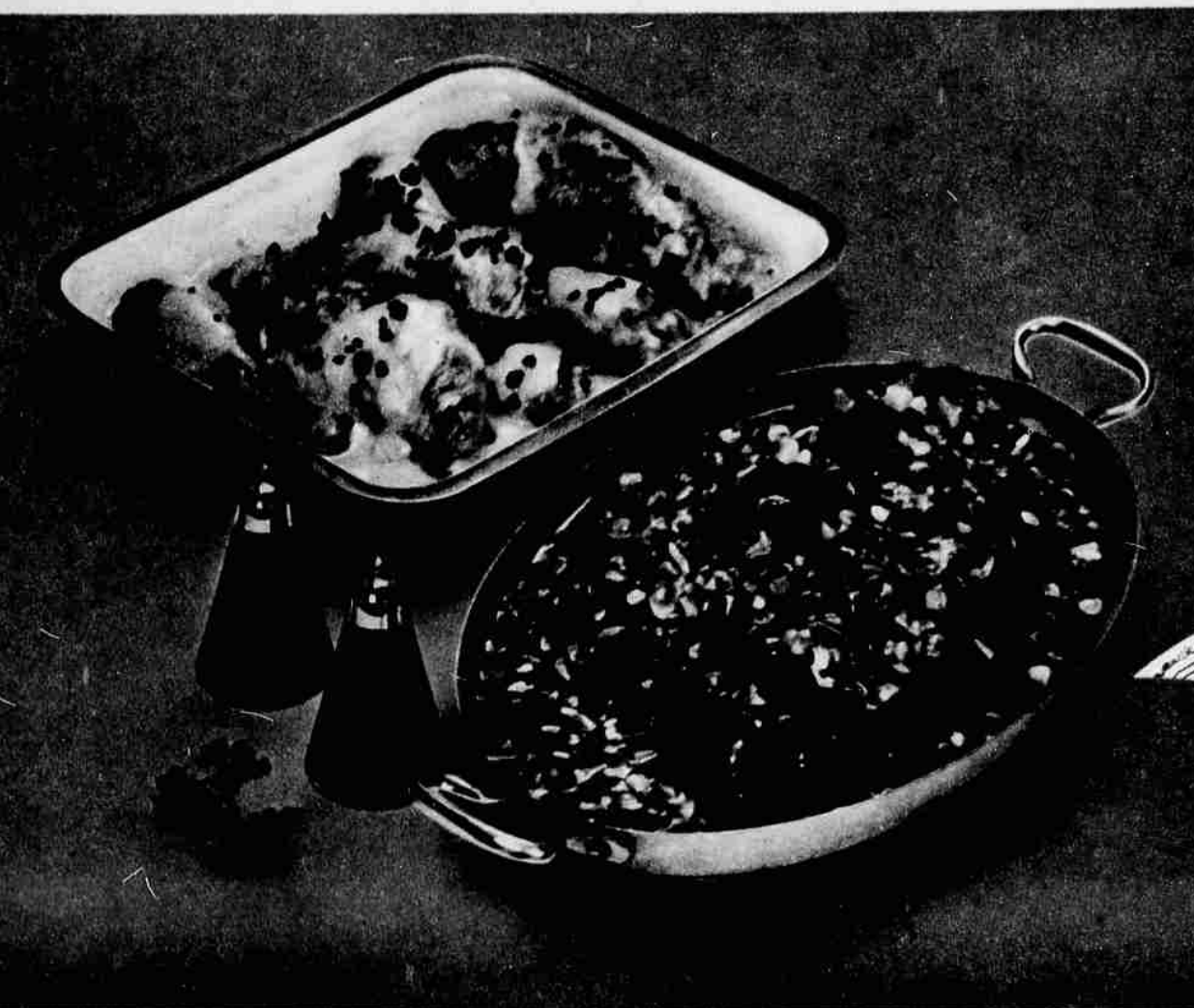


Swiss Steak in Vegetable Sauce

- GOOD FOR FREEZING
- TO PREPARE AND COOK: 1 HR. 35 MIN.
- 1 1/2 lbs. round, blade, or arm steak, cut 3/4 in. thick
 - 1/4 cup flour
 - 1/2 teaspoon Accent
 - 1/4 teaspoon salt
 - Few grains black pepper
 - 2 tablespoons butter or margarine
 - 1 1/4 cups (10 1/2- to 11-oz. can) condensed beef broth
 - 1/2 to 3/4 cup hot water
 - 1/2 bay leaf
 - 1/2 teaspoon ground cinnamon
 - 1 10 1/2- to 11-oz. can condensed vegetable soup
 - 1/2 cup catsup
1. Set out a Dutch oven or a large, heavy sauce pot having a tight-fitting cover. Set aside.
 2. Lightly scrape meat surfaces of steak with the dull edge of a knife.
 3. Mix together the flour, Accent, salt, and pepper. Using one-half the mixture for each side, pound flour mixture into the meat with a meat hammer.
 4. Heat the butter over medium heat in the Dutch oven. Add the steak and brown evenly on both sides.
 5. Add the beef broth, water, bay leaf, and cinnamon to the meat. Cover, bring liquid rapidly to boiling, reduce heat, and simmer (do not boil) about 1 1/4 hrs., or until steak is tender when pierced with a fork.
 6. Remove meat to a warm platter and set aside to keep warm.
 7. Pour the vegetable soup and catsup into the Dutch oven. Heat thoroughly over medium heat, stirring to blend in brown residue on bottom. Remove bay leaf. Pour sauce over meat and serve immediately.
- About 6 servings

Veal in Herb and Onion Sauce

- GOOD FOR FREEZING
- TO PREPARE AND COOK: 1 HR.
- 1/4 cup butter or margarine
 - 1 1/2 lbs. veal round steak (cutlet), cut 1/2 to 3/4 in. thick
 - 1/4 cup flour
 - 1/2 teaspoon salt
 - 1/2 teaspoon Accent
 - 1 1 1/2-oz. pkg. dehydrated onion soup mix
 - 1 teaspoon marjoram
 - 1 1/2 cups hot water
 - 2 1/2 cups (No. 2 can) tomatoes
1. Heat butter in a large, heavy skillet over medium heat.
 2. Cut the meat into serving-size pieces. Mix together the flour, salt, and Accent. Coat meat pieces evenly with flour mixture. Put veal into skillet and brown evenly on both sides.
 3. Meanwhile, mix together the soup mix, marjoram, and water.
 4. Pour the soup mixture and tomatoes over the browned meat. Cover skillet and simmer over low heat about 45 min., or until meat is tender. Turn meat occasionally during cooking.
 5. If desired, thicken cooking liquid. Serve with fluffy cooked rice and an assortment of crisp relishes.
- About 6 servings



Chicken in Creamy Sauce

- TO PREPARE: 15 MIN. TO BAKE: 55 MIN.
- 2 lbs. frozen chicken pieces
 - 1/2 cup flour
 - 1 teaspoon paprika
 - 1/2 teaspoon Accent
 - Few grains white pepper
 - 2 tablespoons melted butter
 - 1 10 1/2- to 11-oz. can condensed cream of chicken soup
 - 1/2 teaspoon ground ginger
 - 1/2 cup milk
1. Thaw chicken according to directions on package.
 2. Coat chicken pieces evenly with a mixture of the flour, paprika, Accent and white pepper.
 3. Butter a large, shallow baking dish. Arrange chicken in a single layer, skin side down, in dish. Drizzle melted butter over chicken.
 4. Bake at 375°F for 20 min. Turn chicken and bake 20 min. longer.
 5. Meanwhile, blend together the soup, ginger, and milk. Pour sauce over chicken and bake 15 min., or until thickest pieces are tender when pierced with a fork. Garnish with chopped parsley.
- About 4 servings

Can-Can Stroganoff

- GOOD FOR FREEZING
- TO PREPARE AND COOK: 1 HR.
- 2 lbs. boneless beef sirloin
 - 1/2 cup flour
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1/2 teaspoon Accent
 - 1/2 cup butter
 - 1 1/4 cups (10 1/2- to 11-oz. can) condensed beef broth
 - 1 1/4 cups (10 1/2- to 11-oz. can) condensed onion soup
 - 1 3-oz. can sliced broiled mushrooms, drained (reserve liquid)
 - 5 drops Tabasco
 - 1 cup thick sour cream
1. Set out a heavy 10-in. skillet having a tight-fitting cover.
 2. Lightly scrape the meat surfaces of the beef with the dull edge of a knife. Cut meat into 2x1/2x1/2-in. strips.
 3. Mix together the flour, salt, pepper, and Accent. Coat the meat evenly with the flour mixture, shaking it in a bag.
 4. Heat the butter in the skillet over low heat. Add the meat strips and brown slowly and evenly on all sides.
 5. When meat is browned, gradually add, stirring in, the beef broth, onion soup, and reserved mushroom liquid. Bring liquid rapidly to boiling; reduce heat, cover, and simmer (do not boil) 20 to 25 min., or until meat is tender.
 6. When meat is tender, stir in the mushrooms and heat thoroughly. Remove skillet from heat.
 7. Blend the Tabasco into sour cream. Stirring vigorously, add the sour-cream mixture to the skillet in very small amounts. Return to heat. Keep mixture moving with a spoon and cook over low heat 3 to 5 min., until thoroughly heated. Do not boil.
 8. Turn into a warm serving dish. Serve immediately with cooked buttered noodles or with fluffy cooked rice.
- About 8 servings



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