



Family Weekly Cookbook

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Cream SOUPS and CHOWDER

AMONG table companions, none ranks higher than a delicious, flavorsome bowl of soup—the true appetite-awakener of the meal. Whether it's a light soup to introduce heartier foods, or a rich, nourishing soup served as the main dish, this gastronomical treat always adds sparkle to the menu.

For a busy-day suggestion, try blending two or more varieties of prepared heat-and-serve soups whose ingredients are pleasingly compatible. Then add a personal touch with your favorite herbs and seasonings and you'll be surprised at the wonderful flavor combination you'll come up with.

DUTCH-STYLE CHOWDER

CONVENIENCE FOOD RECIPE

TO PREPARE: 20 MIN.

- 4 slices bacon, diced
- ½ cup chopped onion
- 1 can condensed cream of chicken soup
- 1 can condensed chicken-vegetable soup
- 1 soup can milk
- 1 soup can water
- 1 cup drained whole kernel corn
- 2 tablespoons chopped parsley

1. In a saucepan, cook bacon until crisp. Remove bacon from pan to absorbent paper; pour off fat and return one tablespoon fat to pan. Add onion and cook until tender, occasionally moving and turning with a spoon.

2. Blend in the soups, milk, water, and corn. Heat thoroughly, stirring frequently.

3. Garnish chowder with the bacon and parsley.

4 to 6 servings

Dutch-style Chowder served with herb-buttered French bread and frozen apple pie with a selection of cheeses.

CREAMY MUSHROOM SOUP

TO PREPARE AND COOK: 35 MIN.

- ¼ cup butter or margarine
- 1 lb. fresh mushrooms, coarsely chopped
- 4 green onions with tops, sliced (reserve one-half of green tops for garnish)
- ¼ cup sifted flour
- 2 teaspoons salt
- 4½ cups milk
- 1 cup quick beef broth (use 1 beef bouillon cube and 1 cup hot water)

1. Heat butter in a saucepan. Stir in the mushrooms and green onions. Cook about 5 min., or until just tender, occasionally moving and turning with a spoon. With a slotted spoon, remove vegetables to a bowl; set aside.

2. Blend a mixture of the flour and salt into the butter in saucepan. Heat until mixture bubbles. Remove from heat. Add the milk and broth gradually, stirring constantly. Bring rapidly to boiling and cook until mixture thickens. Remove from heat and stir in the vegetables. Serve hot. Garnish each serving with a spoonful of thick sour cream and the reserved green onions.

6 to 8 servings

MUSHROOM-PEA-TOMATO-RICE SOUP

CONVENIENCE FOOD RECIPE

Combine in a saucepan 1 can each of condensed cream of mushroom soup, green pea soup, and tomato-rice soup. Blend in 3 soup cans water, ½ teaspoon crushed dill weed, and ¼ teaspoon crushed tarragon. Simmer, covered, about 10 min. Top individual bowls of soup with a dollop of thick sour cream.

About 8 servings

CHICKEN GUMBO-CREAM OF VEGETABLE SOUP

CONVENIENCE FOOD RECIPE

Combine in a saucepan 1 can each of condensed chicken gumbo soup and cream of vegetable soup. Blend in 2 soup cans water and a mixture of ¼ teaspoon ground fennel, ¼ teaspoon crushed sweet basil, and a few grains of ground ginger. Simmer, covered, about 10 min. Meanwhile, blend together thoroughly ½ cup thick sour cream, ½ cup mashed ripe avocado, and ½ teaspoon ground coriander. Serve with the soup. Or, if desired, serve soup with garlic-buttered Parmesan cheese croutons.

About 6 servings

For croutons—(about 1½ cups). Heat 2 to 3 tablespoons butter or margarine and 1 small clove garlic, crushed, in large heavy skillet over low heat. Trim crusts (if desired) from 2 to 3 slices toasted bread. Cut into ¼- to ½-in. cubes. Toss cubes in butter in skillet until all sides are coated and browned. Remove skillet from heat. Sprinkle about 1 tablespoon grated Parmesan cheese over croutons and toss until coated.

GINGER-TOMATO-RICE SOUP

CONVENIENCE FOOD RECIPE

Combine in a saucepan 1 can condensed tomato-rice soup, 1 soup can water, 1 teaspoon finely chopped crystallized ginger, and a few grains rosemary. Simmer, covered, about 5 min. Garnish individual bowls of soup with thin slices of lemon or lime sprinkled with finely minced parsley, or top with dollop of thick sour cream.

About 3 servings