

Food for Thought

A warm, hearty soup is the perfect lunch or dinner for January's cold, gray days. Add some warm French bread, corn bread or biscuits to enhance the good feeling.

A good broth is basic for good soup, but space for recipes in this column is somewhat like time to make dinner...short cuts are needed...so don't hesitate to use canned or boxed broth. Bouillon cubes can work well, also, if you remember that they are often very salty.

CREAMY MUSHROOM SOUP

This flavorful soup gets its creaminess and body from a base of pureed white beans. Local wild mushrooms add perfect flavor.

3 tbs margarine, divided 1 cup chopped onions
2 med. potatoes, peeled & diced
2 lg celery stalks, diced 6 cups water
2 cloves garlic, minced 2 vegetable bouillon cubes
1/2 tsp each: dry mustard,
dried basil, & dried thyme 1/4 cup dry white wine, optional
12 oz sliced white mushrooms, divided
6 oz fresh wild mushrooms
2 cups white beans, canned or cooked
fresh ground pepper to taste



Heat two tbs margarine in a large soup pot. Add onions and sauté over moderate heat until golden. Add potatoes, celery, garlic, water and bouillon cubes; bring to a boil. Add the seasonings and wine; cover and simmer over moderate heat for 15 minutes.

Add half of the sliced white mushrooms and simmer another 10 minutes. Remove soup from heat and let stand several minutes.

Wipe clean the fresh wild mushrooms, remove and discard stems, and slice the caps. Heat the remaining margarine in a skillet. Add the reserved white mushrooms and the wild mushrooms. Sauté, covered, for 10 minutes.

Puree the soup in batches, along with the white beans, in a food processor or blender. Return to the soup pot and stir in the sautéed mushrooms. Add pepper to taste. Before serving, bring to a simmer and cook, covered, for at least 10 minutes. If too thick, add water.

Makes 8 servings

SPLIT PEA SOUP

There are as many recipes for split pea soup as there are cookbooks. Here is one version.

1 smoked ham hock or 1 cup diced, smoked ham
1 lb green or yellow split peas
2 qts water
1 onion, diced
1 carrot, grated
2 stalks celery, sliced
1 bay leaf
2 cloves minced garlic, optional
salt and pepper to taste

Place all ingredients in large kettle, bring to a simmer and cook slowly until peas are tender, about 2-1/2 hours. Remove ham hock, discard bone, skin and fat, then dice remaining meat and return to soup. Discard bay leaf before serving.

NOTE: A richer broth may be made by putting ham hock, water, onion, garlic and bay leaf in a slow cooker. Let cook overnight on low. Remove ham hock and handle as described above. Discard bay leaf. Place broth, meat, onion and garlic in a large kettle. Add split peas, carrot and celery; cook slowly until peas are tender, about 2-1/2 hours.

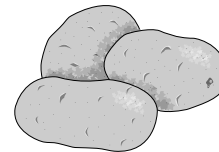
NOTE: If too thick, add water; if too thin, thicken by slowly adding instant potato flakes.

Makes 6-8 servings.

VEGETABLE SOUP (1)

Vegetable soup can include a combination of almost any vegetables. Here are two variations.

2-3 green cabbage leaves, chopped
2 carrots, sliced 1 onion, chopped
2 small turnips, cubed
2 stalks celery, sliced 1/4 cup olive oil
1 qt. vegetable broth 2 tbs parsley, chopped



Place cabbage, carrots, onion, turnips, celery and olive oil in soup kettle. Lightly sauté vegetables; do not brown. Add broth, bring to a boil and simmer gently until vegetables are tender, about 20 minutes. Sprinkle with parsley and serve.

NOTE: Other vegetable oil may be used in place of olive oil, but the flavor will be modified.

Makes about 4 servings.

VEGETABLE SOUP (2)

1/2 cup sliced celery 1/2 cup diced carrots
2/3 cup chopped onion 1 cup cubed potatoes
2 tbs butter or olive oil 1 qt vegetable broth
1 cup mixed, frozen vegetables
(peas, green beans, corn, etc.)

Place celery, carrots, onion and potatoes in soup kettle; sauté in butter or olive oil, but do not brown. Add broth, bring to a boil and simmer about 15 minutes. Add frozen vegetables, bring to a simmer again and cook just until frozen vegetables are hot.

Makes about 4 servings.

State PTA seeks board members

The Oregon PTA Board of Directors is made up of volunteers just like you. At this year's annual leadership conference and convention in April at the Portland Sheraton, new board members will be elected to serve in the following positions:

Vice President for Leadership, Vice President for Membership, Treasurer, Region Directors from EVEN numbered regions: 2, 4, 6, 8, 10.

The election will also fill these vacancies: Vice President for Legislation and Region Director: Region 9.

If you are interested and believe you could serve the Oregon PTA in any of these capacities, visit the website at <www.oregonpta.org/docs/nomcommittee.pdf> and complete the "Nomination for Office" and "Consent to be nominated" forms. They must be received at the Oregon PTA office, postmarked no later than Monday, January 16, 2006. Mail completed forms to:

Oregon PTA
P.O. Box 4569
Portland, OR
97208



Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
*B.L.A.S.T. w/Nursery 10:00 a.m.
*Bible Learning and Scripture Training
Wednesday Prayer Meeting 7:00 p.m.

ASSEMBLY OF GOD

David Jenkins, Pastor
662 Jefferson Ave., Vernonia,
503 816-1989
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Sunday Evening Service 6:00 p.m.
Wednesday Bible Study 7:00 p.m.
(in the parsonage)

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship
Saturday, 6:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets
Vernonia, 503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

SEVENTH DAY ADVENTIST

John Aitken II, Pastor, 396-1856
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301
Morning Worship, 9:15 a.m.
Bible Study 10:30 a.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street
Vernonia, 503 429-6522
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 7:00 p.m.

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