

Food for Thought

Cold weather and hot soup are natural partners, and there is nothing that says “home” better than a warm kitchen filled with mouth-watering aromas. Many work schedules don’t leave time to cook soup for dinner, but most soups can be cooked a day or two ahead, then refrigerated, which usually improves the flavors, too, and many soups also freeze perfectly. Cooking time can also be shortened by utilizing the wide variety of canned, dehydrated or frozen ingredients.

Note: Serving size is approximately one cup.

BEEFY WILD RICE SOUP

- 1 lb. ground beef
- 1/2 tsp Italian seasoning
- 6 cups water, divided
- 2 lg. onions, chopped
- 3 celery ribs, chopped
- 1 cup uncooked wild rice
- 2 tsp. beef bouillon granules
- 1/2 tsp. pepper
- 1/4 tsp. hot pepper sauce
- 3 (10-3/4 oz.) cans condensed cream of mushroom soup, undiluted
- 1 (4 oz.) can mushroom stems and pieces, drained

In a Dutch oven or other heavy kettle, cook beef and Italian seasoning over medium heat until meat is no longer pink; drain. Add 2 cups water, onions, celery, rice, bouillon, pepper and hot pepper sauce; bring to a boil. Reduce heat; cover and simmer for 45 minutes. Stir in soup, mushrooms and re-maining water. Cover and simmer for 30 minutes.

Yield: 12 servings.

BLACK BEAN SOUP

- 3/4 cup chopped celery
- 1 med. onion, chopped
- 3 garlic cloves, minced
- 1 Tbls. canola oil
- 3 (14-1/2 oz.) cans chicken broth
- 2 (15 oz.) cans black beans, rinsed and drained
- 1 (16 oz.) jar salsa
- 1 cup cooked chicken breast, cubed
- 1 cup cooked long grain rice
- 1 Tbls. lime juice
- 1 tsp. ground cumin

In a large saucepan, sauté celery, onion and garlic in oil until tender. Stir in re-maining ingredients; heat through.

Yield: 10 servings.

TOMATO TURKEY SOUP

- 6 cups chicken or turkey broth
- 2 (14-1/2 oz.) cans diced tomatoes, undrained
- 1/3 cup quick cooking barley
- 1 Tbls dried parsley
- 1 tsp. salt
- 1/2 tsp. garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp. dried basil
- 1/4 tsp pepper
- 2 cups cooked turkey, cubed
- 1-1/2 cups carrots, sliced
- 1-1/2 cup celery, sliced
- 1 medium onion, chopped
- 1 cup green pepper, chopped
- 1 (10 oz.) pkg frozen, chopped okra

In a Dutch oven or soup kettle, combine broth, tomatoes, bar-ley, parsley, salt, garlic powder, oregano, basil and pepper. Bring to a boil. Reduce heat; cover and simmer for 50 minutes. Add turkey and vegetables. Cover and simmer 50 minutes longer or until vegetables are tender.

Yield: 14 servings

GONE FISHIN’ CHOWDER

- 4 bacon strips
- 1 cup chopped onion
- 1 tsp. dried thyme
- 5 cups water
- 3 cups potatoes, peeled and diced
- 1-1/2 cups carrots, coarsely chopped
- 1/2 cup celery, chopped
- 2 tsp. salt, optional
- 1/8 to 1/4 tsp. pepper
- 1 (28 oz.) can diced tomatoes, undrained
- 1 Tbls. dried parsley
- 1-1/2 cups cooked fish*, cubed

In a Dutch oven or soup kettle over medium heat, cook bacon until crisp; drain, reserving 1 tsp drippings. Crumble bacon and set aside.

Sauté onion and thyme in drippings. Add water, potatoes, car-rots, celery, salt if desired and pepper. Cover and simmer 20-25 minutes or until vegetables are tender. Add tomatoes, parsley and bacon; cook for 10 minutes. Add fish; heat through.

Yield: 12 servings

*Note: To prepare with fresh fish, dice 3/4 lb. fresh fish and add to chowder at the same time as the tomatoes. Cook for 10-15 minutes or until fish is opaque.

QUICK CABBAGE ‘N’ SAUSAGE SOUP

- 4 (14-1/2 oz.) cans chicken broth
- 4 cups shredded cabbage
- 2 cups uncooked medium egg noodles
- 1 lb. cooked kielbasa or Polish sausage, halved lengthwise and cut in 1” slices
- 1/2 cup chopped onion
- 1 tsp. carway seeds
- 1/4 tsp. garlic powder
- 1 cup (4 oz.) shredded Swiss cheese

In a large sauce pan, combine all ingredients except cheese; bring to a boil. Re-duce heat; cover and simmer for 15 minutes or until cabbage and noodles are ten-der. Garnish with cheese.

Yield: 10 servings

30 MINUTE CHILI

- 1 lb. bulk pork sausage
- 1 large onion, chopped
- 1 (28 oz.) can crushed tomatoes
- 2 (15-1/2 oz.) cans chili beans
- 3 cups water
- 1 (4 oz.) can chopped green chiles
- 1 envelope chili seasoning
- 2 Tbls sugar

In a Dutch oven or soup kettle, cook sausage and onion; drain. Add remaining ingredients; cover and simmer for 20 minutes, stirring often.

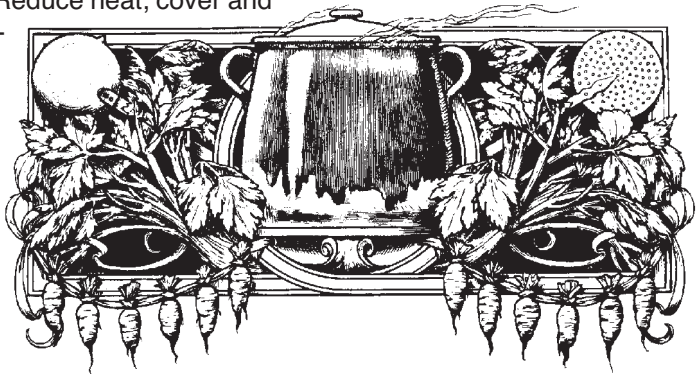
Yield: 12 servings

IN-A-HURRY CURRY SOUP

- 1 cup chopped onion
- 3/4 tsp. curry powder
- 2 Tbls. butter
- 2 chicken bouillon cubes
- 1 cup hot water
- 1 (14-1/2 oz.) can diced tomatoes, undrained
- 1 (10-3/4 oz.) can condensed cream of celery soup, undiluted
- 1 cup half-and-half cream
- 1 (5 oz.) can white chicken, drained

In a 3-quart sauce pan, sauté onion and curry powder in butter until onion is ten-der. Dissolve bouillon in water; add to the sauce pan. Stir in remaining ingredients; heat through.

Yield: 5 servings



Church Directory

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.

VERNONIA FOURSQUARE CHURCH

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

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.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 7:00 p.m.

ST. MARY’S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

SEVENTH DAY ADVENTIST

2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Bible Study 9:15 a.m.

FIRST BAPTIST CHURCH

359 “A” Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY)
EPISCOPAL CHURCH

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

CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS

Marc Farmer, 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.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 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.