

BOXES FROM HOME

FOOD GIFTS TO MAIL

Cookies, candy, popcorn balls, gum, nuts, dried fruits; snack cracker varieties, cheese; instant coffee, tea, milk, cocoa and fruit drink powders; canned foods . . . meat, poultry, fish, fruit juice, nuts; pickles, olives; frostings. Avoid foods in glass containers.

For short-distance mailing within the boundaries of the United States: Glazed or frosted (avoid sticky frostings) cakes, cupcakes; angel food, sponge, chiffon cakes. It is best to mail these first class or send by bus or air freight.



COOKIES THAT TRAVEL

A box from home is heartily welcome! When you send cookies, use a good-sized sturdy container and fill it well; but make sure your gift arrives as cookies, not crumbs. Here's how:

1. Bake travelwise cookies that can stand a few knocks . . . long-lived drop cookies and easily packed bars and squares (bake these in disposable foil pans; mail right in the pan, over-wrapped with aluminum foil or tucked into plastic bag).
2. Use a generous cushioning layer in the bottom of container; unbuttered popcorn or dry cereal or crumpled waxed paper or saran or shredded paper.
3. Wrap flat drop cookies in pairs, back to back, with paper between; wrap other cookies individually. Use saran, waxed paper, aluminum foil or plastic bags.
4. Arrange cookies snugly. Place in layers in straight rows, heavier cookies at the bottom. Tuck popcorn into each nook and crevice to keep cookies from shifting. Top the layer with crumpled wrapping or waxed paper.

GRANOLA MUNCH MIX

3 cups old fashioned rolled oats, uncooked	1 cup mixed nuts
½ cup packed brown sugar	1 cup peanuts
½ cup sesame seed	1 cup raisins
1 cup chopped walnuts	1 cup cut-up dried apricots or apples
½ cup salad oil	1 cup carob stars
¼ cup honey	1 cup flaked coconut
1 ½ teaspoons vanilla	1 cup banana chips

Heat oats in 9x13-inch pan at 350 degrees for 10 minutes. Remove from oven; add brown sugar, sesame seed and walnuts. Blend salad oil, honey and vanilla; drizzle over oats mixture. Return to oven and bake for 20 to 25 minutes, stirring occasionally. Cool. Add remaining ingredients; mix well. Store in tightly covered container. **YIELD:** About 11 cups.

HOW TO PACK

Containers should be sturdy and air-tight. They'll get a warm welcome if reusable, such as plastic boxes or decorative canisters. Pack containers in heavy cardboard box or corrugated cardboard. Fill all vacant spaces with shredded paper or popcorn to prevent shifting. Enclose an address slip **inside** box. Over-wrap for mailing with heavy paper and twine. Address carefully and clearly; be sure to include return address.

Consult post office with regard to rules for mailing packages . . . weight, size allowances and mailing date deadlines for holidays. If mailing to foreign country, rules often depend upon the destination.

5. Repeat the process. Continue snug arrangement of cookies, plugging holes and adding cushioning and padding until box is filled to ¼-inch from top.
6. Finish with another cushioning layer; use so generously that you have to gently push cover of box to close. Tape box shut. Play safe; print address on box.
7. Wrap box in heavy brown paper (over-wrap a lightweight box or odd-shaped container with corrugated cardboard before adding brown paper). Tie securely with cord. Label with name, address and return address printed legibly. Mark "perishable" and "fragile."
8. For overseas mailing use air express or air parcel post, if possible. Keep in mind that packages mailed to an overseas U.S. military base require postage to the stateside A.P.O. or F.P.O. only. If box is a Christmas gift, be sure to check mailing date deadlines.

APPLE NUT BREAD

¼ cup shortening	1 teaspoon soda
⅔ cup sugar	1 teaspoon salt
2 eggs, well beaten	2 cups coarsely grated, pared apple
2 cups sifted flour	½ cup chopped walnuts or pecans
1 teaspoon baking powder	

Cream shortening and sugar until light and fluffy. Add eggs, beating until smooth. Sift flour, baking powder, soda and salt. Add alternately with apple to creamed mixture. Stir in nuts. Spoon into greased and floured 8x4-inch loaf pan. Bake at 325 degrees for 1 hour or until bread tests done. Remove from pan; cool, before slicing. **YIELD:** 1 loaf.

APPLE SPICE BREAD: Sift 1 teaspoon cinnamon, ½ teaspoon nutmeg and ¼ teaspoon cloves with flour.

APPLE CHEESE BREAD: Stir ½ cup grated sharp cheddar cheese into batter.

RUSSIAN TEA MIX

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| 1 cup instant tea mix | 1 3-ounce package lemon-ade mix |
| 1 3/4 cups sugar | 1 teaspoon cinnamon |
| 2 cups orange flavored breakfast drink (Tang) | 1 teaspoon cloves |

Combine all ingredients; mix well. Store in tightly covered container. **To serve:** Measure 1 to 2 teaspoons of mix into coffee cup; add boiling water. **YIELD:** About 4 1/2 cups mix.

HEAVENLY ORANGE MIX

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| 1 1/4 cups orange flavored breakfast drink (Tang) | 1 3/4 cups nonfat dry milk powder |
| 2 teaspoons vanilla | 1/2 cup sugar |

Blend orange flavored breakfast drink powder and vanilla; stir in dry milk powder and sugar. Sift together several times or until thoroughly mixed. Store in tightly covered container. **To serve:** Measure 1/3 cup mix into blender container. Add 1/2 cup cold water and 4 ice cubes. Cover and blend on hi for 30 seconds or until mixture is smooth. **YIELD:** About 4 cups mix or 12 servings.

MINTY MALT MIX

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| 1/2 cup white butter mints | 2 cups instant chocolate malted milk powder |
| 1/3 cup sugar | 3 cups nonfat dry milk powder |
| 3 tablespoons cocoa | |

Measure butter mints, sugar and cocoa into blender container; cover and blend on hi for 1 minute or until mints are finely ground. Add to remaining ingredients. Sift together several times or until thoroughly mixed. Store in tightly covered container. **To serve:** Measure 1/4 cup mix into serving cup; stir in 3/4 cup boiling water. Top with marshmallow, if desired. **YIELD:** About 6 cups mix or 24 servings.

NUTS AND BOLTS

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| 1/2 cup butter | 2 cups Wheat Chex |
| 1 tablespoon worcestershire sauce | 2 cups Rice Chex |
| 1 teaspoon celery salt | 2 cups Corn Chex |
| 1/2 teaspoon garlic salt | 2 cups pretzel sticks |
| | 3 cups salted mixed nuts |

Melt butter in shallow baking pan; stir in seasonings. Add remaining ingredients; toss until all pieces are coated with butter mixture. Bake at 300 degrees for about 30 minutes, stirring every 10 minutes. Spread out to cool. Store in covered containers. **YIELD:** About 3 quarts.

TOASTED SUNFLOWER SEEDS

4 cups sunflower seeds

1/2 cup salt

Water

Select sunflowers with dry stalks. If plants were sprayed wash seeds; pat dry. Spread on cheesecloth or screening and allow to dry in a warm place for at least a week. **OR,** hang the flowers, dust free, in a cool, dry place for a month. It is important that the seeds be thoroughly dry.

Measure seeds and salt into saucepan; add water to cover. Bring to a boil; boil 5 minutes. Drain; spread on absorbent paper to dry. Place in shallow baking pan; bake at 325 degrees for 25 to 30 minutes, stirring occasionally. Cool thoroughly. Store in dry place. **YIELD:** 1 flower makes about 3 cups seeds.

MAILABLE BROWNIES

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| 1/2 cup shortening | 1/2 teaspoon baking powder |
| 2 1-ounce squares unsweetened chocolate | 1/4 teaspoon salt |
| 1 cup sugar | 1 teaspoon vanilla |
| 1/2 cup flour | 2 eggs |
| | 3/4 cup chopped nuts |

Melt shortening and chocolate in large saucepan over low heat. Remove from heat; stir in sugar, flour, baking powder, salt and vanilla. Add eggs; beat well. Stir in nuts. Turn into greased 8 or 9-inch square pan or disposable foil pan(s). Bake at 350 degrees for 25 to 30 minutes or until brownies test done. Cool. Cut into squares. **YIELD:** 2 to 3 dozen fudge-type brownies.

Note: If desired, double recipe; bake brownies in greased 9x13-inch pan for about 35 minutes.

RAINBOW POPCORN BALLS

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| 13 cups popped corn | 1/2 cup sugar |
| 1 cup salted peanuts | 1 3-ounce package gelatin, any flavor |
| 1 cup light corn syrup | |

Combine popcorn and peanuts; keep hot and crisp in 300 degree oven. Combine corn syrup and sugar in saucepan. Cook, stirring until sugar is dissolved. Bring to a full rolling boil. Remove from heat; stir in gelatin. Tint with food coloring, if desired, using corresponding colors. Slowly pour over hot popcorn mixture, mixing to coat every kernel. Butter hands; quickly mold into 3-inch balls. **YIELD:** 18 balls.

MINT SHORTBREAD

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| 1 cup butter | 2 cups sifted flour |
| 1 cup crushed butter mints, about 5 ounces | 1/4 teaspoon salt |
| | 1 tablespoon sugar |

Cream butter until light and fluffy. Add crushed mints; blend well. Stir in flour and salt. Chill 1 hour. Between two sheets of waxed paper roll dough into 9-inch square. Remove top sheet of waxed paper; sprinkle sugar over dough. Cut into 1 1/2-inch squares or fancy shapes; place on ungreased cookie sheet. Bake at 325 degrees for 15 minutes or until golden. **YIELD:** 3 dozen.

TOASTED PUMPKIN SEEDS

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| 2 cups pumpkin or squash seeds | 1 1/2 teaspoons salt |
| | 1 1/2 tablespoons salad oil |

Separate fiber from pumpkin or squash seeds. Sprinkle salt on rimmed cookie sheet. Arrange seeds on salt in single layer. Drizzle with salad oil. Bake at 300 degrees for 45 to 50 minutes or until crisp and brown; stir occasionally. Cool. Store in dry place. **YIELD:** 1 medium pumpkin makes about 2 cups seeds.

SUGAR 'N' SPICE SPECIALITIES



CHOCOLATE LOVERS CHEESECAKE

- 1 1/2 cups zwieback cracker crumbs
- 1 1/2 cups sugar, divided
- 1/3 cup melted butter

- 2 8-ounce packages cream cheese, softened
- 1/3 cup cocoa

- 2 eggs
- 1 1/2 teaspoons vanilla, divided
- 1 cup dairy sour cream

Combine cracker crumbs, 2 tablespoons sugar and melted butter. Press over bottom and 2 inches up sides of 8-inch spring-form pan. Refrigerate. Beat cream cheese until smooth; gradually blend in 1/4 cups sugar and cocoa. Beat in eggs one at a time. Add 1 teaspoon vanilla; beat until well blended. Pour into prepared crust. Bake at 375 degrees for 25 minutes or until set. Combine dairy sour cream, 2 tablespoons sugar and 1/2 teaspoon vanilla; gently spoon over cake as soon as removed from oven. Continue baking at 375 degrees for 10 minutes. Remove from oven; cool on rack. Refrigerate until serving time. Garnish with whipped cream and chocolate curls, if desired. **YIELD:** 10 to 12 servings.

MINCEMEAT RING CAKE

- 1 package spice cake mix
- 3 eggs
- 1/4 cup water
- 2 2/3 cups prepared mincemeat, 28-ounce jar
- 1 cup chopped walnuts
- Rum-Butter Balls

Combine cake mix, eggs, water and mincemeat in mixer bowl. Blend on low speed. Turn to medium speed; beat 4 minutes. Stir in walnuts. Spoon batter into greased and floured 12-cup ring mold. Bake at 350 degrees for 50 to 60 minutes or until cake tests done. Cool in pan on rack 15 minutes. Remove from pan; complete cooling on rack. Serve with **RUM-BUTTER BALLS**: Cream 1 cup butter with 1 package creamy white frosting mix. Add 2 eggs and 1 tablespoon rum extract. Beat until fluffy. Refrigerate for several hours. At serving time, make balls with melon ball scoop. **YIELD:** 10 to 12 servings.

NO-CRUST PUMPKIN PIE

- 3/4 cup sugar
- 1/2 cup buttermilk baking mix
- 2 1/2 teaspoons pumpkin pie spice
- 1 16-ounce can pumpkin
- 1 tall can evaporated milk, 1 2/3 cups
- 2 eggs
- 2 tablespoons butter
- 2 teaspoons vanilla
- Whipped cream

In mixer bowl combine sugar, buttermilk baking mix and pumpkin pie spice. Add pumpkin, evaporated milk, eggs, butter and vanilla. Blend ingredients on low speed. Turn to high; beat 1 minute. Pour into lightly greased 9-inch pie pan. Bake at 350 degrees 55 to 60 minutes or until silver knife inserted midway between edge and center of pie comes out clean. Serve warm or cold with dollops of whipped cream. **YIELD:** 6 servings.

WINE SPICE CAKE

- 1/2 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 3/4 cup white wine
- 1 tablespoon molasses
- 1 1/2 teaspoons vanilla
- 2 1/2 cups sifted cake flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/4 teaspoon cloves
- 1/4 cup milk
- Pecan Cream Frosting

Cream shortening and sugar until light and fluffy. Add eggs, one at a time, beating well after each. Add wine, molasses and vanilla; mix well. Sift dry ingredients; add alternately with milk to creamed mixture, beating well after each addition. Spoon into 2 prepared 9-inch cake pans. Bake at 350 degrees for 25 minutes or until cake tests done. Cool in pans 10 minutes. Remove from pans; complete cooling on rack. Fill and frost with **PECAN CREAM FROSTING**: In small bowl combine 1 3-ounce package softened cream cheese, 5 tablespoons butter, 1 tablespoon milk, 1 teaspoon vanilla and 2 cups powdered sugar; beat until smooth. Stir in 1/2 cup finely chopped pecans.

ZUCCHINI FRUITCAKE

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| 1 cup diced zucchini | 2 cups sifted flour |
| 2 teaspoons brandy extract, divided | 1 teaspoon salt |
| 1 cup sugar | 1 teaspoon baking powder |
| 1 cup apple juice | 1 teaspoon soda |
| 2 tablespoons water | ½ cup mixed candied fruits |
| ⅓ cup margarine | ½ cup chopped walnuts or pecans |
| ½ cup cut-up dates | |

Sprinkle zucchini with 1 teaspoon brandy extract; set aside. In saucepan combine sugar, apple juice, water, margarine and dates. Boil 2 minutes; cool. Stir in remaining 1 teaspoon brandy extract. Sift flour, salt, baking powder and soda; stir into date mixture. Add zucchini, candied fruits and nuts; mix well. Spoon into 9x5-inch loaf pan lined with greased foil. Bake at 325 degrees for 1 hour and 15 minutes or until cake tests done. Remove from pan and foil; cool on rack. Wrap; store in refrigerator. **YIELD:** One cake.

MINCEMEAT CAKE ROLL

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| 3 eggs | ½ teaspoon salt |
| 1 cup sugar | ½ cup hot water |
| 1 teaspoon vanilla | ¼ cup prepared mincemeat |
| 1 cup sifted flour | Mincemeat Filling |
| 1 teaspoon baking powder | 1 cup whipped cream |

Beat eggs until thick and lemon-colored. Gradually add sugar and vanilla; beat well. Combine flour, baking powder and salt; add to creamed mixture. Beat on low speed just until blended. Add hot water all at once; beat until smooth. Stir in mincemeat. Spread batter in prepared pan. Bake at 375 degrees for 10 to 12 minutes. At once invert on tea towel sprinkled with powdered sugar; remove waxed paper. Beginning at narrow end, roll cake and towel together. Cool on rack. Unroll; remove towel and fill with Mincemeat Filling. Reroll. Frost with whipped cream. Refrigerate until serving time. **YIELD:** 8 servings.

MINCEMEAT FILLING: Fold 1¾ cups prepared mincemeat into 1 cup whipping cream, whipped.

TO PREPARE PAN: Grease 10x15-inch jelly roll pan lightly; line with waxed paper. Grease lightly.

MICRO CRAN-APPLE DESSERT

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| 1 cup sugar | ½ cup packed brown sugar |
| 1 cup water | ⅓ cup sifted flour |
| 2 cups fresh cranberries chopped | ½ teaspoon salt |
| 2 cups chopped apple | ¼ cup butter or margarine |
| 1 cup quick-cooking rolled oats | ½ cup chopped nuts |
| | Whipped cream |

Combine sugar and water in buttered 2-quart casserole; add cranberries and apple. Cover; cook 10 minutes on FULL POWER. Combine rolled oats, brown sugar, flour and salt; cut in butter. Stir in nuts. Sprinkle over cranberry mixture. Cover; cook 5 minutes. Uncover; continue cooking 4 minutes. Serve warm topped with whipped cream. **YIELD:** 6 servings.

MICRO-PUMPKIN PIE

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| ¼ cup butter | ½ teaspoon nutmeg |
| 1 cup graham cracker crumbs | ¼ teaspoon ginger |
| 2 tablespoons sugar | ¼ teaspoon salt |
| 1 cup canned pumpkin | 1 8-ounce carton frozen dessert topping, thawed |
| ¼ cup packed brown sugar | 1 8-ounce container plain yogurt |
| 1 teaspoon cinnamon | |

In 9-inch glass pie plate melt butter on FULL POWER, 45 to 60 seconds. Stir in graham cracker crumbs and sugar; press over bottom and sides of pie plate. Cook 1½ to 2 minutes, rotating ½ turn after 1 minute. Set aside. In large glass bowl combine pumpkin, brown sugar, cinnamon, nutmeg, ginger and salt. Cook 1½ to 2 minutes or until mixture begins to boil; cool. Fold dessert topping and yogurt into cooled pumpkin mixture. Spoon into prepared crust. Chill until set. **YIELD:** 6 servings.

STEAMED CARROT PUDDING

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| 1 cup grated raw carrot | 2 tablespoons milk |
| 1 cup grated raw potato | 1 cup sifted flour |
| 1 cup raisins | 1 teaspoon soda |
| ½ cup chopped nuts | ½ teaspoon salt |
| 1 cup packed brown sugar | 1 teaspoon cinnamon |
| ¼ cup melted butter | ½ teaspoon cloves |
| | Hard Sauce |

Combine carrot, potato, raisins, nuts, sugar, butter and milk. Sift dry ingredients and stir in. Spoon pudding into well-greased 1½-quart mold, filling two-thirds full. Cover tightly. Place on rack; add boiling water to come halfway up side of mold. Cover and steam 3 hours, adding water as necessary. Let stand 15 minutes; turn out on rack to cool. Serve warm or cold with Hard Sauce. (To reheat, steam 1 hour in original container.) **YIELD:** 8 servings.

HARD SAUCE: Cream ½ cup butter; blend in 1 teaspoon vanilla. Gradually stir in about 2 cups powdered sugar, beating until light and fluffy.

RUM-PUM CAKE

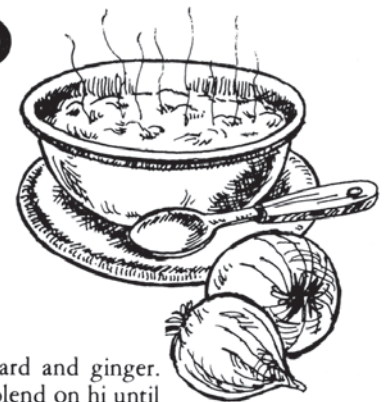
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| 1 cup butter or margarine | 3 teaspoons baking powder |
| 2 cups sugar | ½ teaspoon salt |
| 4 eggs | 1 teaspoon cinnamon |
| 1 ½ cups canned pumpkin | ½ teaspoon nutmeg |
| 1 tablespoon rum | ½ teaspoon ginger |
| 3 ½ cups sifted flour | Rum Sauce |

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each. Add pumpkin and rum. Sift dry ingredients; stir into creamed mixture. Spoon into greased and floured 3-quart bundt pan. Bake at 325 degrees for 1½ hours or until cake tests done. Cool in pan 15 minutes. Remove from pan; complete cooling on rack. Serve with warm Rum Sauce. **YIELD:** 12 servings.

RUM SAUCE: In saucepan combine ¾ cup sugar, 2 tablespoons cornstarch, ½ teaspoon salt and ½ teaspoon nutmeg, gradually add 2 cups orange juice. Cook, stirring until clear and slightly thickened. Remove from heat; stir in ¼ cup rum and 2 tablespoons butter.



SOUP SCOOP



CURRIED ZUCCHINI SOUP

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| 6 cups diced zucchini | 1 teaspoon curry powder |
| 1 cup sliced onion | ½ teaspoon dry mustard |
| 3 cups chicken broth | ¼ teaspoon ginger |
| 6 tablespoons uncooked regular rice | 2 cups half 'n' half |
| | Salt and pepper |

In saucepan combine zucchini, onion, chicken broth, rice, curry powder, mustard and ginger. Bring to boil; cover and simmer 45 minutes. Put in blender container; cover and blend on hi until smooth, about 30 seconds. Return to saucepan; add half 'n' half. Cook until steaming hot; do not boil. Season to taste with salt and pepper. **YIELD:** 8 servings.

TWO-BEAN CHOWDER

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| 1 cup dried small white navy beans | ¾ cup diced celery |
| 1 cup dried red beans | ¾ cup diced carrot |
| 2 quarts water | 1 clove garlic, minced |
| 1 pound ham hocks | ⅛ teaspoon pepper |
| 1 cup minced onion | 1 ½ cups milk, scalded |
| | Salt and pepper |

Soak beans in water overnight; do not drain. Next morning add ham hocks; cover and simmer 1½ hours. Remove ham hocks. Cut meat from bones; return to soup. Mash a portion of beans, if desired. Add onion, celery, carrot, garlic and pepper. Cover; simmer 1 hour. Add milk; cook until steaming hot; do not boil. Season to taste with salt and pepper. **YIELD:** 6 to 8 servings.

VEGETABLE CHOWDER

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| 1 cup minced onion | 1 17-ounce can whole kernel corn, undrained |
| 1 clove garlic, minced | 1 7½-ounce can tomatoes |
| ¼ cup butter | ½ teaspoon salt |
| 1 cup chopped celery | ½ teaspoon crumbled thyme |
| 2 cups sliced carrot | ½ teaspoon celery seed |
| 3 cups cubed potato | 2 tablespoons cornstarch |
| 3 10½-ounce cans beef bouillon | ¼ cup water |

In large kettle cook onion and garlic in butter until tender. Add celery, carrot, potato, beef bouillon, corn, tomatoes and seasonings. Bring to boil; cover and simmer 30 minutes or until vegetables are tender. Combine cornstarch and water; add to vegetable mixture. Cook, stirring until mixture boils. Boil 1 minute. **YIELD:** 8 servings.

mu HAMBURGER CHEESE SOUP

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| ½ pound ground beef | ½ teaspoon crumbled basil |
| ½ cup minced celery | 3 cups milk |
| ¼ cup minced onion | 1 cup shredded American cheese |
| 2 ½ tablespoons flour | Parsley |
| ½ teaspoon salt | |
| ¼ teaspoon pepper | |

Crumble ground beef into 3-quart casserole; add celery and onion. Cover; cook 4 minutes on FULL POWER, stirring once to break up meat. Drain off fat. Blend in flour, salt, pepper and basil; gradually stir in milk. Continue cooking, uncovered, 6 to 8 minutes or until thickened and bubbly; stir every 2 minutes. Add cheese; stir until blended. Serve garnished with parsley. **YIELD:** 4 servings.

mu VEGETABLE BEEF SOUP

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| 1 ½ pounds stew beef, cut in ½-inch cubes | ½ cup uncooked barley |
| 1 cup sliced carrot | 4 cups water |
| 1 cup cubed potato | 2 beef bouillon cubes |
| 1 cup sliced onion | 1 tablespoon dried parsley flakes |
| 1 cup shredded cabbage | 1 bay leaf |
| 1 16-ounce can stewed tomatoes | 1 teaspoon salt |
| | ¼ teaspoon pepper |

Combine all ingredients in 5-quart casserole. Cover; cook 10 minutes on FULL POWER. Reduce power to SIMMER (50%) and continue cooking for 60 minutes or until meat is tender, stirring after 30 minutes. Let stand 10 minutes before serving. **YIELD:** 8 to 10 servings.

mu CHEESY BROCCOLI SOUP

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| ⅓ cup minced onion | 2 tablespoons butter or margarine | 2 cups water |
| ¾ teaspoon curry powder | 1 11-ounce can cheddar cheese soup | 1 10-ounce package frozen chopped broccoli, thawed |
| ⅛ teaspoon pepper | 1 10¾-ounce can cream of celery soup | |

Combine onion, curry powder, pepper and butter in 3-quart casserole. Cover; cook 3 minutes on FULL POWER. Stir in remaining ingredients. Cover; continue cooking 13 to 15 minutes or until broccoli is tender, stirring occasionally. Let stand, covered, 2 minutes. **YIELD:** 4 to 5 servings.

SPLIT PEA SOUP

1 ham hock or ham bone
2 quarts water
2 cups dried split peas
1 medium onion, sliced

2 sprigs parsley
1 bay leaf
¼ teaspoon crumbled thyme
¼ teaspoon crumbled marjoram

Dash cayenne
2 cups sliced carrot
1 cup minced celery
Salt and pepper

Combine ham hock, water, peas, onion, parsley and seasonings; bring to boil. Cover; simmer 2 hours or until peas are soft. Add carrot and celery. Cover; simmer 30 minutes or until vegetables are tender. Remove ham hock. Cut meat from bone; return to soup (strained, if desired). Season to taste with salt and pepper. **YIELD:** 6 servings.

HAMBURGER LENTIL SOUP

1 pound ground beef
5¾ cups tomato juice
4 cups hot water
1 cup dried lentils
1 cup diced carrots
1 cup chopped celery
1 cup chopped cabbage

½ cup minced onion
1 bay leaf
1 teaspoon green pepper flakes
1 teaspoon salt
½ teaspoon pepper
½ teaspoon Ac'cent

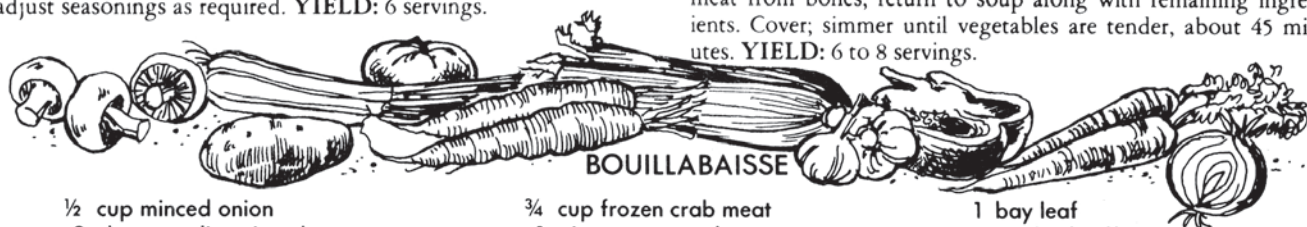
In large kettle cook beef until crumbly and brown, drain off fat. Add tomato juice and water; bring to boil. Add lentils, carrots, celery, cabbage, onion and seasonings; return to boil. Reduce heat; simmer for 1½ to 2 hours or until lentils are tender. Taste; adjust seasonings as required. **YIELD:** 6 servings.

VEGETABLE BEEF SOUP

3 pounds beef soup bones
3 quarts cold water
1 tablespoon salt
1 bay leaf
2 sprigs parsley
4 celery tops
1 onion, quartered

1 1-pound can tomatoes
1 cup diced potatoes
4 stalks celery, sliced
3 carrots, sliced
1 10-ounce package frozen mixed vegetables
1 cup "alphabet" noodles or barley

Cover meat with cold water, add seasonings, parsley, celery tops and onion. Bring to boil; skim if needed. Cover; simmer 3 hours or until meat is tender. Remove bay leaf and soup bones. Cut meat from bones; return to soup along with remaining ingredients. Cover; simmer until vegetables are tender, about 45 minutes. **YIELD:** 6 to 8 servings.



½ cup minced onion
2 cloves garlic, minced
2 tablespoons butter
1 pound fish filletss' cut in 2-inch pieces
3 cups deveined frozen shrimp

¾ cup frozen crab meat
1 pint oysters or clams, undrained
1 8-ounce can tomato sauce
2½ teaspoons salt
¼ teaspoon pepper

1 bay leaf
Pinch of saffron
4 cups water
1 teaspoon lemon juice
¼ cup minced parsley
½ cup dry white wine, optional

In large kettle cook onion and garlic in butter until tender. Add seafood, tomato sauce, seasonings, water and lemon juice. Bring to boil; stir gently to distribute fish evenly. Cover; simmer, 20 to 30 minutes or until seafood is done, stirring occasionally. Add parsley and wine. **YIELD:** 10 to 12 servings.

SENATE BEAN SOUP

1 ¼ cups small white navy beans, ½ pound
2 quarts cold water
1 pound ham hocks
1 cup diced celery
1 medium onion, minced

1 cup mashed potatoes, optional
2 tablespoons dried parsley flakes
1 clove garlic, minced
Salt and pepper

Soak beans in water overnight; do not drain. Next morning add ham hocks; cover and simmer 1 hour. Add vegetables, parsley and garlic; cover and simmer 1 hour or until beans are tender. Remove ham hocks. Cut meat from bones; return to soup. Season to taste with salt and pepper. **YIELD:** 6 servings.

POTATO SOUP

3 slices bacon, cut-up or 3 tablespoons butter
1 small onion, minced
1 ½ cups diced potato

1 cup minced celery with leaves
1 quart milk, heated
Salt and pepper

In skillet cook bacon until crisp; add onion and cook until golden brown. Drain off fat. Measure potatoes and celery into large kettle; add water to cover and cook 15 to 20 minutes or until potatoes are tender. Do not drain. Add hot milk, bacon and onion. Season to taste with salt and pepper. Simmer until steaming hot; do not boil. **YIELD:** 4 servings.

ITALIAN MEATBALL SOUP

1 pound ground beef
1 egg, slightly beaten
½ cup cracker crumbs
¼ teaspoon salt
2 tablespoons shortening
1 10½-ounce can beef broth

1 1-pound 12-ounce can tomatoes, undrained
1 envelope dry onion soup mix
2 cups water
2 cups sliced carrots
¼ cup diced celery

¼ cup minced parsley
¼ teaspoon crumbled oregano
¼ teaspoon crumbled basil
⅛ teaspoon garlic powder
1 bay leaf
Salt and pepper

Combine ground beef, egg, cracker crumbs and ¼ teaspoon salt. Shape into 18 meatballs; brown on all sides in melted shortening. In large kettle combine beef broth, tomatoes, dry onion soup mix, water, carrots, celery, parsley and seasonings. Bring to boil; cover and simmer 30 minutes. Add meatballs; simmer 20 minutes. **YIELD:** 4 to 6 servings.