

# More recipes from agriculture's kitchen Cabinet!

This is the second in our 2-part series featuring Canada's ministers of agriculture and their favourite recipes

By Colleen Armstrong

**Manitoba — The Hon. Harry J. Enns**

**Green Bean Soup**

- 2 qts. soup stock, made from smoked ham bone
- 2 medium onions
- 2 stalks celery, diced very fine
- 6 c. green beans, cut fine
- 1½ c. diced potatoes
- Fresh parsley
- Summer savory
- Black pepper corns (about 10)

Add vegetables to soup stock, simmer until well done, about one hour. Ten minutes before serving add finely shredded parsley and savory, which has been tied for easy removal. Add 2 or 3 tbsp. sour cream and serve.



Manitoba's ag. minister was appointed in September of 1993. A rancher from Woodlands, Man., and long-time MLA, he has represented Lakeside since 1966. He has served on the province's executive council with 4 separate premiers.

Other Cabinet portfolios he's held include highways and transportation, mines and resources, government services, and natural resources.

An active member of his community, he previously served as a trustee on the Interlake School Board and on the local Agricultural Regional Development Association Board. The minister and his wife reside on their farm at Woodlands in the Interlake region of Manitoba.

**Ontario — The Hon. Noble Villeneuve**

**Carrot & Beef Ragout**

- 1 tbsp. butter
- 1 tbsp. vegetable oil
- 2 cooking onions, chopped
- 1 large clove of garlic, chopped
- 1 lb. beef round steak or stewing beef, cut into 1" cubes
- 1 c. sliced mushrooms (10 medium)
- 1½ c. beef stock or consommé
- 3 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce
- 1 bay leaf
- ¼ tsp. dried tarragon leaves
- ¼ tsp. dried marjoram leaves
- ¼ tsp. salt
- ⅛ tsp. pepper
- 3 c. carrots, sliced into half-inch chunks
- ½ c. frozen peas
- ½ c. frozen kernel corn

In a large skillet, sauté onions and garlic in butter and oil over medium heat for 5 minutes. Add beef and brown 10 minutes. Stir in mushrooms and continue



browning 5 minutes longer. Add next 8 ingredients. Simmer, covered, over low heat for 1 hour. Add carrots and simmer, covered, 10 minutes. Stir in frozen peas and corn, and simmer 5 minutes. Serve over creamy mashed potatoes. Makes 4 servings.

Ontario ag. minister Villeneuve was first elected to the legislature in 1983, and has been re-elected in 4 subsequent elections. He has served as minister without portfolio (Ministry of Natural Resources and Energy), PC critic for agriculture, and a member of a number of Standing Committees.

This farmer and former accredited real estate appraiser is a native of Maxville, Ont. He and his wife have 5 children.

**Nova Scotia — The Hon. Guy A.C. Brown**

**Diabetic Apple Pie**

- Pastry for a 9", 2-crust pie
- 2 tbsp. or 20 packets of artificial sweetener
- ¼ c. flour
- ¼ tsp. nutmeg
- ½ tsp. cinnamon
- Dash of salt
- 6 c. thinly sliced apples
- 1 tbsp. margarine

Preheat oven to 425°F. In a bowl, combine Equal, flour, nutmeg, cinnamon, and salt. Add dry mixture to apples; toss gently. Fill a pastry-lined pie plate with apple mix; dot with margarine. Cover with top crust; cut in slits and seal edge. Bake 15 minutes at 425°F. Lower heat to 350°F, and bake an additional 30 minutes.



Nutrition: 270 calories, 3 g protein, 36 g carbohydrate, 14 g fat, 0 mg cholesterol, 310 mg sodium  
(1 slice = ½ bread, 1 fruit, 2 fat)

The minister was born in Springhill, and has been very active in his community all his life. First elected to the Nova Scotia House of Assembly in 1974, the minister was given responsibility for the Consumer Affairs portfolio in 1976, Housing and Consumer Affairs in 1993, and Labour/Workers' Compensation in 1995.

As a former member of the armed forces, he served in the Middle East for a year. He was also eastern Canadian sales manager for Watkins Products. He and his wife have 2 sons and a step-daughter.