

Culinary Outlook

SIMPLY SOUPERB

Recipes from Campbell's Cookbook



Chili and pizza will never go out of style as far as kids are concerned. And moms will love these quick and easy versions; or better still, the kids can make them themselves.

Tomato Chili Pot

2 tsp	butter or margarine	10 mL
1/4 cup	chopped onion	50 mL
1 tsp	chili powder	5 mL
1/2 tsp	dried oregano, crushed	2 mL
2	cans (10 oz/284 mL) Campbell's Condensed Tomato Rice Soup	2
2	soup cans water	2
1 cup	frozen whole kernel corn	250 mL
1/4 cup	chopped green chilies	50 mL
2 tbsp	chopped parsley	25 mL

Melt butter in a 2 qt (2 L) saucepan over medium heat; stir in onion, chili powder and oregano and cook 2 minutes until onion is tender. Stir in remaining ingredients; reduce heat to low; simmer 10 minutes or until hot.

Serves 4

Onions are root of many meals

By Aileen Claire
NEA Food Editor

Since before recorded history, onions have tantalized people. Egyptian laborers worshipped them. According to the Bible, Israelites craved them, while in their wilderness sojourn. In medieval times, onions were even considered a cure for baldness.

There is a wide selection of onions to round out any menu: Bermudas, sweet Spanish and small white, to name a few; plus their cousins, scallions, leeks and shallots.

Aside from their delectable flavor, low-calorie onions are a good source of vitamin C. Here's an easy onion

main dish using pita bread. Whip up some onion-stuffed muffins for breakfast or lunch.

1/4 shredded mozzarella cheese
1/4 grated Parmesan cheese
1/4 chopped fresh parsley

FRESH ONION PIZZA PITA


2	tablespoons butter or margarine
4	cups sliced onion (about 1 1/2 pounds)
1	clove garlic, minced
1	package (4 pockets) whole-wheat pita bread
2	tomatoes, sliced
1/4	teaspoon dried leaf basil, crumbled
1/4	teaspoon dried leaf oregano, crumbled
1/4	teaspoon pepper
2	cups (about 8 ounces)

In a large saucepan, melt butter. Cook onion and garlic 8 to 10 minutes, over low heat, until onions are translucent. Split each pita bread horizontally. Overlap 8 pita circles in a 9-inch pie plate. Top with cooked onion mixture and sliced tomatoes. Sprinkle with basil, oregano and pepper. Top with mozzarella and Parmesan cheese. Bake in a 350-degree oven 10 to 15 minutes, or until cheese is melted and bread is lightly toasted. Sprinkle with parsley. This kitchen-tested recipe makes 4 servings as a main dish; 6 to 8 as a side dish.

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<p>SAVE 1/2 PRICE</p> <p>ASTRO</p> <p>SOUR CREAM</p> <p>Regular or Light</p> <p>99¢ EACH</p> <p>500 gr. Tubs</p>	<p>DOOR CRASHER</p> <p>COCA COLA</p> <p>COKE - DIET COKE</p> <p>750 ml BOTTLE</p> <p>3/\$1.00</p> <p>LIMIT 6 PER CUSTOMER PLUS DEPOSIT</p> 	<p>BULK</p> <p>MCCORMICKS</p> <p>JU-JUBES</p> <p>99¢ LB.</p>
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