

## SOUP RECIPES

### QUICK MINESTRONE (MEATLESS)

1 clove garlic  
1 small onion  
2 stalks celery with leaves  
1 medium carrot  
parsley (enough to make 2 tbsp. chopped)  
salad oil  
1 can plum tomatoes w/basil (or add a pinch of basil) 14 oz. size  
1 pint tomato juice (2 cups)  
1 can chick peas - 19 oz. size  
sage  
pepper (much better with freshly ground)  
salt  
1/2 cup instant rice  
grated parmesan cheese  
1 loaf Italian bread (or any crusty bread or rolls)

Preparation: Peel and mince garlic and onion. Slice celery and leaves. Scrape and chop carrot. Chop parsley.

Method: In a large saucepan saute in oil the garlic and onion and celery just until the onion is tender. Add tomatoes, tomato juice and carrot; drain chick peas and add along with a pinch of sage, 1/2 teaspoon of pepper and salt to taste. Bring to boil and add 1/2 cup of instant rice and the chopped parsley. Simmer 5 minutes.

Serve: Serve with grated parmesan cheese and hot crusty bread.

Note: The vegetables will be crunchy.

Mrs. Nora Winterlood,  
Terra Cotta

### CREAM OF TOMATO SOUP

12 garden tomatoes fresh or frozen  
3 cups milk  
1 cup cream  
2 medium chopped onions  
1/3 cup rice  
1 cup cubed ham  
1 cup sliced fresh mushrooms  
1/4 cup flour  
1/4 cup butter  
2 cloves crushed garlic  
1 tsp. dried parsley  
1/2 tsp. pepper  
1/2 tsp. dill seed  
1/2 tsp. basil  
1/2 tsp. oregano

Peel and simmer tomatoes in a large pot for 1 1/2 hours. Melt butter in a large fry pan, add flour, mix thoroughly and bring to a boil. Remove from heat and add 1 cup of milk. Return to medium heat and bring back to a boil while stirring constantly. Reduce heat and stir in remaining milk and cream. Pour mixture into pot with tomatoes. Add remaining ingredients and stir. Simmer on low heat for 1/2 hour or until rice is tender, stirring once or twice. Serve as a hearty soup for a meal with freshly baked bread or rolls. Yields: 12 cups.

Kathy Gorski,  
Georgetown

### HAM AND CAULIFLOWER CHOWDER

2 cups frozen hash browns  
2 cups sliced cauliflower  
3 cups milk  
1 medium onion, chopped

## CONDIMENT RECIPE

### SWEET GREEN GRAMMA'S RELISH

8 large (very ripe-orange) cucumbers (peel and remove seeds)  
1 1/2 dozen green tomatoes (not peeled)  
6 large onions  
6 green peppers

Put all through chopper. Pour 1/4 cups of coarse salt over. Cover and let stand overnight. In morning drain and add 7 cups white sugar and 1 quart white vinegar. Save

some vinegar and mix 1/2 cup or so of flour. Place all on stove. Bring to boil. Boil 15-20 minutes with flour mixture in it. Add 1 tbsp. celery seed, 1 tsp. turmeric, 2 tsp. dry mustard. Boil 10 minutes longer. Place in sterilized jars.

Mrs. Cindy Lealie,  
Georgetown


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### TID BITS

Women the weaker sex? Maybe  
But strong men grow pale  
Confronted by jar lids  
Screwed on by the frail.

### HELPFUL HINTS

LIVER: When frying liver, first dip in milk, then put into the hot fat. The liver will be tender in a few minutes.

MASHED POTATOES: For extra fluffy mashed potatoes add a pinch

(about 1/4 tsp.) of baking powder after the milk and butter. Beat over very low heat for a few seconds.

LEMONS: Instead of cutting a lemon when needing a few drops of juice pierce the peel with a fork and squeeze out the desired amount. The lemon will keep much longer.

Mrs. M. Gale,  
Georgetown

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