

Culinary Outlook

Leftover chicken makes deluxe dish

By Aileen Claire
NEA Food Editor

Create a rich chicken casserole using leftover chicken, green beans and cream of mushroom soup and rice. Vary the vegetables you use when you make this microwave special. Shorten time even more by preparing a larger quantity of rice than you need for another recipe; measure the amount needed and freeze for use in this recipe. Cooked rice also will keep in the refrigerator for three to four days.

DELUXE CHICKEN CASSEROLE

- 2 cups cooked rice (cooked in chicken bouillon)
- 2 cups cooked chicken chunks
- 1 16-ounce can French-style green beans, drained
- 1/2 cup each: chopped red sweet pepper and chopped onions, steamed
- 1/4 teaspoon ground black pepper
- 1 10 1/4-ounce can condensed cream of mushroom soup
- 1/2 cup chicken broth

Microwave method: Combine all ingredients in buttered 2-quart microwave-proof baking dish. Cover and cook on High for 5 minutes, or until hot and bubbly. Let stand 5 minutes.

Conventional method: Combine all ingredients in buttered 2-quart baking dish. Bake at 350 degrees for 20 to 25 minutes, or until hot and bubbly.



Fresh vegetables, herbs and cooked chicken are blended with the goodness of condensed golden mushroom soup in Golden Chicken Soup. Wine and milk add the finishing touches to this fast, yet subtly elegant, main-dish soup. Spicy Spanish Bulgar Soup blends the fire of Spain with the subtle flavor of the Middle East.

Golden Chicken Soup

- 1/4 cup butter or margarine 50 mL
- 1/2 cup sliced celery 125 mL
- 1/2 cup sliced carrots 125 mL
- 1/2 cup chopped green pepper 125 mL
- 1/2 cup chopped onion 125 mL
- 2 cups diced cooked chicken 500 mL
- 1 tbsp chopped parsley 15 mL
- 1/4 tsp thyme leaves 1 mL
- 1/4 tsp salt 1 mL
- 1/4 tsp pepper 1 mL
- 1 bay leaf 1 mL
- 1 can (10 oz/284 mL) Campbell's Condensed Golden Mushroom Soup 1
- 1 soup can milk 1
- 1/4 cup dry white wine 50 mL

Melt butter in a 2 qt (2 L) saucepan; add celery, carrots, green pepper and onions and cook until tender. Add chicken and seasonings; cook 10 minutes, stirring frequently. Stir in soup, milk and wine; reduce heat; simmer 5 minutes, stirring occasionally; remove bay leaf.

Serves 5.

Spicy Spanish Bulgar Soup

- 1/4 cup bulgar 50 mL
- 2 cups water 500 mL
- 1 tbsp olive oil 15 mL
- 1/2 cup chopped red pepper 125 mL
- 1/4 cup chopped onion 50 mL
- 1 medium clove garlic, minced 1
- 1 can (10 oz/284 mL) Campbell's Condensed Tomato Soup 1
- 1/4 tsp vinegar 1 mL
- dash cayenne pepper
- dash black pepper

Combine bulgar and 1 cup (250 mL) water in a medium bowl; let stand 10 minutes. Cook red pepper, onion and garlic in a 2 qt (2 L) saucepan in oil, until onion is tender; stir in soup, remaining water, vinegar, cayenne and black pepper. Add bulgar and water mixture; heat to boiling; reduce heat, cover and simmer 10 minutes, stirring occasionally.

Serves 3.



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Triple Citrus Tea Tempter

- 6 cups boiling water
 - 9 Red Rose Decaffeinated Tea Bags
 - 1/2 cup sugar
 - 1 1/2 cups freshly squeezed orange juice (4 medium oranges)
 - 1 tbsp fresh lemon juice
 - 1 small orange, sliced
 - 1 lime, sliced
 - Fresh mint sprigs
- In teapot, pour boiling water over tea bags; cover and brew 5 minutes. Remove tea bags; stir in sugar and cool.
- In large pitcher, combine tea with remaining ingredients; chill. Serve with ice and garnish, if desired, with additional fresh fruit and mint.
- Makes about 6 servings.

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♂ ♀ * † ∞

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3.00 ALL SEATS ANY SHOW ON TUESDAYS