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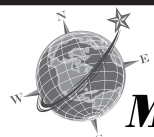


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Kitchen Chatter

by Nancy Winfrey



Treat yourself to a hot bowl of soup on a cold day...

SHEPHERD'S PIE

- 1 pound ground beef
- 2 onions, chopped
- 2 or 3 carrots, diced
- 2 garlic cloves, minced
- 1 tablespoons all-purpose flour
- 1 cup beef bouillon
- 1 can (7-oz.) chopped or diced tomatoes
- 1 teaspoon Worcestershire Sauce
- 1 teaspoon sage or oregano
- 1 pound potatoes
- 2 tablespoons butter or margarine
- 3 or 4 tablespoons milk
- 1-2/3 cups sliced mushrooms
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

In a large skillet, crumble the ground beef and cook and stir until meat is browned and crumbled. Add the onions, carrots and garlic and cook and stir for about 10 minutes. Stir in the flour and cook for a couple of minutes and then gradually stir in the bouillon and undrained tomatoes and bring to a boil. Add the Worcestershire, salt, pepper and sage or oregano, cover the pan and simmer gently for about 25 to 30 minutes, stirring occasionally. Place the meat mixture in a baking dish - set aside. Cook the potatoes in boiling water until tender, drain and mash. Add the margarine, seasoning with salt and pepper and enough of the milk to give a desired consistency. Spread the mashed potatoes gently over the meat mixture and place in preheated 400 degree oven and bake for about 30 minutes or until potatoes are a light golden. Serves 6.

JALAPEÑO CORN STICKS

- 1 cup yellow cornmeal
- 1 teaspoon sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup well-shaken buttermilk
- 1 large egg
- 1 cup grated extra sharp Cheddar cheese
- 1/4 cup finely chopped green onions
- 2 tablespoons finely chopped and well drained jalapeños
- 1/2 stick butter, melted

Preheat oven to 425 degrees. Heat pans in the middle of the oven for 10 minutes. Whisk together the cornmeal, sugar, baking soda and salt in a large bowl. Whisk together the buttermilk and egg in another bowl and add cornmeal mixture with Cheddar, onions, jalapeños and 2 tablespoons butter - stir until just combined. Remove pans from oven and divide remaining 2 tablespoons butter among the corn stick molds. Quickly divide batter among molds (about 3 tablespoons each) and bake until a tester comes out clean and tops are golden - about 12 to 15 minutes. Cool corn sticks in pans 3 to 5 minutes before removing from molds. Serve warm. NOTE: If using a cast-iron skillet, pour all of the batter into it and bake for about 15 to 20 minutes.

CORNBREAD SUPREME

- 2 large eggs
- 1 container (8-oz.) creamed corn
- 1/2 cup vegetable oil
- 1 cup self-rising cornmeal

Preheat oven to 425 degrees. Butter and flour an 8-inch square baking pan, knocking out excess flour. Whisk together the eggs, sour cream, corn and oil and then whisk in cornmeal (do not over mix). Pour into baking pan, spreading evenly and bake in middle of oven until lightly browned - about 30 minutes. Cool in pan on a rack before cutting into pieces.

**MEDITERRANEAN SAUSAGE
VEGETABLE SOUP**

- 1/4 cup olive oil
- 1/4 cup Martha White All-Purpose Flour
- 2 medium onions, coarsely chopped
- 4 ribs celery, coarsely chopped
- 4 cloves garlic, minced
- 3-1/2 cups chicken broth
- 1 can (28-oz.) whole tomatoes, chopped w/ liquid
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary, crushed
- 3 cups quartered small red new potatoes
- 1 pound Italian sausage (hot or mild), sliced, browned and drained
- 3 cups fresh spinach leaves, torn

Heat the olive oil in a 6-quart soup pot or Dutch oven. Stir in flour. Cook over medium heat, stirring frequently until golden. Add the onions, celery and garlic and cook until vegetables are slightly tender. Slowly add the broth, stirring constantly. Stir in tomatoes, basil, rosemary and potatoes. Simmer 25 to 30 minutes or until potatoes are tender. Add the sausage and spinach and simmer 5 minutes longer. Serves 10.

VEGETABLE BEEF SOUP

- 1 pound ground beef
- 1/2 cup onions, finely chopped
- 1 package Betty Crocker Hamburger Helper mix for beef pasta
- 5 cups water
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 bay leaf
- 1 can (16-oz.) whole tomatoes, undrained
- 1 package (10-oz.) frozen mixed vegetables

Cook ground beef and onions in large pot or Dutch oven over medium heat, stirring constantly to crumble beef. Continue cooking and stirring until beef is done and crumbled - drain. Stir in Sauce Mix, water, salt, pepper, bay leaf and tomatoes, breaking up tomatoes. Heat to boiling, stirring constantly, reduce heat. Cover and simmer 10 minutes, stirring occasionally. Stir in pasta and vegetables, cover and simmer 10 to 15 minutes longer. Remove bay leaf and serve. Serves 6.

QUICK ITALIAN STYLE SOUP

- 1 pound ground beef
- 1/2 cup onions, finely chopped
- 1 package Betty Crocker Hamburger Helper mix for lasagna
- 5 cups water
- 1 can (16-oz.) whole kernel corn, undrained
- 2 tablespoons grated Parmesan cheese
- 1 small zucchini (1 cup), chopped

Cook ground beef and onions in large pot or Dutch oven over medium heat, stirring constantly to crumble beef and continue cooking and stirring until beef is done and crumbled - drain. Stir in Sauce Mix, water, tomatoes, corn and cheese (break up tomatoes). Heat to boiling, stirring constantly. Reduce heat, cover and simmer for 10 to 15 minutes, stirring occasionally. Stir in pasta and zucchini, cover and simmer 10 minutes longer. Sprinkle each serving with additional grated Parmesan cheese, if desired. Serves 6.



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