

SOUPS ON!

Here's a few recipes to warm up your soul during those cold, winter nights ahead!

Clam Chowder

- 3 (6.5 ounce) cans minced clams
- 1 cup minced onion
- 1 cup diced celery
- 2 cups cubed potatoes
- 1 cup diced carrots
- 3/4 cup butter
- 3/4 cup all-purpose flour
- 1 quart half-and-half cream
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons salt
- ground black pepper to taste

Drain juice from clams into a large skillet over the onions, celery, potatoes and carrots. Add water to cover, and cook over medium heat until tender.

Meanwhile, in a large, heavy saucepan, melt the butter over medium heat. Whisk in flour until smooth. Whisk in cream and stir constantly until

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thick and smooth. Stir in vegetables and clam juice. Heat through, but do not boil.

Stir in clams just before serving. If they cook too much they get tough. When clams are heated through, stir in vinegar, and season with salt and pepper. Serves 8

Kansas City Steak Soup

- 1 pound round steak, chopped
- 1 cup margarine
- 1 cup all-purpose flour
- 1/2 gallon water
- 1/4 tablespoon ground black pepper
- 1 large carrot, diced
- 1 onion, chopped
- 1 stalk celery, diced
- 1 (16 ounce) package frozen, mixed vegetables
- 16 ounces stewed tomatoes
- 12 cubes beef bouillon

2 tablespoons margarine

Make a roux by melting the butter or margarine, then stirring in the flour. Brown gently.

Gradually add 2 cups of the water to the roux and stir until smooth. Add the remaining water, the carrot, onion, celery, frozen vegetables, canned tomatoes, and beef base granules. In a skillet saute the steak in 2 tablespoons butter or margarine until browned.

Drain off all the grease. Add the browned steak to the soup and simmer, stirring occasionally, for 1 1/2 hours or until the vegetables are tender. Season to taste with freshly ground black pepper. Once cooked this soup may be frozen for later use. Serves 16

Old Fashion Ham and Bean Soup

- 1 pound dry navy beans, soaked overnight
- 4 quarts water
- 1 can of chicken broth
- 1 pound leftover ham bone with meat attached
- 1 onion, finely diced
- 2 carrots, sliced
- 2 stalks celery, diced
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 2 bay leaves
- 1/2 teaspoon paprika

In a large stock pot, add water, chicken broth, ham bone, pre-soaked beans, onion, carrots, celery, garlic powder, pepper, bay leaves and paprika. Bring to a boil, reduce heat and simmer until beans and vegetables are tender. Approximately 5 hours.

Remove bone and cut off remaining meat. Return ham back to stock pot. Serves 6