

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

FOOD

'SOUP' er supper



A hearty meal in one bowl

By MARY ANN MENENDEZ

The wind that is blowing is a brisk one with a chilling bite. When the rain falls, it too brings an unwelcomed damp chill. The time has come to batten down the hatches and put on the pot for some homemade soups to warm the heart, mind and soul.

While autumn may be the most colorful season known to the human race, there is an ominous undertone too. The weather is taking aim from a different direction. As the family gathers around the table, serve up favorite sandwiches to accompany the soup of choice. Other accompaniments include homemade breads and crackers. Hot garlic bread goes well with almost any soup. If you like, serve a salad or favorite fruits to round out the meal.

The fare present today has an international flair. Highlighted are the Mediterranean region, America's heartland, Great Britain, Germany, Norway and Mexico. Soups are a wonderful way to incorporate many nutrients from the food pyramid to maintain an active and healthy lifestyle. Anyone can personalize a pot of soup according to individual family preferences on taste. If you like it with more heat, add a dash or two of Tabasco. If you want more vegetables or a different choice of meat, make the change. Soups are very flexible and versatile.

These soups will be great to serve this week or any time during the season. Actually, your family will welcome them in the months to come when the north wind blow colder and snow flies about!

Mediterranean-Style Soup

1 tablespoon olive oil
1 onion, diced
1 carrot, halved lengthwise and sliced
2 stalks celery, sliced
3 cloves garlic, minced
2 cups chicken or beef broth
2 cups water
1 can (14.5 ounces) diced tomatoes, not drained

1 tablespoon fresh basil, chopped
1/2 teaspoon oregano
Salt and pepper to taste
1 15-ounce can white beans, drained and rinsed
1 cup pasta bows
Parmesan cheese (optional)
1 10-ounce package frozen spinach, thawed and drained well

Heat the oil in a heavy saucepan over medium heat. Add the onion, carrot and celery, and sauté until tender, about 5 minutes. Add the garlic, broth, water, tomatoes, basil, oregano, salt, pepper, and beans. Bring to a boil, reduce heat and simmer for 10 minutes. Add spinach. Add the pasta bows and cook 10-15 minutes, stirring occasionally until the pasta is tender. Serve sprinkled with Parmesan cheese, if desired, when serving.

Barley and Mushroom Soup

2 quarts beef stock
8 ounces mushrooms, thinly sliced
1 onion, sliced thin and cut in half
1/2 cup coarsely grated carrots
1/2 cup dried baby lima beans
1/2 cup barley
Salt and pepper to taste
1/2 cup browned onions
1 cup milk

Combine all ingredients, except milk and browned onions, in a large, heavy pot. Bring to a boil, then reduce heat and simmer, covered, until the barley and limas are very tender and the soup is thick, about 2 hours. Stir in the onions and milk and simmer 10-15 minutes more. Season to taste and serve or cool and refrigerate. Reheat just before serving.

British Isles

Cheddar Chowder

3/4 cup flour
Salt and pepper, to taste
4 cups scalded milk
1 pound grated sharp Cheddar cheese
1 cup finely chopped carrots
3/4 cup finely chopped celery
1/2 teaspoon cayenne pepper
2 teaspoons dry mustard
4 cups chicken broth
1 large onion, chopped



1/2 cup butter
Combine carrots, celery and 1/4 cup water; microwave on High for 10 minutes. Set aside. In soup pot, saute onions in butter until wilted. Blend in flour and slowly add milk and chicken broth, stirring constantly until well blended and smooth. Add cheese, celery and carrots with their liquid, mustard, salt, pepper and cayenne pepper. Stir until cheese is melted and soup is well blended. Bring to a boil. Serve hot.

German Goulash Soup

3 medium onions, chopped
2 tablespoons butter
2 pound beef chuck, cut into 1/2-inch cubes
2 tablespoons paprika
1/2 teaspoon caraway seeds
1 garlic clove, crushed
1/2 teaspoon grated lemon rind
6 cups beef bouillon
3 medium potatoes, peeled and cut into 1/2 inch cubes

Cook onions in butter until golden. Add beef and paprika and cook, stirring constantly until slightly browned. Add caraway, garlic, lemon rind and bouillon. Season with salt to taste. Cover and simmer for 90 minutes. Add potatoes and cook for 30 minutes longer.

Norwegian Cheese and Broccoli Soup

1 cup Jarlsberg cheese
3 tablespoons butter
1 cups sliced leeks
3 tablespoons flour
3 cups chicken broth
1 cups broccoli flowerets
1 cup light cream
Saute leeks (onions may be substituted) in butter until tender. Add flour, stirring constantly, until bubbly. Remove from heat and gradually blend in chicken broth. Return to heat and cook, stirring constantly. Add broccoli, reduce heat and simmer 20 minutes or until vegetables are tender. Blend in cream and cheese. Simmer until heated

and cheese is melted.

Mexican Soup

1 small onion, chopped
2 teaspoons butter
2 cups chicken broth
2 cups unpeeled, diced zucchini
2 cups corn kernels
2 tablespoons finely chopped jalapeno peppers
Salt and pepper to taste
1 cup low-fat or skim milk
2 ounces Monterey jack cheese, cut into 1/4-inch cubes
minced fresh parsley and ground nutmeg for garnish

In a large saucepan, sauté the onion in the butter until tender, about 3 minutes. Stir in the broth, zucchini, corn, peppers, salt and pepper. Bring the soup to a boil, reduce the heat, cover the pan, and cook the soup until the zucchini is tender, about 5 minutes. Stir in the milk, and heat the soup until it is hot but not boiling. Remove the soup from the heat, and stir in the cheese. Garnish the soup with parsley and nutmeg.

Beans keep kids fed, full for less

JIM ROMANOFF

FOR THE ASSOCIATED PRESS

As food budgets tighten, the cliché about teenagers eating you out of house and home loses some of its charm.

One way to slow the flow from both refrigerator and wallet is to prepare foods that are inexpensive, appeal to children and teens and, most importantly, are healthy and filling.

This cheesy corn tortilla and mixed bean lasagna will appeal to all ages, and can be prepared for less than \$1.30 per serving.

The dish is loaded with protein-rich beans, which are filling. It's also easy to make and reheats well.

Which means you can have go-to grub

next time a horde of ravenous teens descends on your home.

Corn Tortilla and Mixed Bean Lasagna
Start to finish: 1 hour 5 minutes (30 minutes active)

Servings: 8

1 teaspoon extra-virgin olive oil
2 medium yellow onions, chopped (2 cups)
2 medium bell peppers, cored and chopped
2 tablespoons minced garlic
15-ounce can black beans, rinsed and drained
15-ounce can pinto beans, rinsed and drained
14-ounce can diced tomatoes (with juice)

4-ounce can mild or hot chopped green chilies

1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon salt
12 white corn tortillas
2 cups reduced-fat Monterey Jack cheese

Heat the oven to 350 F. In a large saucepan over medium, heat the oil. Add the onions, bell peppers and garlic. Saute until the vegetables are soft, 5 to 7 minutes. Stir in both beans, the tomatoes, chilies, chili powder, cumin and salt. Remove from the heat and set aside.

In a 9-by-13-inch baking dish (or other 3-quart shallow baking dish) spread 1/2 cup of bean mixture.

Arrange 6 of the tortillas over the bean

mixture, overlapping them slightly and having them come about 1 inch up the sides of the dish.

Spread half of the remaining bean mixture over the tortillas. Sprinkle with 1 cup of the cheese, then arrange the remaining 6 tortillas on top. Cover with the remaining bean mixture.

Coat one side of a piece of foil with cooking spray, then tightly cover the dish. Bake until the lasagna is bubbling and heated through, about 30 minutes. Uncover and top with the remaining cheese. Bake for 5 minutes more, or until the cheeses is melted.

Nutrition information per serving (values are rounded to the nearest whole number): 229 calories; 76 calories from fat; 8 g fat (4 g saturated; 0 g trans fats); 20 mg cholesterol; 26 g carbohydrate; 14 g protein; 7 g fiber; 838 mg sodium.