

Don't open a can— boil your own soup

Once upon an iron age day, a man, whose name has been lost to history, forged a large hollow ball with an opening at the top. He called it a kettle.

The man took his kettle and strung it over a fire. He then threw bits of meat and vegetables into the kettle, added water and...voila...the first soup was made.

As evidenced by its continued use over the centuries, soup was a successful food. As time passed, soup became more sophisticated and was eventually processed and canned commercially.

Even so, the yummiest soup's are still homemade.

Soup is fun to make. The blending of flavors allows you to experiment with ingredients and spices to create your own "special". And even though soup requires a long cooking period, it need be stirred only occasionally.

shelli kolkowski : crumbs

Because the less expensive meat cuts are used, soup as a one-dish meal is very economical. And with all those minerals and vitamins stewing in the broth, soup is highly nutritious.

But the best thing about homemade soup is that the older it gets the better it tastes. You can serve it for dinner tonight and enjoy the even tastier leftovers tomorrow.

Below are two of my favorite soup recipes. They taste best on a cold windy evening. Add your own touches and serve before the weather warms up.

Jane's Chunky Potato Soup (with homemade egg dumplings)

3 medium potatoes, sliced
1 small carrot, diced
1 stalk celery, diced
1/2 cup chopped onion
1/2 tsp. salt
1 bay leaf
6 whole allspice
1 quart water

Combine and cook above ingredients about 30 minutes or until vegetables are soft. For dumplings, combine 3 eggs, 1/8 tsp. salt and enough flour to make a medium batter (fluid, but thick). Drop dumplings in liquid and bring to boil. Add 1/3 cup cream or 1 cup milk. Serve hot.

Vegetable Beef Soup

1 quart water
1 small inexpensive roast (such as 7-bone.)
1/2 cup chopped onion
2 small potatoes, sliced
2 small carrots, diced
1 stalk celery, diced
1 16-ounce can tomatoes
1/2 head cabbage, sliced
1/8 cup barley
6 whole allspice
1 bay leaf
salt and pepper to taste

Combine water, roast and onion. Simmer for 2 to 3 hours. Add remaining ingredients and continue simmering until vegetables and barley are soft. The soup will be

done when the meat readily falls away from the bone. Remove bone and excess fat. Serve garnished with wine vinegar and a thick slice of homemade, buttered bread.



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calendar

Thursday

7:30 a.m.—CSL Committee on Parking-Nebraska Union
8:30 a.m.—Panhellenic and IFC-Union
8:30 a.m.—Student Affairs Staff-Union
8:30 a.m.—Nebraska Human Resources Foundation P.D.P.-Union
9 a.m.—Adult Education 921-Union
10 a.m.—Student Affairs "Building a Staff Team"-Union
10:30 a.m.—Student Affairs "University Role"-Union
12 noon—Dean George-luncheon-Union
12:30 p.m.—Inter Varsity Christian Fellowship-Union
1:30 p.m.—Summer Sessions-Union
3:30 p.m.—Transcendental Meditation-second lecture-Union
4:30 p.m.—Council for Exceptional Children-Union
5:30 p.m.—Council of American Indian Students-Union
5:30 p.m.—Phi Mu Alpha Sinfonia-Union
5:30 p.m.—Nebraska Union Board-Union
6 p.m.—Special Services-tutoring-Union
6 p.m.—All University Fund-executives-Union
6:30 p.m.—All University Fund-Union
7 p.m.—Council on Student Life-Union
7 p.m.—Christian Science Organization-Union
7 p.m.—Union Program Council Style Show Committee-Union
7 p.m.—AACS Cross Talk with Minorities-Union
7 p.m.—Walk for Development-Union
7 p.m.—Free University "Radical Therapy"-Union
7 p.m.—Parking Appeals Board-Union
7:30 p.m.—Recreation Department-Scuba Club-Union
7:30 p.m.—Builders-tours-Union
7:30 p.m.—Womens Action Group-Union
7:30 p.m.—Math Counselors-Union
7:30 p.m.—Ski Club-Union
7:30 p.m.—Panhellenic and IFC Panel-Union
8 p.m.—Transcendental Meditation-second lecture-Union

8 p.m.—Union Program Council Style Show Committee "Glamour Magazine"-Union

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