



Homemade Vegetables Soup Easy To Prepare & Serve

Sandwiches from leftover roasts served with quick-cooking homemade vegetable soups are a creative and substantial combination when a fast evening meal is needed.

A soup-and-sandwich meal is a nice change of pace from the usual dinner entree routine and a great way to use leftover meats. It's a good easy-to-serve menu when dinner competes with other household activities. It also lets the cook have time off, once the initial soup preparations are completed and some helping hands have been

enrolled for making sandwiches.

Here are recipes for three hearty vegetable soups that star on the pantry shelf where canned condensed are stored. These soups and broths provide the base, then other ingredients such as vegetables, pasta, spice and seasonings are added. The results is a sumptuous soup in 10 or 20 minutes that tastes homemade because it is.

Make one of these quick-cooking soups and serve it with dark-bread sandwiches of leftover roast chicken, beef or ham garnished with let-

tuce and tomato. For dessert, offer cheese and a bowl of seasonal fruit that might include burgundy apples, delicate pears and frosty grapes.

Hearthstone Tureen is a no-skip vegetable soup that is consistently flavorful, thanks to condensed beef broth paired with tomato soup. A food processor or your own teammates will make short work of preparing chopped onion and thinly sliced cabbage, carrots and celery to be sauteed. Then add the liquid ingredients.

pop in some tender cook-

ed peas and chopped parsley, and heat to serve and enjoy.

Hearty Vegetable Noodle Soup, an entirely different soup, can be spiked with either oregano or thyme and is just as quickly simmered to perfection. Use either seasoning lightly cooked with chopped onion and in this mixed vegetable soup that has a base of condensed chicken broth. Stir in a cup of fine egg noodles for another dimension in taste and texture. Bring to a boil, simmer for just five minutes, and serve with srvlc.

- 1/2 cup uncooked elbow macaroni
- 1/8 teaspoon pepper
- 1 package (9 ounces) frozen cut green beans
- 1 cup kidney beans

1. In 3-quart over medium, in hot butter, cook garlic and oregano. Add soups, water, macaroni and pepper.
2. Heat to boiling. Reduce heat to low; cover and simmer 10 minutes. Add green beans and kidney beans. Simmer 10 minutes longer or until done, stirring occasionally. Makes 6 cups or 6 servings.

Making A Physician

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*Fifty-two undergraduate institutions are represented in the class, but 14 schools in North Carolina, public and private, supply most of the class.

*Typically, these students come to medical school with a B-plus grade point average, and Medical College Admission Test scores well above the national average.

*Five of the entering class hold Ph.D. degrees. All entering students have baccalaureate degree.

*The median age at the time of application is 24. The youngest student in the class is 21. Forty-three members of the class are 26 or older.

*There are 48 women and 112 men in the class.

*Eighty-four percent

are white. Eight per cent are black. The remaining eight per cent is made up of other ethnic groups, including American Indians.

*Most come from middle class families and most are up in the small town and medium-sized cities that are typical of our state.

*When asked why they chose medicine as a career, most cite their desire to help people, scientific curiosity and the opportunity to relate to people as prime consideration.

*And, as members of the class of '87 started medical school, the most popular practice goal among them was private practice in a primary care speciality in a small to medium-sized town.

Hearthstone Tureen

- 2 tablespoons butter or margarine
- 1 cup cabbage cut in long thin shreds
- 1/2 cup thinly sliced carrot
- 1/2 cup thinly sliced celery
- 1/2 cup chopped onion
- 1 can (10 1/2 ounces) Campbell's Condensed Beef Broth
- 1 can (10 3/4 ounces) Campbell's Condensed Tomato Soup
- 2 soup cans water
- 1 cup cooked peas
- 1/4 cup chopped parsley

1. In 3-quart saucepan over medium heat, in hot butter, cook cabbage, carrot, celery and onion until tender. Add remaining ingredients.
2. Heat to boiling, stirring occasionally. Makes 6 cups or 6 servings.

Hearty Vegetable Noodle Soup

- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1/8 teaspoon thyme or oregano leaves, crushed
- 1 can (10 3/4 ounces) Campbell's Condensed Chicken Broth
- 1 soup can water
- 1 cup cooked mixed vegetables
- 1 cup uncooked fine noodles

1. In 1 1/2-quart saucepan over medium heat, in hot butter, cook onion with thyme until tender. Add remaining ingredients.
2. Heat to boiling. Reduce heat to low; cover and simmer 5 minutes longer or until done, stirring occasionally. Makes 3 cups or 3 servings.

Italian-Style Bean Bowl

- 1 tablespoon butter or margarine
- 1 large clove garlic, minced
- 1 teaspoon oregano leaves, crushed
- 1 can (10 1/2 ounces) Campbell's Condensed Onion Soup
- 1 can (10 3/4 ounces) Campbell's Condensed Tomato Soup
- 1 soup can water



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