

Chowder is cheery supper

Hot and hearty Corny Frank Chowder is rich, satisfying and affordable winter fare. The one dish dinner - made with franks, onions, green peppers and canned cream style corn - is easily and quickly prepared with the (almost) magic two-step Velveeta process cheese sauce. You simply add milk and process cheese cubes to the other ingredients, then heat and stir until steaming hot and cubes melt. Serve with crispy, toasted bread slices.

Corny Frank Chowder

- 1 lb. frankfurters, cut into 1-inch pieces
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- 2 tablespoons Parkay margarine
- 1 17-oz. can cream style corn
- 1 cup milk
- 1/4 lb. Velveeta pasteurized process cheese spread, cubed
- Dash of pepper

Microwave frankfurters, green pepper, onion and margarine in 3-quart bowl or casserole on High 6 minutes or until vegetables are tender, stirring every 3 minutes. Stir in remaining ingredients. Microwave 6 minutes or until hot, stirring after 4 minutes. Six 1-1/2 cup servings

Conventional Preparation: Sauté frankfurters, green pepper and onion in margarine in 3-quart saucepan. Add remaining ingredients; stir until process cheese spread is melted.

Quick breads save cook hours in preparation

Quick breads! Could there be any other baked treat more in tune with the times? For the cook, there is the satisfaction of baking bread without spending hours in preparation and having many recipe variations from which to choose. For the recipient, the pleasure comes in savoring slices plain or with spreads with meals and for around-the-clock snacks.

Broadly defined, quick breads encompass nut breads, muffins, popovers, pancakes and waffles, biscuits, frit-

ters, dumplings, crepes and more. But, we're going to focus on preparation tips for the two most popular types - nut breads and muffins.

Both are called quick for several reasons. Their texture depends on the action of carbon dioxide bubbles which begin forming right in the mixing bowl as certain ingredients are combined. Quick-acting agents such as baking powder or baking soda, rather than slower-acting yeast, hurry along the rising process.

And, unlike yeast breads, the tender texture results from a minimum of mixing and handling. So time-consuming kneading, rising and shaping steps are unnecessary.

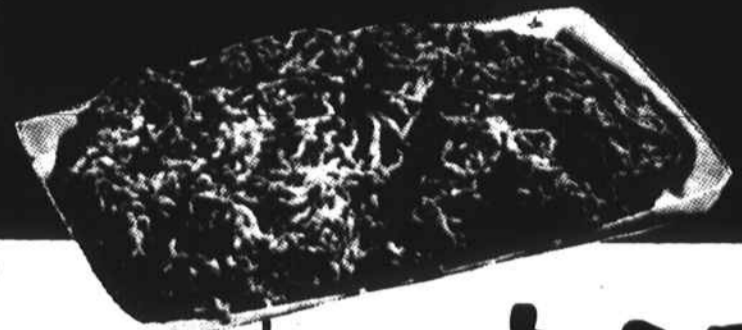
Whether you are baking breads and muffins from a favorite recipe or starting with a mix like Snacking' Cake cake mix, carefully follow the mixing instructions. With muffins, for instance, the batter is combined only until ingredients are moistened.



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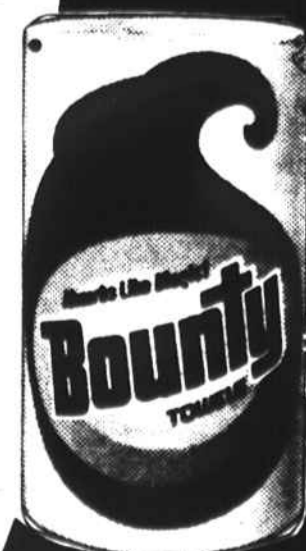
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