

# Solve The Riddle Of How To Cook In The 1980s

What is versatile, convenient and nutritious? The answer to this riddle is simple, canned condensed soup. A long-time staple in many kitchen cupboards, it continues to adapt to changing consumer tastes and trends.

January has been declared the first ever National Soup Month. Join in the celebration by using canned condensed soup in a favorite family recipe or by trying one of our updated ideas.

Recipes using canned condensed soup have become standbys in many households. One updated classic, with a touch of today is Nitty Tomato Soup Squares. Tomato Soup Cake was introduced in 1922. Over the years, variations with all kinds of ingredients, such as apples and zucchini, have popped up. This newest version is seasoned with cinnamon and allspice and chock full of oats, chopped peanuts and dried apricots. These spicy snack bars are versatile enough for breakfast or as a bedtime snack.

These days, just about everyone is looking for convenience. Canned condensed soup provides an easy start for cooks creating new recipes as well as those preparing time-honored classics. If week-nights are particularly harried, serve Tetrazzini. This quick range-top dish teams cooked spaghetti and chicken, turkey or ham with shredded sharp Cheddar cheese.

The sauce is made simply by the blending of canned condensed cream of mushroom soup and sherry with the colorful touches of pimiento and parsley.

Another sign of the times is an increased general awareness in eating right and light. Salads play a big part in today's lifestyle. They have been elevated to a meal's main event instead of a ho hum side dish. There are almost as many kinds of salads-vegetable, pasta, fruit and green salads for example as there are salad dressings. Many creamy and clear salad dressings can be made easily with the aid of canned condensed soup. Our Four Way Dressing is a quick way to add excitement to all types of salads. The basic dressing made with canned condensed cream of celery soup and blue cheese, then seasoned with dry mustard and pepper, is an excellent choice for a green salad. A dash of this and a pinch of that changes the look and flavor of the dressing. Try the creamy garlic variation with egg salad. The traditional ingredients of Parmesan cheese, anchovy fillets and garlic blend with the soup for a dressing Caesar salad fans will love. The cucumber-dill dressing would complement salads made with shrimp, salmon or tuna.

Make the most of today. Make the most of the versatility, convenience and good nutrition that canned condensed soup has to offer.

For more recipe ideas

## Adult Literacy TV Course

Beginning January 16, Central Piedmont Community College will offer a free television course for adults who need help with reading, math, and consumer survival skills.

The course, in which students will watch half-hour programs each weekday on Channel 58, is a new home study component of CPCC's Adult Basic Literacy Education (ABLE) Project headquartered at Freedom Mall.

ABLE, which began in July, 1983, is the only project nationwide that combines tutoring with teaching by microcomputer, special videos, and other educational media to speed student progress. Some students have improved to the next grade level in as few as 20 hours of study, and some have advanced to high school equivalency studies. In its first six months, ABLE has attracted more than 380 students.

Students who register for the television course

## Post Food Page

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**NUTTY TOMATO SOUP SQUARES**  
1½ cups all-purpose flour  
2 teaspoons ground cinnamon  
1 teaspoon baking powder  
¼ teaspoon ground allspice

1 can (10½ oz.) Campbell's Condensed Tomato Soup  
1 cup packed brown sugar  
One-third cup shortening  
2 eggs  
1 cup dark seedless raisins  
1 cup uncooked quick-cooking oats  
¾ cup coarsely chopped peanuts  
¼ cup chopped dried apricots

Preheat oven to 350 degrees F. Grease a 13x9 inch baking pan. In medium bowl, combine flour, cinnamon, baking powder and allspice. In large bowl with mixer at medium speed, beat soup, sugar, shortening and eggs until smooth. Add flour mixture to soup mixture; beat until smooth, occasionally scraping bowl with rubber spatula. Stir in raisins, oats, ½ cup peanuts and apricots. Spread mixture evenly in greased baking pan. Sprinkle with remaining peanuts. Bake 30 minutes or until toothpick inserted near center comes out clean. Cool in pan on wire rack. Cut into 24 bars.

**TETRAZZINI**  
(Not In Photo)

2 tablespoons chopped onion  
1 tablespoon butter or margarine  
1 can (10½ oz.) Campbell's Condensed Cream of Mushroom Soup  
½ cup water  
½ cup shredded sharp Cheddar cheese  
1 tablespoon dry sherry  
1 can (5 oz.) Swanson Chunk Chicken  
2 cups cooked spaghetti  
2 tablespoons chopped pimiento  
1 tablespoon chopped parsley  
In 2-quart saucepan over medium heat in hot butter, cook onion until tender. Blend in soup, water, cheese and sherry. Heat until cheese melts, stirring occasionally. Add remaining ingredients; heat until thoroughly heated. Makes ¾ cups or 4 servings.

**FOUR WAY DRESSING**  
(Not In Photo)

1 can (10½ oz.) Campbell's Condensed Cream of Celery Soup  
½ cup crumbled blue cheese  
½ cup salad oil  
2 tablespoons wine vinegar  
1 teaspoon dry mustard  
¼ teaspoon pepper  
In covered blender container at high speed, blend all ingredients until smooth. Refrigerate. Serve on salad greens. Makes 1½ cups.

**CREAMY GARLIC:**  
Omit blue cheese; add 1 large clove garlic and gen-

erous dash hot pepper sauce before blending. Makes 1½ cups.

**CAESAR'S:** Omit blue cheese; add ¼ cup grated Parmesan cheese, 1 anchovy fillet and 1 small clove garlic before blending. Substitute lemon juice for vinegar. Makes 1½ cups.

**CUCUMBER-DILL:**  
Omit blue cheese; add ½ cup chopped cucumber and 1 teaspoon dried dill weed before blending. Makes 2 cups.

Try Nutty Tomato Soup Squares, a time-honored classic adapted with a touch of today.

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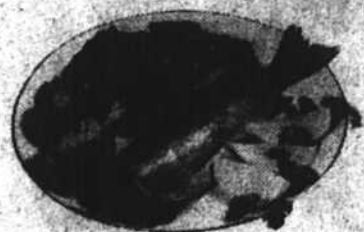


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