

Soups And Sandwiches

Make Great Warm-Ups

What's quick, nutritious and delicious to serve on a cold, blustery winter day? Wonderfully warm poultry soups and deliciously different and filling poultry sandwiches make an excellent quick winter menu choice. A hearty poultry soup or sandwich for lunch or dinner is just the thing to take the chill off and to give your family a quick energy pick-me-up.

And poultry will give your "soup and sandwich set" a great change of pace from routine soup and sandwich fare — with more nutritional value and more satisfying flavor. Poultry foods are high in protein and amino acids (which the body needs), yet low in calories and saturated fat content. These pluses make poultry food a wise menu choice any-time!

So, warm up your crew on winter days with delicious poultry alternatives to the "same old soup and sandwich" routine. These recipes from the North Carolina Poultry Federation are real appetite pleasers that everyone will love.

Egg And Frankfurter Soup

- 2 c. potatoes, cubed (raw)
- 2 c. well-flavored chicken stock
- ½ c. butter or margarine
- 1 onion, chopped
- ¼ c. flour
- 5 c. milk
- 1 can corn niblets
- ¼ t. pepper
- 1 bay leaf
- ¼ lb. Cheddar cheese, diced
- 3 turkey or chicken frankfurters, thinly sliced
- 6 hard-cooked eggs, sliced
- Salt

Simmer potatoes in chicken broth, covered, until just tender (about ten minutes). In a large saucepan, melt butter or margarine over low heat. Add onion and cook until transparent. Add flour and blend well. Add milk, mix well and increase the heat. Cook, stirring constantly, until mixture is smooth and thick. Add corn (undrained), potatoes in stock, pepper and bay leaf. Bring to a simmer, stirring occasionally. Remove bay leaf. Add cheese, frankfurters and eggs. Season to taste with salt and heat thoroughly. Serves 6.

Mulligatawny

- 4 c. chicken broth
- 2 c. chopped cooked chicken
- 1 16-oz. can tomatoes, cut up
- 1 tart apple, peeled and chopped
- ¼ c. finely chopped onion
- ¼ c. chopped carrot
- ¼ c. chopped celery
- ¼ c. chopped green pepper
- 1 T. snipped parsley
- 2 t. lemon juice
- 1 t. sugar
- 1 t. curry powder
- 2 whole cloves
- ¾ t. salt
- Dash pepper

In a 3-quart saucepan combine all ingredients and bring to boiling. Reduce heat; simmer, covered, for 20 minutes, stirring occasionally. Remove cloves. Makes 6 to 8 servings.

For Crockpot: Mix all ingredients in an electric slow crockery cooker. Cover; cook on low-heat setting for 8 to 10 hours OR high-heat setting for 4 to 5 hours. Remove cloves.

Barbecue Chicken Sandwiches

- ½ c. chopped onion
- ½ c. chopped celery
- 1 clove garlic, minced
- 2 T. butter or margarine
- 1 c. chili sauce
- ½ c. water
- 2 T. brown sugar
- 2 T. vinegar
- 1 t. Worcestershire sauce
- ¾ t. chili powder
- ¼ t. salt
- Dash pepper

- 1½ c. shredded or finely cut up cooked chicken
- 6 hamburger buns, split and toasted

In medium skillet cook onion, celery, and garlic in butter till tender but not brown. Stir in chili sauce, water, brown sugar, vinegar, Worcestershire, chili powder, salt, and pepper. Simmer, covered, 10 to 15 minutes, stirring occasionally. Add chicken; heat through. Serve mixture on toasted buns. Makes 6 sandwiches.

Curried Turkey Open-Facers

- 1 large apple, cored
- Lemon juice
- 12 thin slices cooked turkey
- 2 T. turkey broth or water
- ½ of a 10¼-oz. can condensed cream of chicken soup (¾ cup)
- ¼ c. dairy sour cream
- 3 T. milk
- 2 t. curry powder
- 6 slices French bread, toasted

Cut apple into 18 wedges; brush with lemon juice. Heat turkey in broth, covered, 4 to 5 minutes. Turn slices once. Combine soup, sour cream, milk and curry; heat through. Place 2 turkey slices and 3 apple wedges atop each bread slice; spoon sauce over. Makes 6.

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