

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

JANUARY 2017

When it is cold and rainy my menu ideas turn to hearty and satisfying homemade soup. There are many choices to please family and friends. Serve along with a good snack like; cheese bread, pizza, and toasted pita bread with toppings, or crackers with a tray of cheese. Hope you enjoy these delicious soups as much as our family does.

MUSHROOM SOUP

Great served as the beginning course to a meal.

½ lb. fresh mushrooms, sliced
1 large onion, finely chopped
1 garlic clove, minced
½ tsp. dried tarragon
¼ tsp. ground nutmeg
3 tbs. butter or margarine
¼ cup flour
2 cans (14 ½ oz. each) beef broth
1 cup (8 oz.) sour cream
½ cup half-and-half cream
½ cup evaporated milk
1 tsp. lemon juice
Dash of hot pepper sauce
Salt and pepper to taste

In a Dutch oven or soup kettle, sauté the mushrooms, onion, garlic, tarragon, and nutmeg in butter until vegetables are tender. Stir in flour until smooth. Gradually add broth; bring to a boil, stirring constantly. Reduce heat to low; slowly add sour cream. Cook and stir until smooth. Stir in cream and milk. Add lemon juice, hot pepper sauce, salt and pepper. Heat through but do not boil. Serve hot.

SPLIT PEA SAUSAGE SOUP

1 lb. smoked kielbasa
1 lb. dry split peas
6 cups water
1 cup chopped carrots
1 cup chopped onion
1 cup chopped celery
1 tbs. minced fresh parsley
1 tsp. salt
½ tsp. coarse black pepper
2 bay leaves

Cut sausage in half lengthwise; cut into ¼" pieces. Place in a Dutch oven or soup kettle; add remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 1 ¼ - 1 ½ hours or until peas are tender. Remove bay leaves before serving.

BEEF NOODLE SOUP

1 lb. boneless round steak, cut into ½" cubes
1 medium onion, chopped
2 garlic cloves, minced
1 tbs. vegetable oil
2 cups water
1 can (14 ½ oz.) diced tomatoes, un-drained
1 can (10 ½ oz.) condensed beef consommé, undiluted
1 - 2 tsp. chili powder
1 tsp. salt
½ tsp. dried oregano
1 cup uncooked spiral pasta
1 medium green pepper, chopped
¼ cup minced parsley

In a large saucepan, cook round steak, onion, and garlic in oil until meat is brown and the onion tender; about 5 minutes. Stir in water, tomatoes, consommé, and seasonings; bring to a boil. Reduce heat; cover and simmer until meat is tender, about 1 ½ hours. Stir in pasta and green pepper. Simmer, uncovered, until noodles are tender, about 8 minutes. Add parsley before serving.

STIR - FRIED PORK SOUP

This soup is a treat—especially to guests who enjoy Chinese cooking.

¾ lb. boneless pork loin, cut into thin strips
1 cup sliced fresh mushrooms
1 cup chopped celery
½ cup dried carrots
2 tbs. vegetable oil
6 cups chicken broth
½ cup chopped fresh spinach
2 tbs. cornstarch
3 tbs. cold water
1 egg, lightly beaten
Pepper to taste

In a 3-quart saucepan add pork, mushrooms, celery, and carrots to oil until pork is brown and vegetables are tender; add broth and spinach. Combine cornstarch and water to make a thin paste; stir into soup. Return to a boil; boil for one minute. Quickly stir in egg, add pepper and serve immediately.

HAPPY★NEW★YEAR

ANNA SHELDON HOPKINS