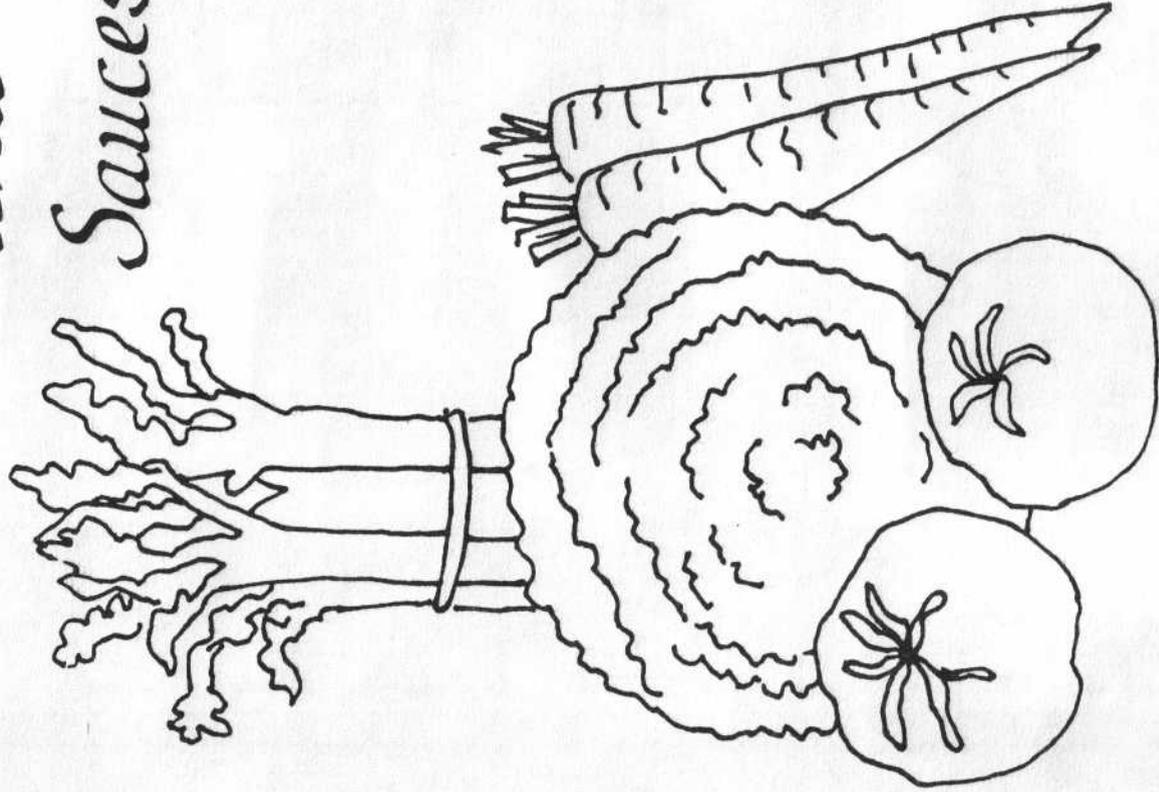


# Salads, Soups, and Sauces



# Salads

## Additions and Garnishes

Slice hard-cooked eggs  
Radishes  
Chopped green or ripe olives  
Nut meats  
Pimento  
Green pepper  
Sardines  
Anchovies  
Slivered cheeses  
Julienned ham  
Chicken  
Grated carrots  
Cubed celery  
Onions - pickled, grated or pearl onions  
Tomatoes, sliced and dipped in finely  
chopped parsley or chives  
Capers  
Dwarf tomatoes stuffed with cottage  
cheese  
Fresh herbs - sprigs or chopped  
Mint leaves  
Cooked beets, cut into shapes or sticks  
Lemon slices with pinked edges and  
dipped in chopped parsley  
Raw cauliflower

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## About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

## Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing: chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

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## Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

## SOUPS, SALADS & SAUCES

### EASY JELLO SALAD

1 small pkg. lime jello  
1 c. hot water  
30 large or 60 small  
marshmallows

1 lb. small curd cottage  
cheese  
1 small can crushed pineapple  
1 pkg. Dream Whip  
1/4 c. pecans

Dissolve jello in hot water. Put marshmallows in while hot. Let cool slightly and add cottage cheese and pineapple and nuts. Whip Dream Whip according to directions. Stir all together and refrigerate.

Linda Summers

### SIMPLY JELLO SALAD

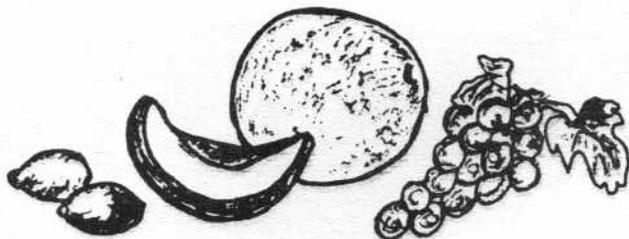
1 (1 lb. 16 oz.) bowl Cool  
Whip  
1 small container curd cottage  
cheese

1 pkg. gelatin (any flavor)  
1 can fruit cocktail, well  
drained

In a large sized bowl, mix thoroughly the gelatin and cottage cheese, making sure it is well blended. Add the fruit cocktail and fold in. Add the Cool Whip, making sure all ingredients are well blended. Chill for 1/2 hour and serve.

For Variations: Add some nuts or substitute Mandarin oranges for fruit cocktail.

Peggy Smothers



**LEMON PINEAPPLE JELLO**

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 pkg. miniature marshmallows   | 1 pkg. Dream Whip          |
| 2 pkg. lemon jello              | 1 pkg. grated sharp cheese |
| 1 (No. 2) can crushed pineapple |                            |

Cover bottom of pan with marshmallows. Dissolve jello in 3 cups of water. Bring to a boil. Add undrained pineapple and bring to a rapid boil. Pour boiling mixture over marshmallows. When cool place in refrigerator. Whip Dream Whip according to directions on package. Spread over jello mixture. Sprinkle cheese over Dream Whip.

Betty Foster

**FROZEN FRUIT SALAD**

- |  |   |
|--|---|
| 3/4 c. sugar                                   | 16 oz. pkg. frozen strawberries, thawed |
| 8 oz. cream cheese                             | 2 bananas, diced                        |
| 1 big can crushed pineapple or chunks, drained | 9 oz. Cool Whip                         |

Beat sugar and cheese together. Mix with other ingredients. Fold in Cool Whip. Freeze in 9 x 13-inch pan. Cut into squares and serve.

Nancy Ragland

**APRICOT JELLO SALAD****Jell-O:**

- |                             |  |
|-----------------------------|--|
| 2 small boxes apricot jello | 1 small can crushed pineapple, drained |
| 2 c. hot water              | 2 large bananas, sliced                |
| 2 c. cold water             |  |

**Topping:**

- |                        |                           |
|------------------------|---------------------------|
| 1/2 c. pineapple juice | 2 Tbsp. oleo              |
| 1/2 c. sugar           | 1 small pkg. cream cheese |
| 1 egg, slightly beaten | 1 pkg. Dream Whip         |
| 2 Tbsp. flour          |                           |

Follow package directions for jello. For topping cook ingredients over low heat until thickened, then add cream cheese and whipped Dream Whip. Spread over set jello.

Linda Summers

**FROZEN PEACH SALAD**

- |  |   |
|--|---|
| 1 2/3 c. miniature marshmallows        | 1 can (1 lb.) cling peach slices, drained         |
| 1 (3 oz.) pkg. cream cheese, softened  | 1 can (1 lb. 4 1/2 oz.) pineapple chunks, drained |
| 2 Tbsp. mayonnaise or salad dressing   | 1/2 c. sliced maraschino cherries                 |
| 1/4 tsp. salt                          | 1/2 c. chopped nuts (optional)                    |
| 1/2 pt. (1 c.) whipping cream, whipped |   |

Cream cheese and mayonnaise or salad dressing until smooth. Add salt and mix well. Fold in whipped cream and then marshmallows. Lightly fold fruits and nuts into creamed mixture. Turn into 2 regular ice cube trays. Freeze until firm. Cut into rectangles. Serve on crisp greens. Makes about 10 servings.

Connie Hedley

**24 HOUR FRUIT SALAD**

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 2 eggs                        | 1 c. whipped cream                   |
| 3 Tbsp. sugar                 | 1 small can crushed pineapple        |
| 1 1/2 Tbsp. vinegar           | 1 medium can fruit cocktail, drained |
| 2 Tbsp. butter                |                                      |
| 1 pkg. miniature marshmallows |                                      |

Combine eggs, sugar and vinegar and cook in double boiler until it thickens. Take off stove and add butter. Let cool thoroughly, then add whipped cream, pineapple, fruit cocktail and marshmallows. Let set for 24 hours or in refrigerator overnight.

Mary Kenchel

**CARROT AND RAISIN SALAD**

- |               |                    |
|---------------|--------------------|
| 1 lb. carrots | Kraft Miracle Whip |
| 1 c. raisins  |                    |

Peel and grate carrots. Pour boiling water over 1 cup raisins to soften; then drain. Mix carrots, raisins and enough Miracle Whip to mix. Chill and serve.

Charlotte Schultz

## 24 HOUR LETTUCE SALAD

- |   |                               |
|---|-------------------------------|
| 1 layer lettuce, cut into<br>small pieces | 1 layer frozen peas, uncooked |
| 1 layer celery, chopped                   | 1 layer dressing              |
| 1 layer onion, chopped                    | 1 layer grated cheese         |

Dressing: Combine 2 cups mayonnaise and 2 tablespoons sugar. Sprinkle completed salad with bacon bits or crumbled cooked bacon. Place in airtight container and refrigerate.

Jean Battles

## KIDNEY BEAN SALAD

- |                                       |                    |
|---------------------------------------|--------------------|
| 2 (No. 303) cans kidney beans         | Kraft Miracle Whip |
| 1 green pepper                        | celery salt        |
| 4 or 5 ribs celery (or more to taste) |                    |

Drain kidney beans. Chop green pepper and celery. Mix kidney beans, green pepper, celery and enough Miracle Whip to mix and celery sauce to taste. Chill and serve. I use 1/2 of this for Jim and me.

Charlotte Schultz

## PEA SALAD

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 (No. 303) can small green<br>peas | 4 green onions (tops and all) |
| 3 oz. Cheddar cheese or to<br>taste | Kraft Miracle Whip            |
|                                     | celery salt                   |

Drain peas, chop cheese and peel and chop green onions. Add enough Miracle Whip to mix. Celery salt to taste. Can double as I use small amounts for us. Chill and serve.

Charlotte Schultz

## TACO SALAD

- |                               |   |
|-------------------------------|---|
| 1 head lettuce                | 1 bag Doritos chips (taco flavor)                 |
| 2 tomatoes                    | 1 small bottle Seven-Seas creamy Italian dressing |
| 1 can Brooks chilli hot beans |   |
| 4 to 8 oz. Cheddar cheese     |   |

Make two layers of everything (except dressing). Top with whole bottle of dressing. Don't make this until just ready to serve or chips will be soggy.

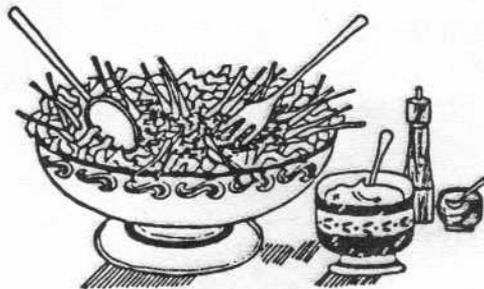
Carol Cosby

## GOLDEN NUGGET SOUP

- |                        |                             |
|------------------------|-----------------------------|
| 3 medium potatoes      | 2 Tbsp. margarine           |
| 2 carrots, diced       | salt and pepper to taste    |
| 1 medium onion         | 1 can cream of chicken soup |
| 1 c. whole kernel corn | 2 c. milk                   |

Combine vegetables and margarine in soup kettle. Add just enough water to cover vegetables. Bring to boil. Reduce heat, simmer until vegetables are done. Stir in seasonings, soup and milk. Heat through gently. Serves 4.

Kimberly A. Hammock



## CHICKEN AND DUMPLINS OR CHICKEN SOUP

1 large onion, diced  
 1 can mushrooms  
 1/2 head cauliflower  
 2 turnips  
 2 cans chicken broth  
 2 bay leaves

6 stems of celery, diced  
 4 carrots  
 1 bunch broccoli  
 6 pieces chicken breast  
 seasonings to taste

Use a large pan like turkey roaster. Makes a lot or you can adjust vegetables according to pan size.

Mix all in pan and cover with water 1 1/2-inches from top and cook covered on top of stove, 1 1/2 to 2 hours. Remove chicken, debone and put meat back in pan. At this point you have soup. Take 1/2 and remove for another day. May be frozen.

Use Bisquick and directions for drop dumplings, 1 1/2 box recipe. Before adding dumplings put 1 stick butter into soup and bring to boil. Cook according to box directions.

Sally Ward

## HAM AND BEAN SOUP

1 pkg. mixed dried beans  
 2 large cans tomato sauce

ham to taste, depending on  
 what you want

Soak beans overnight; drain and wash. Mix all into pan. Add water to fill pan and cook for 3 hours. Serve with corn-bread and salad.

Sally Ward



## GERMAN BEAN AND SAUSAGE SOUP

- |  |   |
|--|---|
| 2 slices bacon   | 16 oz. can Green Giant cut green beans, undrained         |
| 1/4 c. (1 medium) chopped onion  | 16 oz. can Great Northern beans or white beans, undrained |
| 1 c. (2 medium) sliced carrots   | 1/4 c. chopped parsley                                    |
| 1 c. (1 medium) cubed peeled potato  | 1/2 tsp. marjoram leaves (if desired)                     |
| 8 oz. (1 1/2 c.) thinly sliced smoked bratwurst or Polish sausage (Kielbasa) | 1/4 tsp. pepper   |
|  | 2 c. water  |

In large saucepan cook bacon until crisp; drain, reserving 1 tablespoon drippings. Crumble bacon, set aside. Saute onions in reserved drippings until tender. Add carrots, potato, parsley, marjoram, pepper and water; bring to boil. Reduce heat; cover and simmer for 20 minutes or until potatoes are tender. Add Bratwurst, beans and reserved bacon; heat thoroughly. Serves 6 (1 1/4 cups).

Deborah Brown

## PLAZA III STEAK SOUP

- |  |                       |
|--|-----------------------|
| 1 stick margarine  | 1 can peas            |
| 1 c. flour   | 1 can green beans     |
| 1/2 gal. water or water off the vegetables (8 c. = 1/2 gal.) | 1 Tbsp. Accent        |
| 1 1/2 lb. ground beef  | 1 c. onions           |
| 1 large can whole tomatoes, cut into big pieces              | 1 c. carrots          |
| 1 can corn   | 1 c. celery           |
|  | 8 beef bouillon cubes |
|  | 1 Tbsp. black pepper  |

Melt butter in kettle, stir in flour to make paste. Add water. You get thin white sauce. In skillet, saute beef and drain. Boil onions, carrots and celery until tender. Put vegetables and beef in flour mixture. Add canned vegetables, tomatoes, Accent, beef bouillon and pepper. Bring to a boil. Reduce heat, simmer for 3 or 4 hours. It tastes even better the next day.

Connie Hedley

**SUPER SAUCE**

1 c. Maul's barbecue sauce  
(regular flavor)  
1/4 c. brown sugar  
1 Tbsp. vinegar

1/4 tsp. ground cloves  
1/4 tsp. garlic powder  
1 Tbsp. chopped onion

Combine all ingredients and simmer for 5 minutes. Use on spareribs, pork steaks, cocktail sausages or meatballs. Simmer for 30 minutes or more to heat and develop flavor. Yield 1 1/4 cups sauce.

Charlotte Schultz

**THOUSAND ISLAND SALAD DRESSING**

1 c. mayonnaise  
1/4 c. Cool Whip  
1/4 c. green pepper, chopped  
fine

1/4 c. chili sauce  
1/4 c. onion, chopped fine  
1 tsp. lemon juice

Blend ingredients all together. Makes about a pint. Store in refrigerator for use.

Nancy Ragland

