Cheddar Ham Soup

Colette Koch Fordyce, Neb.

2 cups diced peeled potatoes

2 cups milk

2 cups water

1/4 to 1/2 tsp. salt

1/2 cup sliced carrots

1/4 tsp. pepper

1/4 cup chopped onion

2 cups (8 oz.) shredded Cheddar cheese

1/4 cup butter, cubed

1-1/2 cups cubed fully-cooked ham

1/4 cup all purpose flour

1 cup frozen peas, thawed

In large saucepan, combine potatoes, water, carrots and onion. Bring to a boil. Reduce heat, cover and cook for 10 to 15 minutes, or until tender. Meanwhile, in another saucepan, melt butter. Stir in flour until smooth. Gradually add the milk, salt and pepper. Bring to a boil, cook and stir for 2 minutes, or until thickened. Stir in cheese until melted. Stir into potato mixture.

Add ham and peas, heat through. Yields 7 servings.

Country Oven Stew

Lisa Tripp Gayville

1-1/2 lbs. stew meat

1/4 cup flour

1 cup diced onion

3 Tbsp. oil

1/2 tsp. salt

1/8 tsp. pepper

2 cups cauliflower

One 10-3/4 oz can cream of mushroom soup

1/2 cup water

2 cups carrots cut into bite size pieces

1 Tbsp. flour

2/3 cup evaporated milk

1 cup green beans

Coat meat with 1/4 cup of flour. Brown with the onion, in oil. Stir in salt & pepper, soup & water. Bake covered at 350 degrees for 1 hour. Add carrots, cover. Bake for 30 minutes. Mix 1 Tbs. flour with milk. Stir until smooth. Stir in to stew with green beans. Top with cauliflower. Cover and bake for 30 minutes more.

Potato Dumpling Soup

Dory Ahern Yankton

1 gallon water

1/2 stick of butter Bring to a boil in large soup pot

Dumpling Dough

2 cups flour

4 eggs

1/4 cup half & half

Mix well. Using a baby spoon, drop dough into pot of boiling water/butter mixture.

Add:

5 diced potatoes

1/2 cup chicken base

(Optional) carrots, frozen peas, celery

When soup is done, add 1-1/2 cup ROOM TEMPERATURE half & half. Simmer with bay leaf, removing this before serving.

> Check out hervoiceonline.com for more soup & stew recipes!





Most Difficult Decisions "Dying is one of the events in life certain to occur, yet one we are not likely to plan for." We spend more time getting ready for two weeks away from work than we do for our last time on Earth" (Time Magazine)

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