



# SOUP'S ON!

## Family Features

There's nothing quite like a bowl of hot, savory soup to warm things up on a chilly day.

While making soup from scratch can be satisfying, there isn't always enough time to devote hours to the process. That's when products such as Shore Lunch soup mixes come in very handy.

You add some of your pantry ingredients to the flavorful mixes and in no time you have a delicious, hearty soup that tastes like you spent all day in the kitchen.

These easy recipes will let you ladle up home cooked goodness the whole family will love. For more recipe ideas, visit [www.shorelunch.com](http://www.shorelunch.com).

## Serving Soup With Style

Give your homemade soup a fun and stylish touch by serving it in individual bread bowls. For each bowl, get a small round loaf of bread. Cut off the top quarter of the loaf with a serrated knife. Remove the inside bread, leaving 1 to 1 1/2 inches on all sides and the bottom. Brush the inside with a little olive oil, then bake the bread bowls on a baking sheet in a 350°F oven for 10 to 15 minutes.

- Some more tips:
- Bread bowls work best with thicker soups. You may need to leave more bread in the bread bowl to prevent thinner soups from leaking out.
  - Use the bread you removed from the inside of the loaf to make croutons for soup toppings. Cut or tear bread into bite-sized chunks. Brush with some olive oil and season with your favorite herbs. Bake until lightly golden brown.
  - Sourdough is a favorite for bread bowls, but try complementing your soup flavors with other types of bread: wild rice soup with pumpernickel, cheddar broccoli with rye, or potato chowder with a sharp cheddar or asiago cheese bread.



### HEARTY CHEDDAR BROCCOLI SOUP

SERVES 6 TO 8

- 1 11-ounce package Shore Lunch Cheddar Broccoli Soup Mix
- 1 pound ready-to-eat ham steak, cut into 1/2-inch pieces (about 2 cups)
- 1 14.75-ounce can creamed corn
- 1 6-ounce container French fried onion rings

In soup pot, bring 8 cups of water to a rolling boil.

Whisk in soup mix, ham and creamed corn. Bring back to a boil.

Reduce heat and simmer uncovered until done, about 20 minutes, stirring occasionally.

Serve generously topped with French fried onion rings.

Serve with freshly baked cornbread muffins and homemade potato salad.



### RUSTIC CHICKEN NOODLE SOUP

SERVES 6 TO 8

- 1 9.2-ounce package Shore Lunch Classic Chicken Noodle Soup Mix
- 1 pound ground chicken, thawed
- 3 tablespoons tomato paste
- 1 10-ounce can spicy diced tomatoes with green chilies (may substitute mild)
- 1/2 teaspoon ground thyme

In soup pot, bring 8 cups of water to a rolling boil. Spray medium non-stick skillet with cooking spray. To skillet, add chicken, cook and stir over medium heat until crumbled, about 10 to 15 minutes, set aside.

To soup pot, whisk in soup mix, cooked chicken, tomato paste, diced tomatoes and thyme. Bring back to a boil.

Reduce heat and simmer uncovered until done, about 20 to 25 minutes, stirring occasionally.

Serve with a fresh green salad and warm crusty bread.



### BEER BRAT CHEDDAR POTATO CHOWDER

SERVES 6 TO 8

- 1 12-ounce package Shore Lunch Cheddar Potato Soup Mix
- 1 14-ounce package of your favorite cooked bratwurst, sliced into thin rounds (about 2 cups)
- 1 15.25-ounce can whole corn, drained and rinsed
- 1 12-ounce bottle of beer

In soup pot, bring 8 cups of water to a rolling boil.

Whisk in soup mix, sliced brats, corn and beer. Bring back to a boil.

Reduce heat and simmer uncovered until done, about 20 to 25 minutes, stirring occasionally.

Serve with home-style baked beans and your favorite coleslaw.

## Shrink Your Waist and Expand Your Palate



### Family Features

Despite increasing concerns about growing waistlines and the dangerous obesity epidemic, many families continue to feel overwhelmed by the idea of a full-fledged diet overhaul. Don't be discouraged. Even small changes at the dinner table can make a big difference.

An April 2010 study conducted by Shape Up America, titled "The Impact of Small Dietary Change," revealed that incorporating one simple change when preparing favorite family meals — such as using turkey in place of certain cuts of beef, pork or veal — produced an average savings of 108 calories per meal.

Not only does substituting turkey save calories, it also reduces fat intake. Ground turkey ranges from 85 percent to 99 percent fat free, and compared to other meats, ground turkey con-

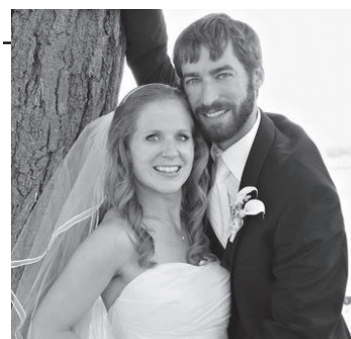
tains among the lowest saturated fat levels.

Cooking with turkey is easier than you might think. Turkey is an easy alternative for a broad range of dishes that typically contain beef. The texture and flavor of ground turkey meat works with a wide range of preparation methods, including dishes such as burgers, tacos, pasta and casseroles.

For a new, flavorful and lean twist on the classic burger, try these 'Jack and Guac' Turkey Burgers, which combine turkey protein and a lineup of nutritious toppings.

### 'JACK AND GUAC' TURKEY BURGERS

SERVES 4



### Becker-Healy

Elizabeth Becker and Joseph Healy were married September 3, 2011, at St. Columba Catholic Church in Mayfield, SD, with Fr. Mark Litcher officiating.

Parents of the couple are Marvin and Ellen Becker, Yankton, SD, and David & Gigi Healy of Yankton, SD.

The maid of honor was Anne Becker, Sioux City, IA. Bridesmaids were Tara Spillers, Lakeville, MN; Abby Pierce, Grand Rapids, MI; and Amy Wishon, Yankton, SD. The flower girls were Jaidyn Wishon, Josphine Spillers and Allana Pierce. The bride's personal attendants were Jana Gottshalk, and Lila

Scott, both of Denver, CO.

The best man was Michael Healy, Skagway, AK. Groomsmen were Michael Merkwan, Los Angeles, CA; Ryan Wuestewalk, Denver, CO; and Brett Moorman, Raleigh, NC. Ring bearers were Owen Wishon and Becker R. Pierce. Ushers were Charles Rezac, Christopher Kniffen, Christopher Healy, and Nicholas Johnson.

The reception was held at the Hillcrest Country Club and Golf Course, Yankton, SD. Reception hosts were Mike & Mary Miller and Terry & Ruth Jensen, all of Yankton, SD.

The bride is a 2001 graduate of Yankton High School. She graduated in 2005 from the College of Santa Fe in Santa Fe, NM, and in 2010 from the University of Texas in Austin, Texas. She is an RN at Avera Sacred Heart Hospital in Yankton, SD.

The groom is a 2001 graduate of Yankton High School. He graduated in 2007 from SD School of Mines & Technology in Rapid City, SD. He is an engineer at Vishay Electronics in Yankton, SD, and works at the family farm in Mayfield, SD.

4 JENNIE-O® Turkey Burgers (pre-formed or made with ground turkey)

4 slices ciabatta bread or whole wheat burger buns

4 slices low-fat pepper jack cheese

8 strips JENNIE-O® Extra Lean Turkey Bacon, fried and crisp

Guacamole (homemade or prepared, such as Wholly Guacamole®)

Brush grill rack with oil. Place burger patties on grill. Prepare the turkey burgers as specified on the packaging. Always cook to well-done, 165°F as measured

by a meat thermometer. Place each patty on a bun and top with one slice of cheese, two slices of turkey bacon and guacamole.

For additional recipes and preparation tips, visit [www.jennieo.com](http://www.jennieo.com).

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Don is 90 years young on September 24.  
Lois is 85 years young on October 1.  
Still having fun.

Love,  
Your Family