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HOUSEKEEPERS' CHAT

Wednesday, March 29, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Cream Soups." Information from the Bureau of Home Economics, U.S.D.A.

--ooOoo--

A busy homemaker I know says that cream soup is one dish that seems like a direct answer to a mother's prayer. Her big problem in raising five children was to get those youngsters to eat the right amount of the right foods, especially milk and vegetables. That quart of milk advised for every child every day was only valuable if it went inside the child. Of course, her children were trained well enough to drink their cup of milk at every meal. Even so, she had to think of other ways to serve milk if they were to get the full amount needed. Then the vegetables. How to serve vegetables so the children would eat all they needed? Finally, she discovered cream soup as one excellent means of solving her problem. Here was a favorite food with the youngsters and one that combined both milk and vegetables.

Cream soups certainly do have many points in their favor, when you come to think them over. In the first place, they combine two of our best foods in a nourishing, hot dish suitable for everyone around the table, old and young. Second, they are popular with everyone when they are well-cooked and seasoned. Third, they make an excellent hot dish for luncheon or supper, especially in cold weather. Fourth, they are inexpensive and a good way to use many left-overs. Fifth, they are easy to make. And sixth, they allow a wide variety because so many different foods will make excellent cream soup. There. Six points in favor of cream soups.

You can make cream soup of almost any vegetable -- or of vegetables in combination. You can make it of strained vegetable juice or pulp, as in tomato, pea, potato, spinach and bean soup. Or you can make it of vegetable pieces, as in cream of celery soup or mushroom, corn, or asparagus soup. You can even make it of finely chopped raw vegetables. That quick turnip soup I've often talked about is made of finely chopped or grated raw turnip. You can also make creamed soup with finely chopped raw spinach and finely chopped or grated raw potato.

Time was when we made cream of tomato soup by adding soda, to keep the acid in the tomatoes from curdling the white sauce. Since we have learned that soda destroys valuable vitamins in the tomatoes, we no longer add it. Just combine the hot tomato juice with the hot white sauce and serve immediately. In general, the procedure for making cream soup of any kind is to make a thin white sauce in the double boiler and then add the vegetable juice or mixture and the seasoning.





3/29/33

Speaking of seasoning, that's most important if these soups are to be favorites with the family. Generally you'll use a half-teaspoon of salt for each two cups of soup. But be sure to taste carefully as you add the salt. Then, for the white cream soups like celery or potato, parsley is a favorite addition. It gives both color and flavor. So does red paprika sprinkled on top after serving. Use about two teaspoons of chopped parsley for each pint of soup. Onion is perhaps the best flavor for all cream of vegetable soups. You can add it in the form of juice or as chopped onion. Or you can add a thin slice of onion to the milk while heating and then remove it before you thicken the milk. Some people like a bit of sugar in their cream of corn or cream of pea soup.

Serve cream soup piping hot either in cups or bowls. Serve along with the soup crisp crackers or croutons or toast. Sharp cheese on crackers or toast also is good with these soups.

Today's menu is a luncheon or supper menu featuring cream of spinach soup made with chopped raw spinach. You'd be surprised how good this soup is, how easy to make and how attractive in appearance. Cream of spinach soup for the main dish. Serve with it toasted cheese sandwiches, or "cheese dreams," as some people call them. For dessert, peach cobbler made of canned peaches, and Coffee.

Here's the recipe for cream of spinach soup. An easy recipe. Just five ingredients.

- 1 cup of raw ground or finely chopped spinach
- 1 quart of milk
- 2 tablespoons of flour
- 2 tablespoons of melted butter, and
- 1 teaspoon of salt.

Five simple ingredients. Once more. (REPEAT)

You can grind the spinach in a meat grinder. Place a bowl where it will catch any liquid which runs from the grinder for you will save that and add it to the spinach. Heat the milk in a double boiler and add to it the flour and fat, which have been well blended. Then add the ground spinach and the salt. Stir until thickened and cook for about 10 minutes.

Tomorrow: Let's talk over some little ways that we can make our homes safe and prevent home accidents.

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