FOR CENTURIES soup has played an important part in man's diet, but never has it filled so many interesting and appetizing roles as it does today! Time was when soup was served strictly as a first course or main dish, but not any more. Soup now appears as a basic ingredient in dozens of tempting dishes—casseroles, meat loaves, salad dressings, rarebits, even in a light and fluffy spice cake (see page 42 if you don't believe it).

- Especially adaptable are Heinz condensed soups. Made from choice ingredients with real home care, they are the perfect bases for any number of delicious, time-and-money-saving meals. The rich, thick creams, for example, easily double as sauces for meats and fish. The slowly-simmered meat stocks with their wealth of garden-fresh vegetables make ideal meat extenders.

- Because we want to share with you the secret of cooking with condensed soups, we in the Consumer Service Department of H. J. Heinz Company have prepared this recipe booklet. We hope that you will enjoy using it—and that it will inspire you to invent many "soup dishes" of your own!

NOTE: Starred recipes are "quickies" especially designed for homemakers with school children home for lunch.
Soup as a Soup
(a reminder we can’t forget)

Soup is probably the oldest form of cookery known to man, except perhaps for meat suspended on a stick and broiled over an open fire. But it’s come a long way from the pot with the meager bone to the subtly seasoned blends now found on the neighborhood grocer’s shelf.

• Heinz Condensed Soups are rich, old-fashioned soups simmered slowly in small batches to bring out their full tempting, homemade flavor. They’re cooked as carefully as you would in your own kitchen from only the finest ingredients.

• You’ve an infinite variety of soups to choose from, too. There’s condensed vegetable soup with beef stock, sturdy and comforting for a chilly day. It’s the kind of brew that will warm you to the core and stick to your ribs until time for the next meal. For those who like added meat flavor, there is beef soup with vegetables, a hefty, home-
spun combination of nourishing beef, barley, and dewey-fresh vegetables. And for those many "meatless meals" there's a vegetarian vegetable soup.

- Light but filling are the delicate creams made with double-thick country cream and tender whisked-from-the-garden vegetables—green pea, mushroom, and tomato.

- Singing of home and hearth is glistening golden chicken broth studded with pearly bits of rice, and its "cousin," chicken noodle soup, made with fluffy egg noodles and sunny, rich broth.

- Canned with equal perfection are delightfully seasoned clam chowder, Manhattan style; bean soup, generously enlivened with succulent smoked pork; beef noodle, cream of chicken, gumbo creole, split pea, and a clear golden chicken consomme.

- Serve the lighter of these varieties—the chicken broths and clear meat stocks—at the beginning of a hearty meal. They whet the appetite for more good things to come. Pair the heavier soups like vegetable or bean with sandwiches or salads for satisfying luncheon menus.

- For a "quickie" meal, serve any of the cream soups or the full-bodied consomme in a cup; this eliminates the need for an extra beverage.
• Combine 1 can of Heinz Condensed Cream of Tomato Soup with 1 can Heinz Condensed Vegetable Soup with Beef Stock in saucepan. Add 2 cans water or milk. Blend well; heat to simmering. Serve. Makes 4 to 6 servings.

• For 2: Combine ½ can of each soup in saucepan. Add 1 can water or milk and heat as directed.

NOTE: Use remaining ½ can cream of tomato soup as a sauce for meat or vegetables or in Tomato Rarebit (see page 27). Use remaining vegetable soup to extend gravies, in stews, meat pies, or Meat Loaf (see page 15).
PUREE MONGOILE
Heinz Condensed Cream of Tomato Soup and
Heinz Condensed Cream of Green Pea Soup

POTAGE VELOUR
Heinz Condensed Chicken Noodle Soup and
Heinz Condensed Cream of Tomato Soup

GOOD AND HEarty
Heinz Condensed Split Pea Soup and Heinz
Condensed Cream of Tomato Soup

CHICKEN AND TOMATO SOUP
Heinz Condensed Chicken Soup with Rice and
Heinz Condensed Cream of Tomato Soup
(Extra delicious with a bit of curry added)

POTAGE DE POIS-POULET
Heinz Condensed Cream of Green Pea Soup and
Heinz Condensed Cream of Chicken Soup

OLD TIME FAVORITE
Heinz Condensed Vegetable Soup with
Beef Stock and Heinz Condensed Bean Soup

TOMATO CLAM CHOWDER
Heinz Condensed Clam Chowder and
Heinz Condensed Cream of Tomato Soup

SUNDAY SUPPER SOUP
Heinz Condensed Cream of Tomato Soup and
Heinz Condensed Bean Soup
Soup is a year-round nourishment and flavor-treat; but next time the mercury starts soaring, why not try serving it iced or jellied. Chilled soup is cool... refreshing... a relief from the summer's heat.

And chilled soups are easy to prepare. For all the favorites can be made with canned soup as a base.

**Gazpacho**

- 1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
- 1 green or red pepper
- 1 cucumber
- 1 grated carrot
- 1 tablespoon Heinz Cider Vinegar
- 2 teaspoons finely grated onion
- 1 teaspoon salt
- 1/8 teaspoon pepper

JELLIED MADRILENE

¾ teaspoon unflavored gelatin
1 tablespoon cold water
½ cup tomato juice
1 10¾-ounce can Heinz Condensed Consomme, undiluted

• Soften gelatin in water. Heat tomato juice to boiling; dissolve gelatin in it. Add to consomme and chill until firm. Stir once or twice while chilling to prevent separation. Makes 1 ¾ cups.

CHILLED SEAFOOD BISQUE

1 11-ounce can Heinz Condensed Clam Chowder, undiluted
2 ¾ cup water
¾ cup chopped onion
1 cup flaked, cooked or canned lobster
2 ¾ cup light cream

• Combine soup, water, and onion and simmer, covered, 5 minutes. Force through a sieve. Add lobster and cream; mix well. Chill thoroughly. Serve with a garnish of minced chives or parsley. Makes 2 ¾ cups.

Variation:
1 cup flaked, cooked or canned crabmeat or 1 cup coarsely chopped, cooked or canned shrimp may be substituted for the lobster.
VELVETY CHILLED TOMATO SOUP

1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
2/3 cup water
1/2 cup sour cream
1/4 teaspoon Heinz Dehydrated Horseradish soaked in 1 tablespoon water or 1 teaspoon bottled horseradish
3 to 4 teaspoons sherry

Combine first three ingredients; blend thoroughly using an electric or hand beater. Add horseradish and sherry; mix well. Chill thoroughly. Makes 2 cups.

Variations:
1. Substitute 1/8 teaspoon ground nutmeg for the sherry.
2. Substitute 1/2 teaspoon sugar for the sherry.

CREME VICHYSOISSE

2/3 cup thinly sliced leeks
1/3 cup thinly sliced onions
1 tablespoon butter or margarine
2 cups thinly sliced potatoes
2 cups water
1 10 3/4-ounce can Heinz Condensed Cream of Chicken Soup, undiluted
1/2 cup light cream
1 cup milk
1 teaspoon salt
Dash pepper

Cook leeks and onions in butter until soft. Add potatoes and water; simmer, covered, 20 minutes longer or until potatoes are very soft. Add soup and simmer, covered, 10 minutes. Force through a fine sieve. Add remaining ingredients and blend well. Chill at least 4 hours. Serve chilled with chopped parsley or chives for garnish. Makes 4 3/4 cups.
# Garnishes for Soup

<table>
<thead>
<tr>
<th>Garnish</th>
<th>Suitable Soups</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHOPPED BACON BITS</td>
<td>Bean Soup, Split Pea Soup, Cream of Green Pea Soup</td>
</tr>
<tr>
<td>CHOPPED FRESH MINT</td>
<td>All Chicken Soups, Cream of Green Pea Soup</td>
</tr>
<tr>
<td>CROUTONS</td>
<td>Cream Soups</td>
</tr>
<tr>
<td>GRATÉD CHEESE</td>
<td>Cream of Green Pea Soup</td>
</tr>
<tr>
<td>MINCED CHIVES</td>
<td>All Soups</td>
</tr>
<tr>
<td>MINCED PARSLEY</td>
<td>All Soups</td>
</tr>
<tr>
<td>POPCORN</td>
<td>All Soups</td>
</tr>
<tr>
<td>SALTED WHIPPED CREAM</td>
<td>Cream of Green Pea Soup, Cream of Tomato Soup</td>
</tr>
<tr>
<td>SLIVERED ALMONDS</td>
<td>Cream Soups</td>
</tr>
<tr>
<td>SOUR CREAM</td>
<td>Cream of Green Pea Soup, Cream of Tomato Soup</td>
</tr>
<tr>
<td>THINLY SLICED FRANKFURTERS</td>
<td>Bean Soup, Split Pea Soup, Vegetable Soups</td>
</tr>
<tr>
<td>THINLY SLICED LEMON</td>
<td>Chicken with Rice Soup, Chicken Noodle Soup, Clam Chowder, Consomme</td>
</tr>
</tbody>
</table>
BAKED BEEF HASH

2 tablespoons chopped onion
2 tablespoons chopped green pepper
1 tablespoon fat or salad oil
1 1/2 cups coarsely ground cooked beef
1 10 3/4-ounce can Heinz Condensed Beef Soup with Vegetables, undiluted
1 1/2 cups coarsely ground cooked potatoes (approximately 4 medium potatoes)

- Heat oven to 400°F. (hot). Sauté onion and green pepper in fat in skillet until tender. Remove from heat. Add beef, soup and potatoes; mix well. Place in greased 10"x6"x2" baking dish and bake at 400°F. for 30 minutes. Makes 4 to 5 servings.
BEEF AND VEGETABLES ON SNOW

- 3 cups hot mashed potatoes (about 3 pounds raw)
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 pound ground beef
- 2 tablespoons fat or salad oil
- 1 11-ounce can Heinz Condensed Vegetable Soup with Beef Stock or Vegetarian Vegetable Soup, undiluted
- ½ cup water
- ½ teaspoon salt

• While potatoes cook, sauté onion, green pepper, and ground beef in fat in skillet until brown. Add soup, water, and salt; mix well. Simmer, covered, 5 minutes. Serve over hot mashed potatoes. Makes 6 servings.

• For 2: Use 2 tablespoons onions, 2 tablespoons green pepper, 6 tablespoons water, and half of each remaining ingredient. Make as directed.
BEEF RECHAUFFE IN RICE RING

1 1/4 cups uncooked rice, washed
3 quarts boiling water
2 teaspoons salt
1 cup sliced onions
2 tablespoons butter or margarine
2 11-ounce cans Heinz Condensed Cream of Tomato Soup, undiluted
1 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon dried rosemary, crushed
2 teaspoons Heinz Cider Vinegar
3/4 pound cold cooked beef, thinly sliced (2 cups firmly packed)

- Add rice to rapidly boiling water, salted with 2 teaspoons salt. Boil, uncovered, 15 minutes or until tender. Drain, rinse with boiling water to wash off loose starch. Pack rice gently into buttered 1 quart ring mold. Keep warm.

- While rice is cooking, brown onions in butter. Add remaining ingredients except beef and simmer 5 minutes. Add beef and heat thoroughly. Add more salt if needed. Turn hot, cooked rice out of mold. Fill center with beef and sauce. Makes 6 servings.

Variation:
3/4 pound (2 cups) cold cooked pork may be substituted for the beef.

- For 2: Use 1/2 cup uncooked rice, 6 ounces (1 cup) beef and half of each remaining ingredient. Make as directed, molding rice in individual ring molds or spooning onto plate. Top with beef and sauce.
CANNELON OF BEEF

1 1/3 cups cooked roast beef
3/4 cup cooked ham
1 medium onion, peeled
2 stalks celery
1 tablespoon chopped parsley
Pinch thyme
Pinch basil
Pinch sweet marjoram
1/2 teaspoon salt
1 egg, beaten slightly
2 small tomatoes, chopped
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
1/3 cup minced onion
1 tablespoon butter
1/2 teaspoon salt
1/2 teaspoon Heinz Cider Vinegar

Heat oven to 350° F. (moderate). Put first four ingredients through food chopper. To this mixture add parsley, the next six ingredients, and 1/4 cup soup. Mix lightly but well. Form into 5 individual meat loaves and place in greased 12" x 8" x 2" baking dish. Bake 25 minutes at 350° F. While loaves bake, make sauce. Sauté minced onion in butter 5 minutes. Add remaining soup, salt, and vinegar. Simmer 10 minutes, uncovered, stirring frequently. Pour sauce over meat loaves. Serve with garnish of baked tomatoes. Makes 5 servings.
HAM CHICKEN NOODLE LOAF

1 10¾-ounce can Heinz Condensed Chicken Noodle Soup, undiluted
2 tablespoons fat or salad oil
¼ cup flour
¼ cup chopped green pepper
2 tablespoons chopped onion
1 cup ground, cooked ham
4 eggs
½ cup soft bread crumbs

- Heat oven to 350° F. (moderate). Drain soup and reserve liquid. Melt fat; add flour and blend well. Add liquid from soup. Cook, stirring constantly, until thickened. Combine green pepper, onion, ham, eggs, bread crumbs, and noodles from soup. Stir into thickened sauce. Place in a greased 8½” x 4½” x 2½” loaf pan and bake at 350° F. for 1 hour. Makes 5 servings.

ITALIAN SKILLET

½ pound bulk sausage
1 11-ounce can Heinz Condensed Vegetarian Vegetable Soup, undiluted
2 tablespoons water
1½ cups cooked rice (about ½ cup uncooked)
2 tablespoons butter or margarine

3-IN-1 MEAT LOAF

- ½ pound ground veal
- ½ pound ground pork
- 1 pound ground beef
- ½ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons chopped parsley
- 1 cup soft bread crumbs
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 eggs
- ½ 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
- ½ 11-ounce can Heinz Condensed Bean Soup, Vegetable Soup with Beef Stock, or Vegetarian Vegetable Soup, undiluted

Heat oven to 350° F. (moderate). Combine all ingredients. Mix well with fork. Pack mixture into greased 10” x 5” x 2” loaf pan, or mold into loaf form in shallow baking pan. Bake at 350° F. 1 ¼ hours. Makes 8 to 10 servings.
**MINNESOTA DUMPLINGS**

1 10 3/4-ounce can Heinz Condensed Beef Soup with Vegetables, diluted with an equal quantity of water
1 cup sifted all-purpose flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1/2 cup milk
2 tablespoons melted fat or salad oil

Heat soup and water in covered pan. Sift together flour, salt, and baking powder. Add milk and fat, mixing lightly only until dry ingredients are moistened. Drop dough by tablespoonfuls into simmering soup and cover tightly. Simmer without lifting cover 12 minutes. Makes 2 to 3 servings.

**Variation:**
1 11-ounce can Heinz Condensed Vegetarian Vegetable Soup or Vegetable Soup with Beef Stock, or 1 10 3/4-ounce can Heinz Condensed Cream of Chicken Soup may be substituted for Beef Soup with Vegetables.
PORK TETRAZZINI

1 1/2 cups diced cooked pork
1 tablespoon shortening, fat, or salad oil
2 15 1/4-ounce cans Heinz Cooked Spaghetti in Tomato Sauce
1 10 3/4-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted
1/4 teaspoon crushed dried rosemary
1/4 cup soft bread crumbs


- For 2: Use 2 tablespoons bread crumbs, and half of each remaining ingredient. Make as directed; bake in 1 quart casserole 30 minutes or until hot.

★ ROMANY STEAK

1 pound ground round steak
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
4 strips crumbled, crisp cooked bacon


- For 2: Halve each ingredient; make as directed.
VEAL CUTLET PARMESAN

1 pound veal cutlet
$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper
1 egg, beaten
2 tablespoons grated Parmesan cheese
$\frac{1}{2}$ cup bread crumbs
$\frac{1}{4}$ cup salad oil or olive oil
1 cup sliced onions
1 clove garlic
$\frac{1}{4}$ cup salad oil
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
3 leaves dried basil
$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper
1 teaspoon Heinz Cider Vinegar
$\frac{1}{2}$ cup grated process Swiss cheese

• Cut veal into 4 pieces. Add salt and pepper to beaten egg. Mix Parmesan cheese with bread crumbs. Dip cutlets in egg, then in bread crumbs. In $\frac{1}{4}$ cup salad oil in skillet, sauté cutlets until golden brown. Remove to baking pan. Now, using same skillet, sauté onion and garlic in $\frac{1}{4}$ cup salad oil for 5 minutes. Remove garlic. Add soup, basil, salt, pepper, and vinegar. Simmer, uncovered, 10 minutes, stirring frequently. Pour over cutlets in baking pan. Bake in a moderate oven (350° F.) 15 minutes. Sprinkle grated Swiss cheese over top and continue baking 15 minutes longer. Makes 4 servings.
BAKED FISH IN MUSHROOM SAUCE

1 pound fish fillet
1 10¾-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted
Dash pepper


JAMBALAYAH

4 cups hot cooked rice (1 1/3-cups uncooked)
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green pepper
3 tablespoons butter or margarine
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
1/4 cup Heinz Tomato Ketchup
1 tablespoon Heinz Worcestershire Sauce
1/4 teaspoon salt
1 pound fresh or frozen shrimp, cooked and cleaned

- Cook rice until tender. Meanwhile, sauté celery, onion, and green pepper in butter. When tender, add soup and next 3 ingredients. Simmer, covered, for 5 minutes, stirring occasionally. Add shrimp and simmer 5 minutes. Serve over hot rice. Makes 4 servings.
**SALMON BAKED IN CHICKEN SOUP**

1 16-ounce can salmon  
1 10 3/4-ounce can Heinz Condensed Cream of Chicken Soup, undiluted  
1/4 cup milk  
Buttered bread rounds or triangles

- Heat oven to 400° F. (moderately hot). Drain salmon, remove skin and bones. Break salmon into large pieces and arrange in a 1-quart casserole or 6" x 10" x 2" baking dish. Combine soup and milk. Pour over top of salmon. Arrange overlapping rounds of buttered bread on top. Bake at 400° F. for 20 minutes or until soup is hot and bread is toasted. Makes 4 servings.

**Variation:**

1 10 3/4-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted, may be substituted for the Cream of Chicken Soup.

- For 2: Use 2 tablespoons milk and half of each remaining ingredient. Make as directed; bake in individual casseroles.

---

**TUNA-NOODLE BAKE**

5 ounces wide noodles (2 cups broken)  
1 7-ounce can tuna, flaked (1 cup)  
Pepper  
1 10 3/4-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted  
1 cup milk  
1 cup slightly crushed potato chips

- Heat oven to 375° F. (moderately hot). Cook noodles in boiling salted water until tender,
about 10 minutes. Drain, rinse, drain again. Pour into greased 12" x 8" x 2" baking dish. Arrange tuna on top. Sprinkle lightly with pepper. Mix soup and milk; pour over all. Cover with potato chips. Bake at 375° F. 25 to 30 minutes or until hot. Makes 4 servings.

- For 2: Halve each ingredient. Make as directed. Bake in 1-quart casserole 20 minutes or until hot.

**CHICKEN WITH MUSHROOM SAUCE**

1 2½-to-3-pound drawn frying chicken, cut up  
1/4 cup flour  
2 teaspoons salt  
1/8 teaspoon pepper  
1 teaspoon paprika  
1/4 cup fat or salad oil  
1 10 3/4-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted  
1/2 cup milk  
1/4 teaspoon ground nutmeg

- Wash; dry fryer. Combine next four ingredients in paper bag. Add chicken, 2 or 3 pieces at a time; shake until coated. Brown chicken in hot fat in skillet. Combine soup, milk, and nutmeg, and pour over chicken. Cover; simmer 40 minutes, or until tender, basting often. Makes 4 servings.

**NOTE:** If sauce becomes too thick during cooking, add more milk.
PENNY-WISE CHICKEN PIE

2 10 1/4-ounce cans Heinz Condensed Cream of Chicken Soup, undiluted
1 1/2 cups unseasoned, diced cooked potatoes
1 cup cooked, sliced carrots
1 cup cooked or canned peas
1/8 teaspoon nutmeg
1/2 package pie crust mix, or your favorite pastry recipe using
1 cup flour

Heat oven to 450° F. (hot). Combine first 5 ingredients in a 1 1/2 quart casserole. Roll pastry 1/8 inch thick. Arrange loosely over top of pie; trim edges to allow 1/2 inch overhanging border. Fold edges under and press to sides of casserole with fork. Cut slits in top to allow for escape of steam. Bake at 450° F. for 25 minutes or until browned. Makes 5 to 6 servings.
BROILED TOMATO-CHEESE SANDWICH

8 slices white toast
8 slices (1/2 pound) process sharp cheddar cheese
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
2 teaspoons Heinz Prepared Yellow Mustard
1/4 cup water

Preheat broiler. Arrange toast on cookie sheets with 3 sides or in a very shallow baking pan. Top each piece of toast with a slice of cheese. Combine soup, mustard, and water. Pour over cheese making sure toast is entirely covered with soup mixture. Place close to broiler unit; broil until mixture bubbles and begins to brown (4 to 5 minutes). Serve immediately. Makes 8 sandwiches.

Variation:
Substitute 1 10 3/4-ounce can Heinz Mushroom Soup for Tomato Soup, omit the mustard and increase water to 1/2 cup.
MUSHROOM RAREBIT

1 10 1/4-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted
1/4 cup milk
1/2 cup grated process sharp cheese

- Combine all ingredients in top of double boiler. Heat over boiling water, stirring occasionally, until cheese is melted and mixture is smooth. Serve over toast or crackers. Makes 6 servings.

- For 2: Halve each ingredient. Make as directed.

TOMATO CHEESE SOUFFLE

1/4 cup butter or margarine
1/4 cup flour
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
1/2 teaspoon salt
Dash pepper
1/2 cup (2 ounces) grated process American cheese
3 eggs, separated

- Heat oven to 325° F. (moderately slow). Melt butter; add flour and blend. Add soup, salt, and pepper. Cook, stirring constantly, until thickened. Stir in cheese and heat until cheese is melted. Cool slightly. While stirring, add slightly beaten egg yolks. Beat whites until stiff but not dry. Fold soup mixture into whites. Pour into an ungreased 1 1/2 quart casserole and bake at 325° F. for 1 hour. Makes 4 servings.

Variation:
1 11-ounce can Heinz Condensed Cream of Green Pea Soup, undiluted, may be substituted for the Tomato Soup.

- For 2: Use 2 tablespoons butter, 2 tablespoons flour, 1/2 cup soup, 2 eggs, separated, and half of each remaining ingredient. Make as directed. Fill ungreased individual casseroles 3/4 full and bake 35 to 40 minutes.
POLENTA (with Tomato Sauce)

\[
\begin{align*}
\frac{3}{4} \text{ cup cornmeal} \\
2 \text{ cups milk} \\
1 \text{ egg, unbeaten} \\
\frac{1}{2} \text{ cup grated Parmesan cheese} \\
1 \text{ teaspoon salt} \\
\frac{1}{8} \text{ teaspoon pepper} \\
2 \text{ tablespoons salad oil} \\
\frac{1}{4} \text{ cup salad oil} \\
2 \text{ peeled cloves garlic} \\
\frac{1}{2} \text{ cup minced onion} \\
1 \text{ 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted} \\
1 \text{ teaspoon Heinz Cider Vinegar} \\
\frac{3}{4} \text{ teaspoon salt} \\
\frac{1}{4} \text{ teaspoon pepper} \\
\frac{1}{2} \text{ cup water} \\
1 \text{ cup (4 ounces) grated process Swiss cheese}
\end{align*}
\]

- Place cornmeal in saucepan, gradually stir in milk. Cook over very low heat, stirring constantly, until mixture thickens and comes to a boil. Boil 3 minutes, stirring often. Remove from heat, add egg; beat well. Add Parmesan cheese, salt, pepper, and 2 tablespoons salad oil. Spread in 6” x 10” x 2” baking dish. Chill until firm, then cut into 2-inch squares. Arrange in 8” x 12” x 2” baking dish. Heat \(\frac{1}{4}\) cup salad oil in skiller; sauté garlic in it 3 minutes. Discard garlic. Add remaining ingredients except cheese. Simmer, uncovered, 5 minutes, stirring occasionally. Pour over and around cornmeal squares. Sprinkle with Swiss cheese. Bake in moderately hot oven of 400°F. 20 minutes. Makes 6 servings.
PIZZA

1 cake compressed yeast or 1 pkg. dry yeast
1 cup lukewarm water
1 pound sifted all-purpose flour (4 cups)
1 teaspoon salt
5 tablespoons salad oil
1 1/2 cups sliced onions
2 11-ounce cans Heinz Condensed Cream of Tomato Soup, undiluted
1/2 cup water
2 teaspoons Heinz Cider Vinegar
1/2 teaspoon oregano
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup grated Parmesan cheese

- Dissolve yeast in lukewarm water. Combine flour and salt in large bowl; add dissolved yeast and 2 tablespoons salad oil. Knead thoroughly 10 minutes. Let stand in warm place 3 hours or until doubled in bulk. Prepare sauce by sautéing onions in 3 tablespoons salad oil until lightly browned. Add remaining ingredients except cheese and simmer, uncovered, 35 minutes, stirring frequently. When dough has risen, pat into well greased 12” x 16” pan or make 2 11-inch pies on greased cookie sheets. Turn edges up slightly. Pour sauce over dough, spread to within 1/8 inch of edge. Sprinkle with cheese, bake in moderately hot oven (400° F.) for 30 to 40 minutes. Makes 4 to 5 servings.
NOTE: One box of hot roll mix may be substituted for the dough recipe. Prepare according to directions on the box until ready for shaping. Then follow directions for the sauce and the shaping of dough on above recipe.

Variation:
Anchovy Tomato Pie: Arrange 5 anchovy fillets on top of sauce; sprinkle with cheese and bake as directed.

Variation:
Sausage Tomato Pie: Cut 1/2 lb. sausage into small pieces and arrange on dough before putting on the sauce and cheese. Then bake as directed.

★ TOMATO RAREBIT

1 11-ounce can Heinz Condensed
Cream of Tomato Soup, undiluted
1/4 pound (1 cup) grated process
sharp cheese
1/2 teaspoon Heinz Prepared
Mustard

• Combine soup and cheese in top of double boiler. Heat over boiling water, stirring occasionally, until cheese is melted and mixture is smooth. Add mustard; blend well. Serve over toast or crackers. Makes 6 servings.

• For 2: Halve each ingredient. Make as directed.
ASPARAGUS-CHICKEN CASSEROLE

1 10 1/4-ounce can Heinz Condensed Cream of Chicken Soup, undiluted
1 teaspoon Heinz Prepared Mustard
4 hard-cooked eggs, sliced
1 No. 2 can asparagus spears, drained


Variation:
1 can Heinz Condensed Cream of Mushroom Soup may be substituted for Chicken Soup.

- For 2: Halve each ingredient. Make as directed, baking in a 1-quart casserole for 12 to 15 minutes.
CREAMED CHICKEN 'N' EGGS

1 10 3/4-oz. can Heinz Condensed Cream of Chicken Soup, undiluted
3 slices chopped, crisp cooked bacon
4 hard-cooked eggs, chopped
1 tablespoon chopped parsley


For 2: Halve each ingredient. Make as directed.

TOMATO EGG CASSEROLE

2 medium onions, sliced
2 tablespoons chopped green pepper
2 tablespoons butter or margarine
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
5 eggs
Salt and pepper

Heat oven to 350° F. (moderate). Sauté onions and pepper in butter until tender. Add soup. Pour into 5 greased individual casseroles. Break 1 egg into each dish. Season with salt and pepper. Bake at 350° F. for 15 to 25 minutes or until eggs are baked as desired. Makes 5 servings.

For 2: Use 2 eggs and half of each remaining ingredient. Make as directed.
CAULIFLOWER AU GRATIN WITH MUSHROOM SAUCE

1 large head cauliflower
1 10 1/4-ounce can Heinz Condensed Cream of Mushroom Soup, undiluted
1/4 cup grated American cheese
2 tablespoons fine toast crumbs

- Cut bottom of cauliflower stem off smoothly about an inch from head so cauliflower will stand upright. Rinse head thoroughly. Place in deep saucepan containing 1 inch of water. Cover and steam 15 minutes or until tender. Drain, cut away remaining leaves and lower stem, and place cauliflower in center of heated serving dish. While cauliflower is cooking, combine soup and cheese in saucepan. Heat, stirring constantly, until cheese is melted and sauce is very hot. Pour over cauliflower; then sprinkle crumbs over top. Makes 6 servings.

- For 2: Use 1 small head cauliflower, 1/2 cup soup, 2 tablespoons cheese, and 1 to 2 teaspoons toast crumbs. Make as directed.
BAKED CORN CREOLE
2 tablespoons chopped onion
2 tablespoons chopped green pepper
2 tablespoons butter or margarine
Dash pepper
2 cups cooked or canned whole-kernel corn
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted


For 2: Halve each ingredient; make as directed. Bake in individual casseroles.

LIMA-KIDNEY BEAN CASSEROLE
1 number 2 can green lima beans
1 number 2 can red kidney beans
1 cup diced cooked ham or luncheon meat
1 10 ¾ -ounce can Heinz Condensed Cream of Mushroom Soup, undiluted
1 teaspoon Heinz Worcestershire Sauce
1 medium green pepper, thinly sliced
1 small onion, thinly sliced

Heat oven to 350° F. (moderate). Drain beans reserving liquid from kidney beans. In a 2-quart casserole, mix beans with ham. Blend soup and Worcestershire Sauce with ¼ cup kidney bean liquid; pour over beans. Arrange thin slices of pepper and onion over top. Bake at 350° F. for 35 minutes or until bubbling hot. Makes 8
BROILED EGGPLANT WITH TOMATO SAUCE

1 large eggplant
3 tablespoons salad oil
Salt and pepper
1 cup sliced onions
2 tablespoons salad oil
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
½ teaspoon salt
3 leaves dried sweet basil
1 teaspoon Heinz Cider Vinegar

• Peel and cut eggplant into ½-inch slices. Place on broiler pan, brush one side with salad oil, sprinkle with salt and pepper. Broil under low heat until lightly browned, about 7 minutes. Turn, brush other side with oil, season, and broil until tender and lightly browned, about 7 minutes.

Prepare sauce by sautéing onions in 2 tablespoons salad oil 5 minutes. Add soup, salt, basil, and vinegar and simmer 10 minutes, uncovered, stirring frequently. Pour sauce over eggplant and serve with grated Parmesan cheese. Makes 4 servings.

• For 2: Use 1 small eggplant and half of the remaining ingredients. Make as directed.
SPANISH RICE

\[ \frac{3}{4} \text{ cup uncooked rice, washed} \]
\[ 4 \text{ slices bacon} \]
\[ \frac{1}{4} \text{ cup chopped onion} \]
\[ \frac{1}{4} \text{ cup chopped green pepper} \]
\[ 1 \text{ 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted} \]
\[ \frac{3}{4} \text{ cup water} \]
\[ 1 \text{ teaspoon salt} \]
\[ \frac{1}{8} \text{ teaspoon pepper} \]

- Heat oven to 350° F. (moderate). Cook rice in \( \frac{3}{4} \) quart boiling salted water until tender (15 to 20 minutes). Drain and rinse. Fry bacon until crisp. Remove from skillet and chop. Pour bacon drippings from skillet, reserving 2 tablespoons. Sauté onion and green pepper in 2 tablespoons drippings until tender. Add remaining ingredients, bacon, and rice; with a fork mix lightly but well. Turn into a 1 1/2-quart casserole and bake at 350° F. for 35 minutes or until hot. Makes 5 to 6 servings.

- For 2: Use \( \frac{1}{4} \) cup water, dash pepper and half of each remaining ingredient. Make as directed, baking in a 1-quart casserole for 30 minutes.
BARBECUE SAUCE

\[
\begin{align*}
\frac{1}{3} \text{ cup finely chopped onion} \\
\frac{1}{3} \text{ cup Heinz India Relish or Sweet Relish} \\
\frac{1}{3} \text{ cup Heinz Tomato Ketchup} \\
1 \text{ tablespoon Heinz Worcestershire Sauce} \\
\frac{1}{8} \text{ teaspoon pepper} \\
\frac{1}{2} \text{ cup Heinz Condensed Cream of Tomato Soup, undiluted} \\
\frac{1}{3} \text{ cup Heinz Cider Vinegar} \\
1 \frac{1}{2} \text{ teaspoons sugar} \\
\frac{1}{4} \text{ cup water}
\end{align*}
\]

CREAM SAUCES

1 10¾-ounce can Heinz Condensed Cream of Chicken Soup or Cream of Mushroom Soup, or 1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
2 to 4 tablespoons milk or water

• Blend soup and milk or water together. Heat thoroughly. Serve over meats, poultry, fish, or vegetables. Makes 1½ cups.

CREAMY TOMATO SAUCE

1 11-ounce can Condensed Heinz Cream of Tomato Soup, undiluted
½ cup Heinz India Relish
¼ cup minced onion
1 tablespoon Heinz Worcestershire Sauce

• Combine all ingredients. Cook, stirring constantly, until sauce boils. Serve hot over meat loaf, hamburger, hot dogs. Makes 1 ½ cups.
CORN BREAD

1 cup corn meal
½ cup all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
2 tablespoons salad oil or melted shortening
2 eggs, beaten
1 10 3/4 -ounce can Heinz Condensed Cream of Chicken Soup, undiluted

- Heat oven to 425°F (hot). Sift together first 5 ingredients. Combine remaining ingredients; mix well. Add to dry ingredients mixing just long enough to moisten. Fill greased muffin tins ⅔ full or pour into greased 9” x 9” x 2” square pan. Bake at 425° F. 25 minutes or until done. Makes 9 muffins or 9 servings.
SPICY MUFFINS

2 cups sifted all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1/4 cup sugar
1/2 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1/2 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/2 cup Sun-Maid Seedless Raisins
2 eggs, beaten
1/2 cup Heinz Condensed Cream of Tomato Soup, undiluted
1/2 cup water
2 tablespoons salad oil or melted shortening


SALAD BISCUITS

2 1/3 cups sifted all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
6 tablespoons shortening
1 10 3/4-ounce can Heinz Condensed Cream of Mushroom Soup or Cream of Chicken Soup, undiluted

Heat oven to 450° F. (hot). Sift first 3 ingredients together. Cut in shortening until size of coarse cornmeal. Add soup, stirring quickly until a soft, but not sticky dough is formed. Turn onto lightly floured board, knead into a smooth ball. Roll or pat out 1/2 inch thick, cut with 2-inch biscuit cutter. Place on a lightly greased baking sheet, 1/2 inch apart. Bake at 450° F. 12 to 15 minutes. Makes approximately 18 2-inch biscuits.
VEGETABLE ASPIC

2 tablespoons unflavored gelatin
1/2 cup cold water
1 11-ounce can Heinz Condensed Cream of Tomato Soup, diluted with an equal quantity of water
1 3-ounce package cream cheese, softened
1/2 cup cooked salad dressing
1/4 cup chopped green pepper
1/2 cup chopped celery
1/4 cup sliced stuffed olives

- Soften gelatin in cold water 5 minutes. Heat diluted soup to boiling and add to softened gelatin, stirring until dissolved. Cool until slightly thickened. Blend cream cheese and salad dressing together; stir in remaining ingredients. Add mixture to thickened gelatin. Pour into individual molds or 9”x5”x3” loaf pan. Chill until firm. Serve on salad greens. Makes 6 to 8 servings.
THOUSAND ISLAND DRESSING

\[
\begin{align*}
\frac{3}{4} \text{ cup mayonnaise or cooked salad dressing} \\
\frac{1}{4} \text{ cup Heinz Condensed Cream of Tomato Soup, undiluted} \\
\frac{1}{4} \text{ cup Heinz India Relish}
\end{align*}
\]

Combine all ingredients. Chill. Serve over lettuce wedges. Makes 1\(\frac{1}{4}\) cups.

TOMATO FRENCH DRESSING

\[
\begin{align*}
1 \text{ 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted} \\
1 \text{ cup Heinz Distilled White Vinegar} \\
\frac{1}{2} \text{ cup water} \\
1 \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon paprika} \\
1 \text{ tablespoon Heinz Worcestershire Sauce} \\
\frac{1}{2} \text{ teaspoon pepper} \\
\frac{1}{3} \text{ cup sugar} \\
1 \text{ teaspoon minced onion} \\
1 \text{ teaspoon Heinz Prepared Mustard} \\
1\frac{1}{2} \text{ cups salad oil}
\end{align*}
\]

Place ingredients in 1\(\frac{1}{2}\)-quart container. Beat until well blended. Store, covered, in refrigerator. Shake well before using. Makes 1 quart.

For 1 Pint: Use \(\frac{1}{2}\) cup tomato soup, 1 teaspoon Worcestershire sauce, 2 tablespoons sugar, and half of the remaining ingredients. Make as directed.
SPICE DROPS

1 1/2 cups sifted all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ground allspice
1/2 teaspoon ground cloves
1/2 teaspoon nutmeg
1/3 cup shortening
1 cup sugar
2 eggs
1/2 cup Heinz Condensed Cream of Tomato Soup, undiluted
1 cup finely chopped nuts

STEAMED FRUIT PUDDING

1 cup sifted all-purpose flour
½ teaspoon baking soda
1 ½ teaspoons baking powder
½ teaspoon salt
½ teaspoon nutmeg
1 teaspoon ground cinnamon
¼ teaspoon ginger
¼ teaspoon ground cloves
¼ cup shortening
½ cup sugar
1 egg
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
1 cup Sun-Maid Seedless Raisins
½ cup chopped, mixed candied fruits

• Sift ¾ cup flour with next 7 ingredients. Cream shortening and sugar together thoroughly. Add egg and beat well. Add sifted dry ingredients and soup alternately, beating well after each addition. Mix the remaining ¼ cup flour with raisins and fruit. Fold into the batter. Turn into 2 greased No. 2 cans or greased 1 ½-quart mold. Cover with 2 thicknesses of waxed paper fastened with an elastic band. Steam 2 hours. Serve hot with hard sauce. Makes 8 to 10 servings.
CORAL SPICE CAKE

3 cups sifted cake flour
1 tablespoon double acting baking powder
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon ground cloves
¾ cup shortening
1 1/4 cups sugar
2 eggs
1 11-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
¼ cup water
½ teaspoon baking soda


NOTE: If desired, ¾ cup Sun-Maid Seedless Raisins may be added before batter is poured into pans.

For 1 8-inch square cake or 1 9-inch layer:
Use 6 tablespoons shortening, 2 ½ cups sugar, ½ cup Tomato Soup, 2 tablespoons water and half of each remaining ingredient. Make as directed.
Cream Cheese Frosting

2 3-ounce packages cream cheese
3 cups sifted confectioners’ sugar
1 tablespoon butter or margarine, softened
1 teaspoon vanilla

- Beat cream cheese with hand or electric beater until smooth. Add sugar and continue beating until well blended. Add butter and vanilla. Beat to blend and spread on cake.

- To frost 1 8-inch square cake or 1 9-inch layer: Halve each ingredient. Make as directed.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus Chicken Casserole</td>
<td>28</td>
</tr>
<tr>
<td>Baked Beef Hash</td>
<td>10</td>
</tr>
<tr>
<td>Baked Corn Creole</td>
<td>31</td>
</tr>
<tr>
<td>Baked Fish in Mushroom Sauce</td>
<td>19</td>
</tr>
<tr>
<td>Barbecue Sauce</td>
<td>34</td>
</tr>
<tr>
<td>Beef and Vegetables on Snow</td>
<td>11</td>
</tr>
<tr>
<td>Beef Rechauffe</td>
<td>12</td>
</tr>
<tr>
<td>BREADS</td>
<td>36</td>
</tr>
<tr>
<td>Broiled Eggplant, Tomato Sauce</td>
<td>32</td>
</tr>
<tr>
<td>Broiled Tomato-Cheese Sandwich</td>
<td>23</td>
</tr>
<tr>
<td>Cannelon of Beef</td>
<td>13</td>
</tr>
<tr>
<td>Cauliflower au Gratin, Mushroom Sauce</td>
<td>30</td>
</tr>
<tr>
<td>CHEESE AND EGG DISHES</td>
<td>23</td>
</tr>
<tr>
<td>Chicken with Mushroom Sauce</td>
<td>21</td>
</tr>
<tr>
<td>Chilled Seafood Bisque</td>
<td>7</td>
</tr>
<tr>
<td>Coral Spice Cake</td>
<td>42</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>36</td>
</tr>
<tr>
<td>Cream Sauces</td>
<td>35</td>
</tr>
<tr>
<td>Creamed Chicken 'n' Eggs</td>
<td>29</td>
</tr>
<tr>
<td>Creamy Tomato Sauce</td>
<td>35</td>
</tr>
<tr>
<td>Creme Vichysoisse</td>
<td>8</td>
</tr>
<tr>
<td>DESSERTS</td>
<td>40</td>
</tr>
<tr>
<td>Garnishes for Soups</td>
<td>9</td>
</tr>
<tr>
<td>Gazpacho</td>
<td>6</td>
</tr>
<tr>
<td>Ham Chicken Noodle Loaf</td>
<td>14</td>
</tr>
<tr>
<td>Italian Skillet</td>
<td>14</td>
</tr>
<tr>
<td>Jambalayah</td>
<td>19</td>
</tr>
<tr>
<td>Jellied Madrilene</td>
<td>7</td>
</tr>
<tr>
<td>Lima-Kidney Bean Casserole</td>
<td>31</td>
</tr>
<tr>
<td>MEAT, FISH AND POULTRY DISHES</td>
<td>10</td>
</tr>
<tr>
<td>3-in-1 Meat Loaf</td>
<td>15</td>
</tr>
<tr>
<td>Minnesota Dumplings</td>
<td>16</td>
</tr>
<tr>
<td>Mushroom Rarebit</td>
<td>24</td>
</tr>
<tr>
<td>Penny-Wise Chicken Pie</td>
<td>22</td>
</tr>
<tr>
<td>Pizza</td>
<td>26</td>
</tr>
<tr>
<td>Polenta</td>
<td>25</td>
</tr>
<tr>
<td>Pork Tetrazzini</td>
<td>17</td>
</tr>
<tr>
<td>Romany Steak</td>
<td>17</td>
</tr>
<tr>
<td>SALAD AND SALAD DRESSINGS</td>
<td>38</td>
</tr>
<tr>
<td>Salad Biscuits</td>
<td>37</td>
</tr>
<tr>
<td>Salmon Baked in Chicken Soup</td>
<td>20</td>
</tr>
<tr>
<td>SAUCES</td>
<td>34</td>
</tr>
<tr>
<td>SOUP AS A SOUP</td>
<td>2</td>
</tr>
<tr>
<td>SOUP MERGERS</td>
<td>4</td>
</tr>
<tr>
<td>Spanish Rice</td>
<td>33</td>
</tr>
<tr>
<td>Spice Drops</td>
<td>40</td>
</tr>
<tr>
<td>Spicy Muffins</td>
<td>37</td>
</tr>
<tr>
<td>Steamed Fruit Pudding</td>
<td>41</td>
</tr>
<tr>
<td>Thousand Island Dressing</td>
<td>39</td>
</tr>
<tr>
<td>Tomato Cheese Souffle</td>
<td>24</td>
</tr>
<tr>
<td>Tomato Egg Casserole</td>
<td>29</td>
</tr>
<tr>
<td>Tomato French Dressing</td>
<td>39</td>
</tr>
<tr>
<td>Tomato Rarebit</td>
<td>27</td>
</tr>
<tr>
<td>Tuna-Noodle Bake</td>
<td>20</td>
</tr>
<tr>
<td>Veal Cutlet Parmesan</td>
<td>18</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>30</td>
</tr>
<tr>
<td>Vegetable Aspic</td>
<td>38</td>
</tr>
<tr>
<td>Velvety Chilled Tomato Soup</td>
<td>8</td>
</tr>
</tbody>
</table>
You know they're good because they're Heinz.