

SOUP-STEWS

Chicken Gumbo Soup

- 1 onion, finely chopped
- 4 table spoons butter
- 1 qt. Chicken stock
- $\frac{1}{2}$ green pepper, finely chopped
- 1 cup cooked or canned okra
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 1 to 2 cups tomatoes (canned)

Cook onions in butter 5 minutes, stirring constantly. Add to stock with the remaining ingredients. Bring to boiling point and simmer 40 minutes. Serves 6 to 8.

Mrs. John E. D. McGuigan



Jane Carroll's

SCOTCH BROTH

- 1 Soup Bone (2 lb.)
- 1 1/2 cups shredded cabbage
- 1 1/2 cups diced turnip

- 1 cup carrots
- 1 cup peas
- 1 onion

- 1/2 cup Barley
- 3 quarts water
- 1 teaspoon salt



Boil soup bone for one hour and add all the

ingredients and let simmer for two hours.

Jane Carroll

Jane Carroll



MUSHROOM CHOWDER

Soak 4 tablespoons barley in 1 1/2 cups meat stock or water for at least one hour. In 1/3 cup butter in a soup kettle, simmer 3/4 pounds cleaned mushrooms, caps and stems sliced thinly, and 1 large onion, chopped. Moisten with four cups rapidly boiling water or stock. Bring to a boil and add 1/2 cup grated raw carrots, 3/4 cup small cubed raw potatoes, 1/2 cup celery stalks chopped fine. The drained barley, salt, pepper and a dash of cayenne to taste. Boil up again and simmer gently until the barley is tender - about 40 minutes.

Serve very hot each portion sprinkled with a little parsley and a small grating of nutmeg. A tablespoon of unsweetened whipped cream may be floated on top of each plate.

Newport, R.I.

Mr. Daniel A. Sullivan

QUAHAUG MILK CHOWDER

- 1 gal quahaugs
- 3 lb. onions
- 25 lb. potatoes
- $\frac{1}{2}$ lb. butter
- 5 cans evaporated milk
- 1 box cracker meal



Cut onions and fry in butter until soft and tender. Cook diced potatoes barely covered with salted water. When cooked remove from water, add ground quahaugs and onions. Cook 15 minutes. Stir in milk. Sprinkle cracker meal over the top and stir in until blended. Season to taste.

Helen B. Hawkesley

CLAM OR QUAHAUG CHOWDER

- 1 quart clams or 1 pint quahaugs -- shelled
- $\frac{1}{4}$ cup salt pork -- diced
- $\frac{3}{4}$ cup onion -- sliced
- 3 cups potatoes -- diced
- 2 cups cold water
- 1 cup undiluted canned tomato soup
- or
- 1 can tomatoes (soup is better)

Drain and chop clams -- reserve liquor.

Fry salt pork until crisp.

Add onion -- simmer until soft not brown.

Cook potatoes and onions.

Add clams when potatoes are cooked.

Add tomato.

Add reserved liquor about $\frac{1}{2}$ hour before serving to retain flavor.

Mrs. Frank D. Fogarty
Mrs. Frank D. Fogarty



Consommé Madrilain

- | | |
|-------------------------------------------------------------|-----------------------------|
| 2 cups tomatoes (No. 2 can) | 1 medium-sized onion sliced |
| $\frac{1}{2}$ cup sliced carrots (1 or 2 carrots) | |
| 2 stalks celery | 3 whole cloves |
| 1 bay leaf | 1 tsp salt |
| 3 whole black pepper corns or $\frac{1}{8}$ teaspoon pepper | |
| 1 tsp sugar (optional) | 2 cups bot water |
| 2 cans condensed consommé (No. 1 can) | |

Preparation

1. Open can of tomatoes and pour into 2 quart saucepan.
2. Peel and slice onion; add to tomatoes.
3. Scrape, wash and slice carrots; add to tomatoes.
4. Clean celery, cut in pieces and add to tomatoes.
5. Measure and add cloves, black pepper, salt, and sugar, if needed, to tomatoes. Put over moderate heat.
6. Open condensed canned consommé and pour into tomatoes, add 2 cups hot water. Thoroughly mix consommé into tomatoes and allow to simmer for about 30 minutes.
7. Strain and serve piping hot in individual dishes.

It may also be served as is

One bowl 65 calories and Vitamin A

Veronica D. Thorpe

Vegetable Soup

- | | |
|-----------------------------------------|--------------------------------|
| 1 shank bone - 3 or 4 lb. | 1 medium size can of tomatoes. |
| 3 medium size onions - cut small | Any other vegetables you |
| 6 stalks or more of celery cut up small | like - peas, string |
| 4 carrots - scraped and diced | beans - turnip - cut up. |
| | A little of each. |

Simmer shank bone well covered with water on low flame three hours. Add all vegetables except tomatoes. Season with salt and pepper to taste and a pinch of Bell's seasoning. Cook all vegetables till tender. Add tomatoes and cook 15 minutes more. Remove meat - take from bone and put in dish to jelly. Cool soup - remove fat - Reheat and serve. Meat can be sliced and served with gravy or ground up - seasoned and used in meat pie. Mix with mashed potatoes and season for pie.

Mrs. William C. Landy, Sr.

MULLIGAN STEW



1 lb. beef
1 lb. lamb
Salt, pepper, celery seed and
Paprika to taste
Flour (for dredging meat)
2 qts. beef stock
2 carrots
2 parsnips
1 green pepper
2 stalks celery
2 onions
6 potatoes (diced)

Cut these
vegetables in
about one inch
pieces.

*Have beef stock boiling.

Mix the flour, salt, pepper, celery seed and paprika. Cut the meat into 1 1/2 inch cubes and dredge meat in the flour mixture. Sear the meat until brown on all sides. Add 1/2 cup white wine and cook for 2 minutes. Now place meat in a deep saucepan. Put the vegetables (except potatoes) over the meat. Pour the boiling beef stock over all and simmer approximately 2 1/2 hours. (30 minutes before the stew is done, pour in the diced potatoes. Thicken the "soup" with 1 1/2 tablespoon flour mixed in a small amount of cold water. (If you can boil a soup bone with the stew it will be more delicious.)

Frances Cato

Fortune is ever seen accompanying
industry, and is as often trundling in a
wheelbarrow as lolling in a coach and six.

— Goldsmith —

Salve Regina College

ALUMNAE



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Marjorie Ackroyd Sillers
Mary Lou Alyward
Virginia Bolf
Rose Jalette Chagnon
Pauline Choquette
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Mary Fitzgerald
Lucille Mathieu
Florence McLaughlin
Mary Margaret McCann

Mary Elizabeth Murray
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Mary Fran O'Hare
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Martha O'Rourke
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