SOUP'S ON
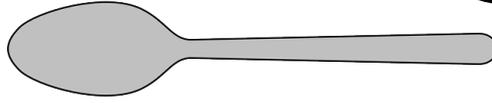
Oodles of Noodles Soup

¾ pound boneless skinless chicken breasts, cubed
2 medium carrots, sliced or chopped
1 small onion, chopped
2 celery ribs, sliced
1 garlic clove, minced
5 cups water
¼ teaspoon pepper
2 packages (3 ounces *each*) chicken ramen noodles

In a large saucepan coated with nonstick cooking spray, sauté the chicken, carrots, onion, celery and garlic until chicken is no longer pink. Add water, pepper and contents of seasoning packets from the noodles. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until carrots are tender.
Break noodles into pieces and add to soup; cover and cook for 3 minutes or until tender.

Yield: 6 Servings

Beef Barley Soup

½ cup *each* chopped carrot, celery and onion
1 tablespoon butter *or* margarine
4 cups beef broth
4 cups water (or more beef broth for better flavor)
2 cups cooked ground beef
1 can (14½ ounces) diced tomatoes undrained
1 cup quick-cooking barley
1½ teaspoons salt
½ teaspoon pepper
½ teaspoon dried basil
½ teaspoon dried oregano
½ cup frozen peas, optional

In a soup kettle or Dutch oven, sauté carrot, celery and onion in butter until tender, about 5 minutes. Add the broth, water, beef, tomatoes, barley, salt, pepper, basil and oregano; bring to a boil. Reduce heat; cover and simmer for 20 minutes, stirring occasionally. Add the peas. Simmer, uncovered, for 5 minutes.

Yield: 12 servings

Potato-Cheese-Ham Soup

4 cups pared, diced potatoes
2 cups water
2 chicken bouillon cubes
1½ tsp. salt
¼ tsp. pepper
½ cup chopped onion
¼ cup butter
3 Tbsp. flour
3 cups hot milk   2 cups diced ham/add with hot milk in directions!
1½ cups shredded Cheddar cheese

Cook potatoes in water with salt and pepper until tender. Sauté onions in butter; blend in flour. Add hot milk, stirring constantly until thick and smooth. Mash potatoes with vegetable masher in remaining cooking water. Add to previous mixture and add cheese. Heat until cheese is melted. Serve at once. Serves 4 to 6.