



Tomato Bacon Soup

You'll need...

- 1 tbsp butter or margarine
- 4 slices bacon chopped
- 4 green onions finely chopped
- 1-2 stalks celery finely chopped
- 2-3 lbs peeled and diced fresh ripe tomatoes
- 2 cups chicken broth
- 2 cups heavy cream
- 1 tsp tarragon (optional)
- Salt and pepper to taste

To create...

- In large pot cook over medium heat cook bacon until soft stirring so it doesn't burn add margarine, onions and celery, cook until vegetables are turning golden. Add tomatoes and chicken broth; simmer until tomatoes are cooked approx. ½ hour. Remove from heat allow cooling and pureeing with food processor or hand blender. Return contents to pot, add cream and spices. Reheat being careful not to burn. Short cut 2 large cans pureed or diced tomatoes can be substituted for the fresh tomatoes. To peel fresh tomatoes place them in hot water for 5-10 minutes to loosen skins.

Ice-cream Cake with Strawberries

You'll need...

- 1 store bought pound cake
- 4 cups vanilla ice-cream softened
- 1 container Cool Whip frozen dessert topping
- 2 personal size containers of strawberry yogurt

To create...

- Small container of fresh strawberries washed, hulled and sliced add ½ cup of sugar and allow marinating in fridge.
- Put the ice-cream, Cool Whip and yogurt in a large bowl. Stir until well mixed.
- Cut pound cake into thin slices. Cut slices in half. Line sides and bottom of an 8" spring form pan with pound cake (slightly overlap side pieces and push against sides of pan so they will stick). Pour ice-cream mixture into prepared pan. Cover with plastic wrap and freeze for at least 4 hours. To serve release the sides of the pan slice and serve with prepared strawberries. Any fruit can be used just change the yogurt flavour.

Rice Salad

You'll need...

- 3 cups cooked rice
- 3 ½ cups diced celery
- ½ cup chopped green onions
- 1 cup cooked peas
- Combine in a large bowl

Dressing

- ½ cup salad oil
- 1 ½ tsp mild curry powder
- ½ cup sugar
- 3 tbsp vinegar
- 2-4 tbsp soya sauce

To create...

- Whisk until well blended then add to rice mixture. Refrigerate for at least 4 hours before serving. Can be garnished with oven roasted almonds if desired.

Recipes provided
by
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