

BOXING DAY SOUP

- | | |
|--------------------------------------|--|
| 1/4 cup (50 mL) finely chopped onion | 1 cup (250 mL) shredded cheddar cheese |
| 1/4 cup (50 mL) butter | 1/2 cup (125 mL) chopped cooked turkey |
| 1/4 cup (50 mL) flour | 1/2 cup (125 mL) chopped cooked ham |
| 1/4 tsp (1 mL) garlic powder | Toppings: Chopped tomato, |
| 1/4 tsp (1 mL) salt | crumbled bacon, shredded cheddar |
| 4 cups (1 L) milk | cheese and chopped fresh parsley |
| 1/8 tsp (0.5 mL) hot pepper sauce | |

In a medium saucepan, saute onion in butter over medium heat until tender. Stir in flour, garlic powder and salt; cook and stir for 1 minute. Gradually stir in milk. Cook, stirring frequently, over low heat until thickened. Add hot pepper sauce, cheese, turkey and ham, stirring until cheese is melted. Do not boil. Ladle into bowls and serve with toppings. Serves 4.

OLD-FASHIONED TURKEY CASSEROLE

- | | |
|---|---|
| 4 cups (1 L) cubed cooked turkey | 2 tbsp (25 mL) chopped fresh parsley |
| 1/2 cup (125 mL) sliced green onions | 2 tbsp (25 mL) fresh lemon juice |
| 1/3 cup (75 mL) chopped red bell pepper | 1 tbsp (15 mL) Dijon mustard |
| 1 can (8 oz/227 mL) sliced water chestnuts, drained | 1/2 tsp (2 mL) salt |
| 1/2 cup (125 mL) mayonnaise | 1/2 tsp (2 mL) freshly ground pepper |
| 1/4 cup (50 mL) light sour cream | 1 cup (250 mL) shredded mozzarella cheese |
| | 1 cup (250 mL) crushed potato chips |

Combine first 11 ingredients (turkey through pepper) in a bowl until blended. Spoon mixture into a greased 2 quart (2 L) baking dish. Sprinkle with cheese and potato chips. Bake, uncovered, at 400°F (200°C) for 20 - 25 minutes or until bubbly and heated through. Serves 4 - 6.

TURKEY PICADILLO

Picadillo is a Spanish stew usually consisting of ground meat, tomatoes, onions, garlic and spices. In this version, we use leftover cooked turkey instead of ground meat.

- | | |
|--|--|
| 3 tbsp (40 mL) oil | 2 cans (14 oz/398 mL each) Italian stewed tomatoes |
| 2 cups (500 mL) chopped onions | 3 cups (750 mL) diced cooked turkey |
| 1/2 cup (125 mL) chopped green bell pepper | 1 cup (250 mL) water |
| 2 cloves garlic, finely chopped | 2/3 cup (150 mL) raisins or dried cranberries |
| 1 tbsp (15 mL) chili powder | 1/4 cup (50 mL) apple cider vinegar |
| 1 1/2 tsp (7 mL) cinnamon | 2 tsp (10 mL) packed brown sugar |
| 1/2 tsp (2 mL) ginger | 1/2 tsp (2 mL) salt |
| 1/4 tsp (1 mL) freshly ground nutmeg | |

Heat oil in a large frypan over medium heat. Add onions, green pepper and garlic; saute for 3 - 4 minutes or just until vegetables begin to soften. Stir in chili powder, cinnamon, ginger and nutmeg; cook and stir for 1 minute. Add remaining ingredients (tomatoes through salt) and bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 15 minutes. Serve with rice. Serves 4 - 6.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393.

For cooking ideas and great recipes, visit our website at www.atcoblueflamekitchen.com.

EGGNOG LOAF

The texture of this loaf is similar to that of a pound cake.

2 1/4 cups (550 mL) flour	1 cup (250 mL) sugar
2 tsp (10 mL) baking powder	1 cup (250 mL) commercial eggnog
1/2 tsp (2 mL) salt	1/2 cup (125 mL) butter, melted
1/4 tsp (1 mL) nutmeg	2 tsp (10 mL) vanilla
2 eggs	

Combine flour, baking powder, salt and nutmeg in a bowl; set aside. Using medium speed of an electric mixer, beat together eggs and sugar until blended. Beat in eggnog, melted butter and vanilla. Stir in flour mixture just until blended. Spoon batter into a greased 9x5 inch (23x13 cm) loaf pan. Bake at 350°F (180°C) for 40 - 45 minutes or until loaf tests done. Cool in pan on a rack for 10 minutes. Invert loaf onto rack and cool completely. Makes 1 loaf.

EGGNOG BREAD PUDDING

4 eggs	6 cups (1.5 L) French bread cubes, dried
2 cups (500 mL) commercial eggnog	1/2 cup (125 mL) dried cranberries or raisins
1/3 cup (75 mL) sugar	Additional nutmeg
1/4 cup (50 mL) rum or milk	Icing sugar
1 - 2 tsp (5 - 10 mL) vanilla	Warm maple or fruit syrup
3/4 tsp (3 mL) nutmeg	

Beat together first 6 ingredients (eggs through nutmeg) until well blended. If using milk instead of rum, increase vanilla to 2 tsp (10 mL). Stir in bread cubes and cranberries. Let stand 10 - 15 minutes. Spoon mixture into a greased 8 inch (20 cm) square glass baking dish. Sprinkle with nutmeg. Pudding may be prepared up to this point, covered, and refrigerated overnight. Bake at 350°F (180°C) for 45 - 50 minutes or until pudding is puffed and knife inserted in center comes out clean. Remove from oven and dust with icing sugar. Serve with warm syrup.

Serves 6 - 8.

Cook's Note: *To make dried bread cubes, cut bread into 1/2 inch (1.25 cm) cubes. Place bread cubes in a single layer on a jelly-roll pan. Bake at 300 °F (150 °C) for 10 - 15 minutes, stirring occasionally, until dry.*