



The Weekday Cook

Tortilla Soup

or

Spicy Vegetable Beef Chowder

Creamy Coleslaw

Whole Wheat Rolls

Peanut Butter Granola Bars

TORTILLA SOUP

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| 1/2 cup (125 mL) chopped onion | 1 tsp. (5 mL) sugar |
| 2 cloves garlic, crushed | 1/8 - 1/4 tsp. (0.5 - 1 mL) cayenne pepper |
| 1 tbsp. (15 mL) oil | 2 boneless skinless chicken breasts |
| 1 1/2 tsp. (7 mL) chili powder | 1 canned chipotle pepper, finely chopped |
| 2 tsp. (10 mL) cumin | 1 1/2 cups (375 mL) frozen kernel corn |
| 1/2 tsp. (2 mL) oregano, crumbled | 1/4 cup (50 mL) oil |
| 1 bay leaf | 8 corn tortillas (6 inch/15 cm), halved and cut into thin strips |
| 2 cans (28 oz./796 mL each) chicken broth | 2 tbsp. (25 mL) chopped fresh cilantro |
| 1 can (7 1/2 oz./213 mL) tomato sauce | |
| 3/4 tsp. (3 mL) salt | |

In a Dutch oven, sauté onion and garlic in 1 tbsp. (15 mL) oil for 2 minutes. Add chili powder, cumin, oregano and bay leaf; cook 1 minute. Add next 5 ingredients (broth through cayenne); bring to a boil. Add chicken, reduce heat and simmer, covered, for 15 minutes. Remove chicken and shred. Add chipotle pepper and corn to soup; simmer 10 minutes. Add chicken and cook 2 minutes. Soup may be prepared to this point and refrigerated for up to 24 hours. Reheat soup before proceeding. Heat remaining 1/4 cup (50 mL) oil in a heavy frypan. Add tortilla strips in batches and fry until crisp and golden brown. Drain on paper towels. Fried tortilla strips may be refrigerated for up to 24 hours. Just before serving, remove bay leaf from soup and stir in cilantro. Garnish with tortilla strips.

Serves 6 - 8.

Hot Pepper Caution: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

SPICY VEGETABLE BEEF CHOWDER

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|---------------------------------------|---|
| 1 lb. (0.5 kg) lean ground beef | 2 stalks celery, sliced |
| 1 medium onion, chopped | 1 tsp. (5 mL) freshly ground pepper |
| 2 cloves garlic, crushed | 1 tsp. (5 mL) sugar |
| 1 tbsp. (15 mL) oil | 1/2 tsp. (2 mL) salt |
| 3 cups (750 mL) spaghetti sauce | 1/2 tsp. (2 mL) basil, crumbled |
| 2 cups (500 mL) water | 1/2 tsp. (2 mL) oregano, crumbled |
| 1 can (10 oz./284 mL) beef broth | 1/2 tsp. (2 mL) green pepper sauce |
| 1 can (14 oz./398 mL) stewed tomatoes | 3 cups (750 mL) frozen mixed vegetables |

In a Dutch oven, cook beef, onion and garlic in oil until beef is browned. Drain off excess fat. Add next 11 ingredients (spaghetti sauce through green pepper sauce) and bring to a boil. Reduce heat, cover and simmer, stirring occasionally, for 20 minutes. Add vegetables and return to a boil. Reduce heat and simmer 5 minutes or until vegetables are tender. Serves 4 - 6.

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

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CREAMY COLESLAW

1 cup (250 mL) mayonnaise
2 tbsp. (25 mL) vinegar
1 tbsp. (15 mL) lemon juice
1 tbsp. (15 mL) oil

1 tbsp. (15 mL) water
1 tsp. (5 mL) Worcestershire sauce
1 tbsp. (15 mL) sugar
8 cups (2 L) shredded cabbage

With a whisk or blender, thoroughly combine all ingredients except cabbage. Refrigerate until serving or for up to 24 hours. Toss cabbage with dressing just before serving. Serves 8 - 10.

Variations: *Chopped unpeeled red apple, pineapple tidbits, walnuts or pecans may be added to this basic coleslaw.*

PEANUT BUTTER GRANOLA BARS

2 tbsp. (25 mL) butter
2 tbsp. (25 mL) creamy peanut butter
3 cups (750 mL) miniature marshmallows

2 1/2 cups (625 mL) granola with dried
berries or raisins

In a large saucepan, combine butter and peanut butter. Cook over low heat, stirring until melted. Add marshmallows and cook, stirring frequently, until melted. Remove from heat and stir in granola. Using greased hands, press mixture evenly into a greased 9 inch (23 cm) square pan. Chill until firm. Cut into bars. Wrap each bar individually with plastic wrap. **Yield:** 18 bars.

What are chipotle peppers?

Chipotle peppers are smoked red jalapeno peppers. This uniquely flavoured ingredient is popular in southwestern cooking. Chipotles originate in Mexico. They are available in both dried and canned versions. Most recipes call for canned chipotles. Canned chipotles are packed in a spicy vinegar mixture called adobo sauce. Chipotle peppers are a hot pepper and therefore hot pepper handling precautions apply. Hot peppers cause severe skin and eye irritation. The ATCO Blue Flame Kitchen recommends wearing rubber gloves when handling hot peppers and avoiding touching any exposed skin. Canned chipotle peppers are often available in the Mexican section of large grocery stores.