

September
2011

Findlay
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DATES TO REMEMBER:

- *September 5 - Labour Day
- *September 6 - Kids Back to School
- *September 11 - Grandparent's Day
- *September 23 - Autumn Begins

SEPTEMBER IS...

- National Food Safety Month
- National Rice Month
- National Chicken Month
- National Apple Month
- National Mushroom Month
- National Breakfast Month

Findlay's Monthly Features

Prices in effect while quantities last

- 1) 34155 **Ravioli Mushroom Shaped Frozen** 1/5kg QUEEN'S PASTA
- 2) 02893 **Beef Base Paste No MSG** 1/1lb MAJOR
- 3) 36316 **Dinner Rolls Variety Pack** 144/40 SIGNATURE
- 4) 36245 **Sticky Toffee Pudding Cake** 1/12"x16" ORIGINAL
- 5) 12755 **Apple Jelly Individuals** 200/10ml OLD STYLE
- 6) 54559 **Ice Picks - Plastic** 1/2000's STONE


Gina's Corner

Soups on...

September is here, the kids are back in school and it's time for you to start thinking about your winter menu offerings.

As days get cooler people look at warm comfort foods for lunch and dinner. Consider soups!

Today's ready made soups are bursting with flavour and offer a wide variety to please almost any palate. We offer a variety of dry, canned or frozen ready to use. Adding different vegetables, more protein, different herbs, spices or sauces to make a new soup is a good way of setting yourself apart from the crowd, with minimal labour.

For example:

1. Combine Campbell's Frozen Chicken Rice Soup (#19041) with Red Thai Sauce (#6447) to create "Red Thai Chicken Soup"
2. Combine canned Tomato Soup (#3720) with Chicken stock (#2891) as a base for a lighter tomato macaroni or tomato vegetable soup.
3. Combine cream of celery soup (#3640) with vegetable stock (#2892) as a base for a creamy vegetable soup.

Autumn soups to purchase: Carrot Golden Autumn (#19008) or Chicken Corn Chowder (#19047)

If you choose to make your own from scratch, I have a few recipes on the back you might want to use for inspiration.

Autumn soups to consider making:

1. Butternut Squash
2. French Onion
3. Hearty Vegetable
4. Minestrone
5. Creamy Potato
6. Beet Soup

Creamy Potato Soup with Sour Cream, Bacon and Chives

INGREDIENTS

6 strips bacon (#27124)
 2 cups chopped onion (#87035)
 3 large cloves garlic, chopped (#87135)
 4 med potatoes, cut into 1-inch chunks (#87113)
 6 cups vegetable or chicken broth (#02866)
 Kosher salt & black pepper (#13792 & #14030)
 1/2 cup sour cream (#44156)
 1/2 cup shredded cheddar cheese (#20595)
 1/4 cup chopped chives (#87129)

DIRECTIONS

1. In a large pot, cook bacon over medium-low heat until crisp, about 3 minutes per side. Remove bacon to a paper-towel-lined plate, break into small pieces and set aside.
2. Drain from the pot all but 2 tablespoons fat. Add onion and increase heat to medium. Cook until golden, about 12 minutes. Add garlic; cook 1 more minute. Add potatoes and broth and bring to a boil over high heat. Reduce heat and simmer until potatoes are tender, about 25 minutes.
3. With an immersion blender, puree soup until chunky-smooth. Season to taste with salt and pepper. Serve hot, topped with bacon bits, sour cream, cheddar cheese and chives. Serves 6.

Beef Barley Soup

INGREDIENTS

1 lb. stewing beef 1" cubes (#23430)
 2 carrots, peeled and sliced (#87056)
 1 medium onion, chopped (#87035)
 2 bay leaves (#13875)
 1 stalk celery, sliced (#87016)
 2 tbsp. olive oil (#13736)
 1 can diced tomatoes (#00695)
 1-1/2 cups pearl barley (#02105)
 8 cups beef stock (#02893)
 salt and pepper



DIRECTIONS

1. Warm the olive oil in the soup pot over medium high heat. Add beef and brown well. Add carrots, onion, and celery, turn heat down to medium low and cook about 5 minutes, stirring to coat all the vegetables with oil.
2. Add tomatoes with their juice, barley, bay leaves, beef stock, and salt and a couple of grinds of pepper. Bring to a simmer and cook uncovered about one hour or until barley is soft and beef is tender.
3. If the soup is too thick at this point stir in up to one cup of hot water or stock to achieve desired consistency. Remove bay leaves. Serves 6.

Hearty Minestrone

INGREDIENTS

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|-------------------------------------|--|
| 1/4 cup olive oil (#13736) | 2 small zucchini, diced (#87085) |
| 2 oz diced bacon (#27124) | 8 oz. cauliflower (#87161) |
| 1 med onion, chopped (#87035) | 3/4 cup dry navy beans, cooked (#02140) |
| 2 carrots, sliced (#87056) | 1 15 oz. can diced tomatoes with juices (#00695) |
| 2 stalks celery, sliced (#87016) | 6 cups beef stock (#02893) |
| 3 cloves garlic, minced (#87135) | 2 cups water |
| 1 potato, peeled and diced (#87113) | 1 tsp. each dried thyme, oregano, basil |
| | A few stems of fresh parsley chopped |
| | Salt, pepper and parmesan |



DIRECTIONS

1. Warm the olive oil in a large soup pot over medium heat. Add bacon and cook for 2 to 3 minutes.
2. Begin adding vegetables in the order presented above, up to and including the cauliflower, one at a time and cooking each addition 2 to 3 minutes. If you wish, you can prepare each one as the previous is added instead of preparing all in advance.
3. At this point, salt and pepper lightly, starting with about 1 tsp. salt. Add the tomatoes, stock, water, and herbs and bring to a simmer. Simmer gently for one hour. Taste for salt.
4. Add the beans and simmer again for 15 minutes. The soup should never be watery or thin but rather substantial. If it appears too thick for your taste add a bit more stock. If it appears to thin, continue to cook it, uncovered, until more liquid evaporates. Taste again and adjust seasonings. Serve with a sprinkle of parmesan. Serves 6.