

## TIPS

### WATKINS BEEF SOUP BASE

Sprinkle it over pork roasts or pork chops that you bake in the oven.

Add 1 tbsp. of Beef Soup Base per pound of ground beef to chili, meatloaf, sloppy joes or burgers.

### WATKINS CHICKEN SOUP BASE

In place of salt, use a teaspoon or two of Watkins Chicken Soup base when cooking potatoes, vegetables or rice. Add (to taste) to liquid when doing chicken stir fry

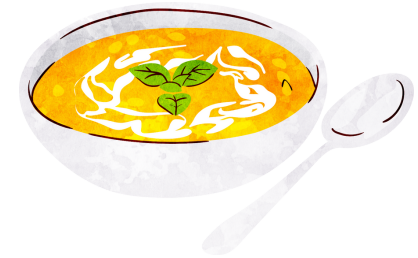
**BROCCOLI & CHEESE SOUP** Bring to a boil 1 pkg. frozen chopped broccoli, 5 1/2 cups water, 3 TBSP Watkins Chicken Soup & 1 can chile style tomatoes (optional) and cook until broccoli is tender. Add 10 oz. Velveeta cheese (cubed). Stir until dissolved. To make thicker soup, blend half in food processor and add to other half. Delicious & low in calories particularly if using “light Velveeta”!

## LEMON CHICKEN

2 tbsp/30 mL cooking oil  
1 small onion, finely chopped  
4 chicken breasts, skinned and boned  
1 tbsp/15 mL Watkins Organic Parsley  
1-1/2 cups/375 mL water  
2 tsp/10 mL Watkins Chicken Soup & Gravy Base  
1 tbsp/15 mL honey  
Juice of 1 lemon  
2 tsp/10 mL cornstarch  
1 tbsp/15 mL water  
Zest of 1 lemon  
Watkins Organic Mediterranean Sea Salt and Watkins Organic Black Peppercorns to taste

Boil 1-1/2 cups/375 mL water and add Chicken Soup Base. Set aside. Heat oil in large skillet. Add onions. Cook for 3 to 4 minutes. Add chicken breasts and brown lightly. Add parsley, chicken broth, honey, salt and pepper to taste and lemon juice. Cover pan and simmer gently for 20 minutes. Using slotted spoon, remove chicken and keep warm. Blend cornstarch and remaining water to a smooth paste. Add small amount of the cooking liquid and blend. Add mixture to pan and stir until sauce thickens. Serve over rice or pasta.

# Watkins Soup Recipes



**Soup:** For each cup desired, add 1.5 tsp of mix to 1 cup of boiling water.

**Gravy:** For each cup desired, melt 2 Tbsp butter or margarine in a pan. Blend in 2 Tbsp flour and allow to bubble over low heat. Add 1 Tbsp of mix and 1 cup water. Cook, stirring constantly, until thick and smooth.

## OYSTER CRACKER MUNCHIES

¼ cup vegetable oil  
4 tsp. Watkins chicken soup Base  
1 package (10 – 20 oz/280 – 340ml) oyster crackers  
Mix oil and soup base, pour over crackers and stir until well coated. Spread in shallow baking pan and bake at 375 f/190 c or microwave (HIGH) , uncovered, 3 – 4 min.. Stir once or twice during baking. Cool and serve. Makes 10 servings.

## CHICKEN POT PIE

Melt 6 TBSP butter. Add 6 TBSP flour, ½ tsp salt & ¼ tsp each of Watkins Pepper, Garlic Powder & Onion Powder. Cook over low heat, stirring one minute. Add 1¾ c water, 3 TBSP Watkins Chicken soup and 2/3 to 1 cup milk. Cook slowly until thickened. Add 1½ c diced chicken and 2 cups partly cooked vegetables. Place mixture in uncooked pie shell. Cover with crust & bake at 425° for 35 min. Variation: Place mixture in pie pan & cover with filo pastry and bake same as above.

## WATKINS CHEESE BALL

### Ingredients

1 package (8 oz/250 g) cream cheese, softened  
1 tbsp. WATKINS Chicken Soup (ON SALE THIS MONTH)  
½ tsp. Garlic Powder  
WATKINS BASIL OR PARSLEY LEAVES

### Directions

Mix soup base & garlic powder into softened cream cheese. Roll the mixture into a ball and wrap in plastic wrap. (or just make a nice half ball on a serving plate) Refrigerate at least 30 minutes. When ready to serve, roll in topping of your choice. If doing the half ball garnish with parsley, red pepper or nuts. Serve with crackers.

### TIPS:

Skim the fat from soups and stews by running a few cheesecloth wrapped ice cubes over the surface. The fat cling to the cloth.

Thicken soup with a finely grated potato or instant potato flakes.

Tone down over salted soups & stews by adding 1 tsp sugar and 1 tsp vinegar, cooking a little longer or by adding a few chunks raw potato.

## CASHEW PORK

1 pound/454 g boneless pork shoulder, cut into 1/2-inch/1-cm cubes  
1-1/2 tbsp/25 mL cornstarch  
1/3 cup/80 mL soy sauce  
2 tsp/10 mL Watkins Beef Soup & Gravy Base  
2 cups/500 mL sliced celery  
1 can (8 oz/227 g) sliced water chestnuts, drained  
1 jar (2 oz/57 g) sliced pimento  
1/4 cup/60 mL dry roasted cashews  
4 cups/1 liter hot cooked rice  
Combine pork cubes and next three ingredients in 2.5-quart/liter casserole. Let marinate 10 to 15 minutes at room temperature. Refrigerate if allowing to marinate longer. Stir in celery, cover. Microwave (HIGH) 5 to 6 minutes, stirring twice. Stir in water chestnuts and pimento. Cover and microwave (HIGH) 1 to 1-1/2 minutes, stirring once, until mixture is hot (vegetables should be tender-crisp). Top with cashews and serve over rice.