

Lipton Onion Soup

# FOOD

## Comfort food brings w

**C**OMFORT food is alive and well in Manitoba as witnessed by the more than 50 respondents to our Comfort Food Express Contest run in conjunction with Lipton.

Readers were asked to submit original, favourite, quick-food recipes, made easier by using Lipton Onion Soup Mix.

Comfort food — a soul-satisfying meal that brings back warm memories of special people and good times — is typically the kind of food that mom prepared on a cold day like meat loaf, soup and stew.

Congratulations to first place winner Violet Yablecki for Sun-dried Tomato Chicken Casserole. She received a Comfort Food Express gift package, valued at \$125, and including items such as an oven-proof skillet, Lipton products, oven mitts and a timer. Her recipe was tested and a nutritional analysis provided by a home economist. Runners-up Joan Chittick for Easy Company Chicken and Audrey McLeod for Spicy Oriental Meatballs received prizes valued at \$50 including Lipton products.

All prizes awarded were courtesy of Lipton Onion Soup Mix.

### Sun-dried tomato chicken casserole

Courtesy of Violet Yablecki  
3/4 cup (175 mL) sun-dried tomatoes

4 cloves garlic, minced  
2 tablespoons (25 mL) oil  
4 boneless, skinless, chicken breasts  
2 cups (500 mL) water

1 pouch Lipton Onion Soup Mix  
1 cup (250 mL) long grain rice, uncooked

1 can (10oz/284mL) mushroom pieces,

## Tidbits

### NEW FOOD PRODUCT INFORMATION

drained

1 tsp (5 mL) basil  
3 dashes Tabasco sauce  
2 tbsp (25 mL) maple syrup  
1 tbsp (15 mL) fresh parsley, chopped

Place sun-dried tomatoes in a heat-proof bowl. Pour boiling water over tomatoes. Soak for 10 minutes. Drain well. Chop tomatoes and set aside.

In a large skillet, heat 1 tbsp (15 mL) oil over medium heat. Add garlic and tomatoes and sauté until lightly browned. Set aside. In the same skillet, heat remaining oil over medium-high heat. Add chicken breasts and sauté for 3 minutes per side. Remove chicken from skillet and set aside.

To the same skillet, add 2 cups (500 mL) of water and bring to a boil. Stir in Lipton Onion Soup Mix, tomato and garlic mixture, rice, mushrooms, basil, Tabasco sauce and maple syrup. Mix well and return to a boil.

Pour mixture into a 9x13-inch (22x33-cm) casserole dish. Place chicken breasts on top.

Cover and bake for 45 minutes at 350°F (180°C). Sprinkle with chopped parsley before serving.

Makes 4 servings.

Per serving: 475 Calories, 37 g protein, 10 g fat, 58 g carbohydrate and 3 g dietary fibre.

### Easy company chicken

6 boneless, skinless chicken breasts

1 pouch Lipton Onion Soup Mix  
1/2 cup (125 mL) ketchup  
1/4 cup (50 mL) brown sugar  
1/4 cup (50 mL) water

Place chicken breasts in a 9x13-inch (22x33-cm) casserole dish. Combine Lipton Onion Soup Mix, ketchup, sugar and water. Pour mixture over chicken.

Cover casserole dish and bake 1 hour at 375°F (190°C).

Makes 6 servings.

### Spicy oriental meatballs

Meatballs:

1 pound (500 g) bulk sausage meat  
1 pound (500 g) lean ground beef  
1 pouch Lipton Onion Soup Mix  
1/2 teaspoon (2 mL) garlic powder  
About 1 tablespoon (15 mL) water (or more if necessary)

Sauce:

1 cup (250 mL) chopped canned peaches  
1/3 cup (75 mL) ketchup  
1/4 cup (50 mL) vinegar  
2 tablespoons (25 mL) soy sauce  
1/2 cup (125 mL) lightly packed brown sugar  
1/4 teaspoon (1 mL) garlic powder  
1 teaspoon (5 mL) ground ginger  
1 teaspoon (5 mL) salt  
1/4 teaspoon (1 mL) pepper

Meatballs:

Combine ingredients and form into meatballs. Brown in skillet and drain fat. Remove meatballs from skillet and place in casserole dish.

Sauce:

Combine all sauce ingredients in medium saucepan and boil for 5 minutes. Pour over meatballs.

Bake in 350°F (180°C) oven for 45 minutes. Serve over rice or noodles.

Makes 4 to 6 servings.