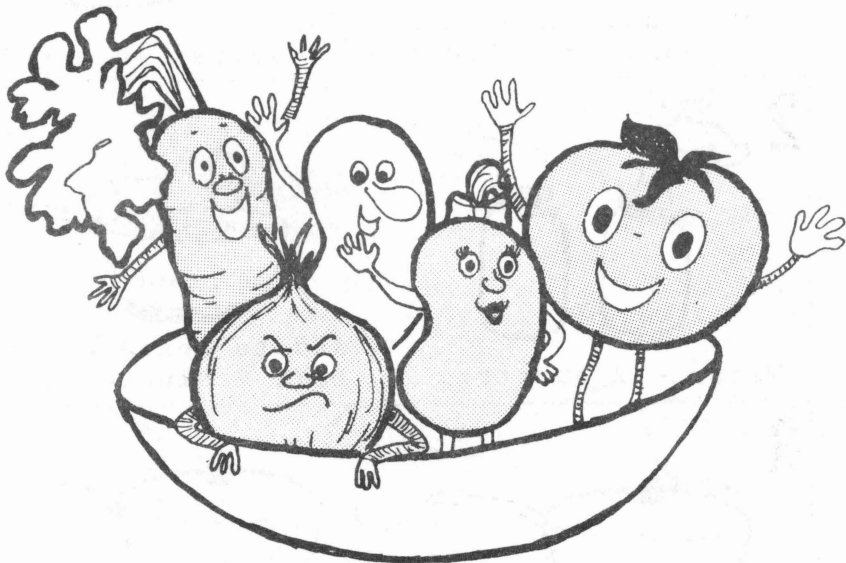


VEGETABLE-BEAN CHOW

Vegetable-bean chow makes a good soup for dinner or supper.



This recipe makes about 4 quarts.

WHAT YOU USE:

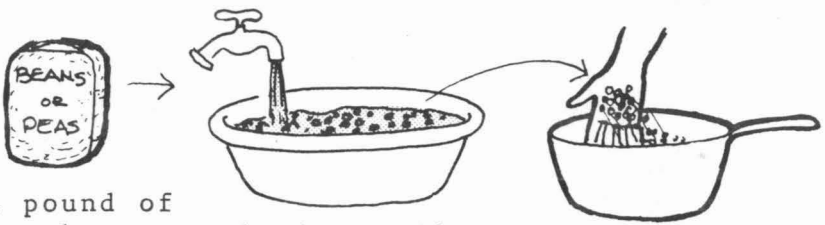
dry beans or peas	onion
water	flour
tomatoes	milk
carrots	salt

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

VEGETABLE-BEAN CHOW

Wash all fresh vegetables before you eat or cook them.

1



1 pound of dry beans or peas. Wash them. Throw the bad ones away. Put in a boiler

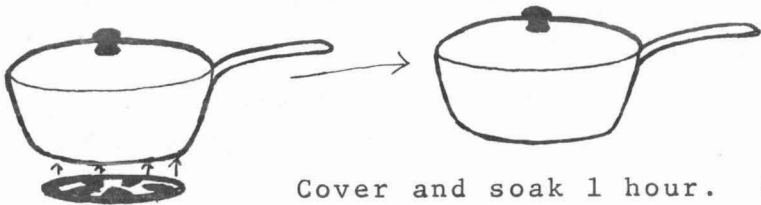
2



Water - 2 quarts.

Add to beans or peas. Boil 2 minutes.

3



Take from the stove.

Cover and soak 1 hour. Or soak beans overnight if you want to.

4



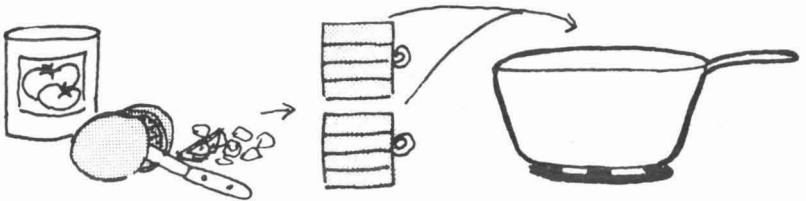
Cook beans or peas in a covered boiler. Cook until they start to get soft-about 45 minutes

5



2 carrots - peeled and sliced. Add to the boiler with beans or peas.

6



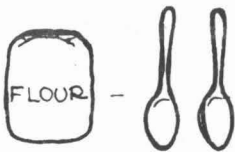
Tomatoes, cut-up, canned or fresh - 2 cups. Add to the boiler.

7



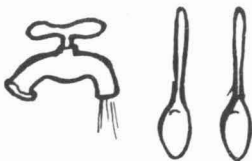
1 medium onion peeled and chopped. Add to the boiler. Cook until vegetables are soft.

8



Flour - 2 Tablespoons

Put flour in a cup. Stir in water. Stir until smooth.



Water - 2 Tablespoons



Then add some hot water from the vegetables to the cup.

9

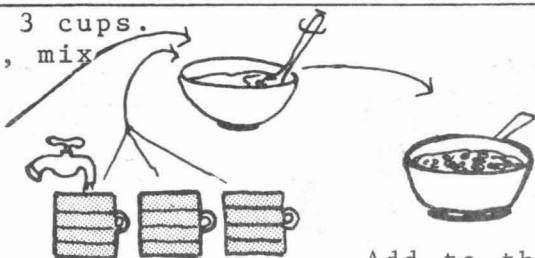


Slowly add flour and water to the vegetables. Stir.



Cook 10 minutes on low heat. Stir a few times.

10 Milk - about 3 cups. To make milk, mix



Nonfat dry milk $\frac{3}{4}$ cup. Water - 3 cups. Add to the vegetables.

11



Salt to taste. Stir.



Heat until hot. Do not boil.

A GOOD DIET has meat, eggs, cheese or dry peas and beans every day. A good diet has fruits and vegetables. It has milk and cereals.

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