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FAMILY NUTRITION NEWS

Bean and Meat Team

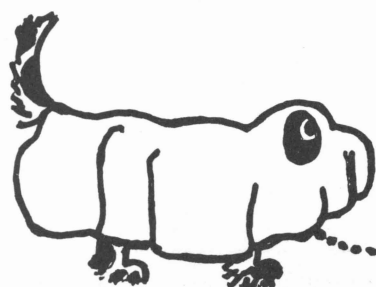
Dear Homemaker,

October is the month for hearty soups to feed to your little Halloween Ghosts and Gremlins. Steaming hot soups and chowders make delicious dishes for lunch or dinner. When they contain substantial amounts of fish, meat, dry beans or peas, they are nutritious enough to be the main part of your meal. Remember to serve your family two servings every day of meat or meat substitutes like beans or dry peas. Soups like Frankfurter-Bean are a great way to supply your body with protein to build, maintain and repair the cells in your body.

You can serve soup with a salad or sandwich and a glass of milk for a well-balanced meal.

Sincerely,

Name and title



MEAT GROUP FOODS AND MEAT ALTERNATES GO GOOD TOGETHER TASTEWISE AND NUTRITION WISE

Try this go-together soup!

FRANKFURTER-BEAN SOUP

7 cups water	1 teaspoon salt
1½ cups dry beans (Great Northern, Navy beans, pinto beans or blackeyed peas)	Pepper, as you like it
1 onion, chopped	½ pound frankfurters
	1 tablespoon margarine

Bring water to boil. Add washed beans or peas and boil 2 minutes. Remove from heat, cover, and soak 1 hour. Add chopped onion, salt and pepper as desired. Bring to a boil, and cover pan. Lower heat and boil gently about 1½ to 2 hours or until beans are soft. Mash slightly. Chop frankfurters finely and add to margarine in frypan. Brown lightly and add to soup. Cook soup about 5 minutes longer.

MORE INFORMATION . . .

- Serve Frankfurter-Bean Soup with crackers, angel food cake, milk and coffee.
- Use 1 cup cutup cooked ham in place of frankfurters in Frankfurter-Bean Soup.
- Store leftover Frankfurter-Bean Soup in refrigerator right after you have finished eating. Heat and serve within the next day.

This publication was prepared by Frances L. Reasonover, Extension foods and nutrition specialist, The Texas A&M University System, and Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.