

CREATIVE WITH CANS

You won't be sacrificing nutrition when you make these recipes using canned ingredients. "Canning . . . preserves nutritional value and provides a healthy, tasty, and convenient alternative to fresh and frozen products," says Dr. Barbara Klein, professor of Food and Nutrition at the University of Illinois at Urbana. Just open the cans, dump, stir, and cook. It's that easy!

MARINATED VEGETABLES

*Prep: 10 minutes
Chill: 8 hours*

- 3 tablespoons red wine vinegar
- 1/4 cup vegetable oil
- 2 garlic cloves, pressed
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon curry powder
- 1/2 teaspoon pepper
- 1 (15.5-ounce) can garbanzo beans
- 1 (16-ounce) can kidney beans
- 1 (15.5-ounce) can pinto beans
- 1 (15.25-ounce) can whole kernel corn
- 3 green onions, chopped
- 3 celery ribs, chopped
- 1/4 cup chopped fresh parsley

- **Whisk** together first 8 ingredients in a large bowl.
- **Rinse** and drain garbanzo beans and next 3 ingredients; add to red wine vinegar mixture.
- **Add** green onions, celery, and parsley; toss mixture to coat. Cover and chill 8 hours. **Yield:** 8 to 10 servings.

*Suzan L. Wiener
Spring Hill, Florida*

GREEN BEAN-AND-CORN CASSEROLE

*Prep: 15 minutes
Bake: 30 minutes*

- 1 (14 1/2-ounce) can French-style green beans, rinsed and drained
- 1 (11-ounce) can white shoepeg corn, rinsed and drained
- 1 (10 3/4-ounce) can cream of celery soup, undiluted
- 3 celery ribs, chopped
- 1 small onion, chopped
- 1/2 cup (2 ounces) shredded Cheddar cheese
- 1 (8-ounce) container sour cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 22 round buttery crackers, crushed
- 1 (2-ounce) package sliced almonds
- 1/4 cup butter or margarine, melted

- **Stir** together first 9 ingredients in a large bowl.
- **Pour** green bean mixture into a lightly greased 11- x 7-inch baking dish.

- **Stir** together cracker crumbs, almonds and melted butter, and sprinkle over casserole.

- **Bake** at 350° for 30 minutes or until bubbly. **Yield:** 6 servings.

*Heather Jean Reames
Greenville, South Carolina*

TACO SOUP (pictured on page 38)

*Prep: 5 minutes
Cook: 40 minutes
Bake: 8 minutes*

- 1 pound ground beef
- 1 (15.5-ounce) can pinto beans
- 1 (15.25-ounce) can whole kernel corn
- 1 (14.5-ounce) can ^{Black} green beans
- 1 (15-ounce) can Ranch beans, undrained
- 1 (14.5-ounce) can stewed tomatoes
- 1 (12-ounce) can beer
- 1 (10-ounce) can diced tomatoes and green chiles
- 1 (1 1/4-ounce) envelope taco seasoning mix
- 1 (1-ounce) envelope Ranch dressing mix
- 5 (6-inch) corn tortillas
- Salt

- **Brown** beef in a stockpot, stirring until it crumbles and is no longer pink; drain. Return beef to pot.
- **Rinse** and drain pinto beans, corn, and green beans; stir into beef. Stir in Ranch beans and next 5 ingredients; bring to a boil. Reduce heat; simmer 30 minutes.
- **Cut** tortillas into 1/4-inch strips. Place on a baking sheet; coat with cooking spray. Sprinkle with salt.
- **Bake** at 400° for 5 to 8 minutes. Ladle soup into bowls, and top with tortilla strips. **Yield:** 10 cups.

*Janet Rash
Carrollton, Texas*