**COOKBOOK**

**Best Recipes for the Home**

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# ***Introduction***

Minerals are a certain need in our body and these are: calcium, iron, iodine, manganese, magnesium, phosphorus, sulfur, zinc, potassium, and sodium. There are a lot more minerals that sustain our bodies and these make up less than five percent of the body weight but they are indispensable to the body functions.

Water takes 70 percent of our body weight and is used in many ways. It acts as a solvent for all of the products of digestion, is used as a building material, it prevents friction between the moving parts of the body and it is how food is carried to the cells and waste products are carried out. It also regulates the body temperature.

Protein is a conductive to good health and we need to find a way to get as much protein from plant foods and meat. Protein foods build and repair body tissues and they must be taken regularly for the body cannot store this important element.

## ***Meal Planning and Preparation***

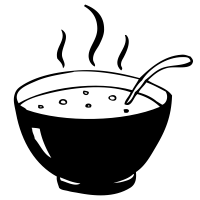
The planning and preparation of meals is a very important subject for housewives and all other people who work with food. The way in which food is prepared can determine whether or not it will be eaten.

Wise use of time spent in preparing meals can mean more time left for other activities and chores. Time is like money, it needs to be budgeted if you are to make the best use of it.

In planning meals, include those foods that give a feeling of satisfaction that lasts nearly to the next meal. The staying quality is dependent upon the rate of digestion of the food and the rapidity of it is a passage through the digestive tract.

*“A happy and relaxed atmosphere at mealtime will aid the digestion and assimilation of food.”*

# *Sumptuous Soups*



## 

To whet the appetite or as an entire meal in themselves

## **Cream of Potato Soup**

8 medium sized potatoes, diced

2 teaspoons salt

3 cups milk or cream

1/8 teaspoon nutmeg, optional

2 medium sized onions, sliced

2 tablespoons butter

1 tablespoon chopped parsley

1 teaspoon vetsin

Put potatoes and onions into a saucepan with enough water to cover them. Add salt. Cover and cook until potatoes are tender. Mash them in the liquid. Add remaining ingredients. Repeat, stirring constantly, but do not let boil. Garnish with parsley and serve immediately

## **Garlic Soup**

For each person allow:

1 clove of garlic

1 thin slice of bread

A little oil

1/2 cup water

1 egg

Fry the garlic in a little oil till it begins to brown, then add the bread. Season with salt and vetsin. Pour the boiling water over this. Boil for 1 minute and serve. A beaten egg may be added if the soup is preferred thick.

*Meatless Main Dishes*