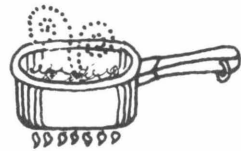


FRANKFURTER-BEAN SOUP

For 6 servings, 1 cup each, you need:
 7 cups water
 1-1/2 cups dry beans
 1 onion
 1 teaspoon salt
 Pepper, as you like
 1/2 pound frankfurters
 1 tablespoon margarine

MENU SUGGESTION
 Orange and Banana Salad
 Crackers
 Angel Food Cake
 Milk Coffee

①



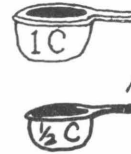
Put in a pan and boil 2 minutes...



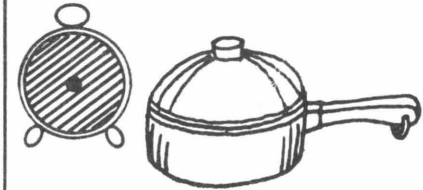
7 cups water



and 1-1/2 cups washed, dry beans.



Great Northern, pea (navy), marrow or pinto beans, or blackeye peas may be used in this recipe.



Remove pan from heat. Cover pan. Soak beans 1 hour or overnight.

②

Chop 1 onion.



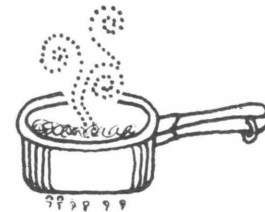
Add to beans... onion,



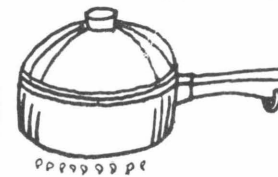
1 teaspoon salt,



and pepper, as you like.



Bring to boiling.

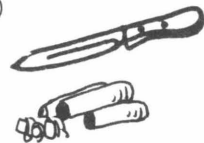


Cover pan. Lower heat. Boil gently about 1-1/2 to 2 hours until beans are soft.

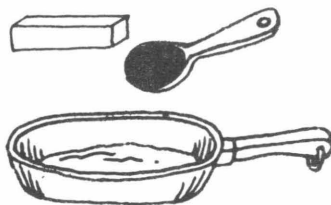


Mash beans slightly.

③



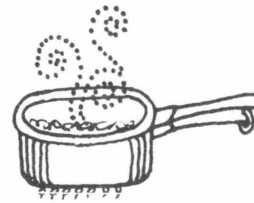
Finely chop 1/2 pound frankfurters.



Melt 1 tablespoon margarine in fry pan.



Add frankfurters. Brown lightly. Add to soup.



Cook 5 minutes longer.

Ham-Bean Soup.
 Use 1 cup cut-up, cooked ham in place of the frankfurters. Add ham when onion is added. Leave out step ③,



SMART SHOPPER RECIPE

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