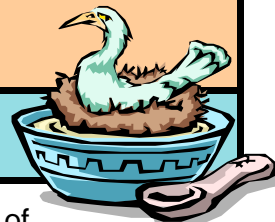




Spice it Right with Watkins

January 2004



IT'S ALL ABOUT COMFORT!

What gives us comfort? Very high on the list is **FOOD!** And who has the history of knowing the most about food?... **WATKINS!** One comfort food is soup. Watkins soups have variety, flavor & cost less! You'll find these recipes will become family favorites. They are **EASY** to make and everyone who has a taste will want more. You have the recipes NOW and the ingredients can be ordered from me.

No MSG Added

Why Watkins Soups?

- **Concentrated** • **Economical** • **Space Saving**

1 Container Watkins Soup = Competitive Brand

Onion	5.5 boxes
Chicken Noodle	4.5 boxes
Beef	16 cans
Chicken	20 cans
Mushroom	9 cans

- **Convenient:** Make delicious foods in a fraction of the time of cooking from scratch!
- **Lower in fat:** Watkins Cream Soup Base makes white sauce easy & with a fraction of the fat!
- **Versatile:** Make soups, sauces, gravies, dips & more!

Cream of Potato Soup

Make medium white sauce with Watkins Cream Soup Mix and set aside. Simmer 1 cup diced potatoes, 3/4 cup chopped onion and 1/3 cup chopped celery in 1-1/2 cups water in a covered 2 quart saucepan. Do not drain. Add 1/4 teaspoon Watkins Dry Mustard and dash of Watkins Black Pepper to the Medium White Sauce; add to vegetables; bring to a full boil, stirring constantly. Makes 6 servings.

Chicken Tortilla Soup

- 3 (6-inch) corn tortillas, cut into 1/4-inch strips
- 1/2 c finely chopped onion
- 3 c water
- 3 TBSP **Watkins Chicken Soup Mix**
- 1 c peeled and diced fresh tomato
- 1 tsp **Watkins Chili Seasoning**
- 1/2 tsp **Watkins Garlic Flakes**
- 1/8 tsp **Watkins Black Pepper**
- 2 c diced cooked chicken breast
- 1 TBSP lime juice

In a large skillet sprayed with Watkins Cooking Spray, sauté tortilla strips for 5 minutes or until crisp. Place strips on a paper towel while preparing soup. In a large saucepan sprayed with Watkins Cooking Spray, sauté onion for 5 minutes. Stir in water, chicken soup mix, tomato, chili seasoning, garlic flakes and black pepper. Add chicken. Mix well to combine. Bring mixture to a boil. Lower heat and simmer for 10 minutes, stirring occasionally. Remove from heat and stir in lime juice and tortilla strips. Top with grated cheddar cheese and serve at once. Serves 4 (1-1/2 c each)

Vegetable Borscht

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|---------------------------------------|-------------------------|
| 1 onion, chopped | 4 c water |
| 2 large fresh beets, peeled & chopped | 1 fresh tomato, chopped |
| 1 medium carrot, sliced | 2 TBSP Watkins Parsley |
| 1 large potato, peeled and cubed | 1/2 tsp Watkins Dill |
| 2 TBSP Watkins Beef Soup Base | 1 tsp salt |
| 1/4 small head cabbage, shredded | 1 tsp lemon juice |

In a large saucepan, combine onion, beets, carrot, potato and stock. Bring to a boil; cover and simmer for 30 minutes, skimming foam if necessary. Add cabbage, tomato, parsley and dill; simmer for 30 minutes longer or until vegetables are tender. Season with salt and pepper to taste and add lemon juice. Top each serving with 1 tsp of sour cream. Serves 8.

Chicken Pot Pie

Melt 6 TBSP butter. Add 6 TBSP flour, 1/2 tsp salt & 1/4 tsp Watkins Onion & Garlic Pepper. Cook over low heat, stirring one minute. Add 1 1/4 c water, 3 TBSP Watkins Chicken soup and 2/3 to 1 cup milk. Cook slowly until thickened. Add 1 1/2 c diced chicken and 2 cups partly cooked vegetables. Place mixture in uncooked pie shell. Cover with crust & bake at 425° for 35 min. Variation: Place mixture in pie pan & cover with filo pastry and bake same as above.

EASY & Tasty!

Best Baking Powder Biscuits

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| 2 c flour | 1/4 tsp salt |
| 2 TBSP sugar | 1/2 c butter |
| 4 tsp Watkins Baking Powder | 2 small eggs |



In 2/3 measuring cup, put eggs and add milk to make 2/3 cup. Mix dry ingredients. Cut butter/margarine in with pastry blender until it resembles small peas. Mix eggs and milk well. Add gradually to dry ingredients. Mix with fork until ball is formed (may need a little more milk). Turn on lightly floured board. Knead 8-10 times. Roll dough until 1/2-1" thick. Cut with round cookie/biscuit cutter. Bake at 425° for 10-15 minutes. Serve with soup or pot pie.

Do You Have Your January "Good Tastings Event" Booked Yet?

Call me soon to book your SPECIAL event. Shake the winter "blahs" by having a few of your friends in to taste some of the wonderful NEW products and recipes from Watkins. It's FUN and EASY to host one of these parties. Call me for details and find out about the January SPECIALS. One more reason to hold your event in January is ... a new catalog with a few price increases come February 1st!



Your Watkins Consultants: [Peter Aggus & Shirley Franklin](#)
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WAYS TO USE WATKINS SOUP BASES



WATKINS CHEESE SOUP BASE

- Sprinkle on popcorn or baked potatoes.
- Sprinkle on cut up potatoes, put on grill and cook 'till done. Substitute in recipes that call for Parmesan Cheese.
- Watkins Cheese Soup is a great topper for cooked vegetables like broccoli and au gratin potatoes. A bonus is the reduced fat.
- To make a creamy vegetable soup, add 1 tablespoon Watkins Chicken Soup Base and 1 tablespoon Watkins Cream Soup Base to the Watkins Cheese Soup recipe. Add vegetables, heat through and serve.
- **CHEESE SOUP:** Mix 3/4 cup of Watkins Cheese Soup Base with 1-1/2 cup milk and 2 1/4 cup water. Add 1/2 c of butter, 1 TBSP of Watkins Chicken Soup Base, 2 TBSP Watkins Minced Green Onion and sprinkle with Watkins Pepper. Add shaved ham that has been cut into tiny pieces (about 2 cups). Bring to a boil over medium heat, stirring constantly. Boil 1 minute. Top with parsley.
- **WATKINS HAMBURGER HELPER:** Take 4 oz. Watkins Cheese Soup Base, 4 oz. Macaroni, 1 lb. hamburger (browned), water and milk and make your own Cheeseburger Hamburger Helper. Your own will taste so much better and will not contain so much salt.

WATKINS CREAM SOUP BASE

- Make quick and easy white sauce. Use in whipped potatoes or make delicious potato soup. Use to make creamed turkey or chicken (great way to use up the leftover meat)
- Add a couple tablespoons to mashed potatoes.
- To make Clam Chowder, use thin white sauce recipe on the Watkins Cream Soup container and add a small can of clams or add a can of shrimp & some imitation crabmeat.
- To make Corn Chowder, use recipe for basic thin white sauce and add one can of drained niblet corn.
- Make cream of onion soup/sauce; combine 1 tsp of Watkins Onion Soup Base and 1/2 tsp Watkins Cream Soup Base add 1 cup hot water (1 serving).
- Add any frozen vegetables to Watkins Cream Soup Base.
- For a delicious soup; add sautéed celery and onions to Watkins Cream Soup Base.

WATKINS ONION SOUP BASE

- It's wonderful for using with pot roasts, pork roasts, French Onion soup, veggie dip, gravies and sauces, etc. It is very versatile. I normally use it 'dry' (not prepared).
- Make "au jus" when serving beef dip sandwiches, simply use equal parts of onion soup & beef soup (1 tsp each to 6 oz water)... Delicious and no MSG!!

WATKINS BEEF SOUP BASE

- Sprinkle it over pork roasts or pork chops that you bake in the oven.
- Add 1 tbsp. of Beef Soup Base per pound of ground beef to chili, meatloaf, sloppy joes or burgers.

WATKINS MUSHROOM SOUP BASE

- This base is a quick and easy, cost-effective way to make a skillet meal (Hamburger/Chicken Helper-style). Recipe follows.... Just brown your ground beef or chicken, etc. in the skillet...stir in the Mushroom Soup Base with sufficient liquid and add noodles or quick rice. Season with your favorite seasoning blend and simmer until noodles are cooked... that's it! It's done! No more buying those boxed 'Helper' meals!
- For recipes calling for "canned mushroom soup", make the following recipe: In a large sauce pan; Place 1 cup Watkins Mushroom Soup Mix, Add 2 cups milk and 3 cups water (make richer by using all milk); heat until mixture boils, stirring constantly. Cook one minute. Divide into 4 portions of 1 1/2 cups each. You may freeze this but divide first and freeze in portions.

WATKINS CHICKEN SOUP BASE

- In place of salt, use a teaspoon or two of Watkins Chicken Soup base when cooking potatoes, vegetables or rice. Add (to taste) to liquid when doing chicken stir fry.
- **BROCCOLI & CHEESE SOUP** - Bring to a boil 1 pkg. frozen chopped broccoli, 5 1/2 cups water, 3 TBSP Watkins Chicken Soup & 1 can chile style tomatoes (optional) and cook until broccoli is tender. Add 10 oz. Velveeta cheese (cubed). Stir until dissolved. To make thicker soup, blend half in food processor and add to other half. Delicious & low in calories particularly if using "light Velveeta"!



SWEETS TO COMFORT YOU!



In a recent poll, it was discovered that the **Number One** comfort food was "chocolate chip cookies". Without a doubt Watkins Vanilla in any chocolate chip cookie will make it outstanding and unforgettable! The following recipes are some of the BEST and again, Watkins ingredients make the difference.

Chocolate Chip Cookies

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| 1 c butter | 2 eggs |
| 1 c brown sugar | 2 c flour |
| 1/2 c white sugar | 1 tsp soda |
| 1 tsp Watkins Vanilla | 1 tsp salt |
| 2 c chocolate chips | 1 c nuts (optional) |

Cream butter and sugars. Add eggs and Watkins Vanilla. Mix well. Add dry ingredients. Fold in chocolate chips and nuts. (Note: To get a "nut flavor" without the nuts, use Watkins Vanilla Nut extract in place of Watkins Double Strength Vanilla.)

Peanut Butter Cookies

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| 1 c flour | 1/2 c brown sugar (packed) |
| 1/2 tsp salt | 1/2 c granulated sugar |
| 1/2 tsp baking soda | 1 tsp Watkins Cinnamon |
| 1/2 c soft butter | 1 egg |
| 1/2 c peanut butter | 1 tsp Watkins Vanilla |

Sift dry ingredients. Combine butter, sugars, peanut butter, egg and vanilla and cream. Add dry ingredients and blend. Drop on greased cookie sheet and flatten with a fork or cookie press. Bake at 350° for 10-12 minutes.

Ginger Snaps

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| 3/4 c butter | 1/4 tsp salt |
| 1 c sugar | 2 tsp Watkins Baking Powder |
| 1/4 c molasses | 2 tsp each Watkins Cinnamon, Ginger & Ground Cloves |
| 1 egg, beaten | |
| 2 c flour | |

Cream together butter & sugar. Add molasses and egg. Beat together. Combine dry ingredients. Add to creamed mixture and mix well. Roll into balls, then in white sugar. Press flat with a fork. Bake at 375° for 8-12 min. Makes 4 dozen cookies.



A great way to start the year is with the opportunity to make some **EXTRA MONEY!** With the holidays over it's a perfect time to look at **Watkins Business Opportunity** and see how easily it could work for you. Ask me for a **FREE INFORMATION PACKAGE** or arrange for a 30-minute interview. We're adding to our Team and hope you'll consider joining us!