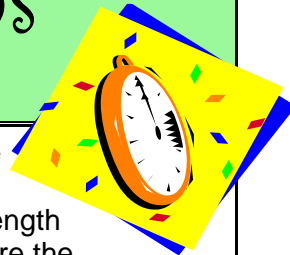


Spice it Right with Watkins

January & February 2005



It's a **NEW YEAR** and we want to wish you the best for 2005! With Watkins we have a lot to celebrate and look forward to. First of all we have a **NEW catalog** and with it are a few changes perhaps one of the **BIGGEST changes** is the fact that our famous Double-Strength Vanilla has gone down in price. Ask me for a copy of the **NEW catalog** — I can't wait to share the new recipes and products it features.

Also, we're taking bookings **NOW** for January and February Good Tasting parties — give me a call soon so we can work a **BEST DATE** for you! There are **NEW "Special Buys"** available to Hosts only when they get bookings at their party and January has a **GREAT** basket you'll love!

After the holidays everyone is in the mood for **COMFORT FOOD** and that is what this newsletter is all about. **ENJOY** the many recipes that are perfect for this time of year!

Butternut Squash Soup

- 2 - 3 c cooked butternut squash
- 3+ c water
- 3 TBSP **Watkins Chicken Soup Base**
- 1/2 tsp **Watkins Onion & Garlic Pepper**
- 1 tsp **Watkins Onion Granules**
- 1/2 tsp **Watkins Soup & Vegetable Seasoning**



In a stock pot, boil water with all 4 Watkins ingredients. Add squash and simmer for 10 minutes. Turn off heat. Use hand blender or regular blender to puree. Add more water to attain desired consistency. *Thanks to Teresa Carosella*

Vegetable Borscht

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



Fresh ground **Watkins Pepper**
1 tsp lemon juice

In a large saucepan, combine onion, beets, carrot, potato and stock. Bring to 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 to taste with salt and pepper; add lemon juice. Top each serving with 1 tsp of sour cream (optional). Makes eight 1-cup servings.

Vegetable Medley Soup

Cook 2 c mixed vegetables and 1 TBSP **Watkins Onion Flakes**, with 1 1/2 c of water until tender.

In a large mixing bowl prepare 1 recipe medium white sauce (**Watkins Cream Soup Base**) and 1 recipe of **Watkins Cheese Soup** as directed on Watkins soup labels, using skim milk or evaporated skim milk.

Add 1 tsp **Watkins Soup and Vegetable Seasoning** and 1/2 tsp **Watkins Dry Mustard** to soup mixture and pour mixture into kettle with the vegetables. Stir until thickened. Reduce heat and simmer about 10 minutes. Serve hot.

Easy Oven-Baked Split Pea Soup

- 1 pkg (16 oz/454 g) dried split peas
- 8 c water
- 1-1/2 c sliced carrots
- 1-1/2 c sliced celery
- 2 TBSP **WATKINS Onion Flakes**
- 2 tsp **WATKINS Thyme**
- 2 tsp **WATKINS Chicken Soup**
- 1 tsp **WATKINS Celery Seed**
- 1/4 tsp **WATKINS Pepper**
- 1 **WATKINS Bay Leaf**
- 1 pound/454 g fully-cooked smoked kielbasa sausage, cut 1/4" thick & in half.

Rinse peas under cold water. In a large oven-proof kettle, combine all ingredients except sausage. Bake, covered, at 350° for 2 hrs, stirring occasionally. Add sausage, bake 30 minutes more or until peas are tender and sausage is heated through; remove bay leaf before serving. Serves 8

Canned Mushroom Soup Substitute

- 1 c **Watkins Mushroom Soup Base**
- 2 c milk
- 3 c water



Heat in a large sauce pan stirring constantly until boiling and thickened. Divide into 1 1/3 cup batches, cool and freeze. Thaw and use in place of canned mushroom soup. Each 1 1/3 cup is equal to 1 can mushroom soup.

For more information about **starting your own Watkins Business**, or to order some of these quality ingredients call me. Better yet, book a Watkins Tasting Party and find out how easy it is **to get these products FREE!**

Peter Aggus & Shirley Franklin

Tel: 544-1252 E-mail: watkins@aflww.com

Check out our web site at <http://www.aflww.com/watkins>

Your Watkins Associate

Marvellous Meatballs

For a long time this has been our family favorite; perhaps it will become yours too!

1 lb lean ground beef
1 tsp **Watkins Ground Beef Seasoning**
1/2 tsp **Watkins Garlic Granules**
1/2 tsp **Watkins Onion Granules**
1 tsp salt (optional...to your taste)
1/4 tsp **Watkins Pepper**
1 beaten egg

2-4 TBSP milk
2-4 TBSP bread or cracker crumbs (enough to make a thin paste when added to milk and egg mixture)
Watkins Garlic & Parsley Grape-seed Oil
Watkins Cooking Spray
Watkins Beef Soup & Gravy Mix

Mix egg & milk, then add crumbs and spices. Mix all into beef. Form into balls and brown in Dutch oven type pan with a small amount of Watkins Garlic & Parsley Grape-seed oil. Drain any fat. Then add mixture of **Watkins Beef Soup & Gravy Base**, corn-starch and water (approximately 3 TBSP soup mixed with 1-2 TBSP cornstarch then slowly add 2 cups water) to the meatballs. Let simmer for approximately 15 minutes.

TIP: Meatballs can be easy to make if you simply use a type of ice-cream scoop (I use the smaller size) to shape them. Spray a bit of Watkins cooking spray on the scoop first and the meat won't stick, so it saves time on the cleanup and will give same sized meatballs.



Garlic Mashed Potatoes



This is delicious with garlic-mashed potatoes!! Simply boil and mash potatoes. Then add (to your taste) butter, sour cream and Watkins Garlic Salt.....mmmmm good!!!
NOTE: To 6 medium mashed potatoes add about 2-4 TBSP butter, then the same amount of sour cream and 1/2 tsp Watkins Garlic Salt...Just to give you an idea.

Creamed Turkey with Biscuits

Filling: 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: 1-3/4 c water (with 3 TBSP **Watkins Chicken Soup** dissolved in it) and 2/3 to 1 cup milk
Cook: Slowly until thickened
Add: 1-1/2 c diced turkey (or chicken) & 2 c partly cooked vegetables (leftover veggies work great)

Pour over biscuits (see recipe below) or serve over toast or mashed potatoes. It's a great way to use the leftover turkey you may have. (TIP: Chop any leftover turkey and put in small zip lock bags and freeze for future use.)

Best Ever Biscuits

2 c flour
2 TBSP sugar
4 tsp **Watkins Baking Powder**

1/4 tsp salt
1/2 c butter or margarine
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 egg and milk well. Add gradually to dry ingredients. Mix with fork until ball is formed (may need a little more milk). Turn on light 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. Optional: You may add 1 cup grated cheddar cheese to dry ingredients.

Quick Corn Chowder

Using **Watkins Cream Soup Base** follow the instructions for making a thin white sauce. When mixture boils softly and thickens, add 1 can of Niblet corn (add liquid of corn too).

When heated through, serve in bowls sprinkled with cheddar cheese, croutons and **Watkins Omelet & Soufflé Seasoning**. Serve with freshly made Corn Bread. (see recipe below.)

Corn Bread

Combine and set aside 1 c cornmeal and 1/2 c milk. Sift together 1-1/4 c flour, 2-1/2 tsp **Watkins Baking Powder** & 1 tsp salt. Cream 1/2 c butter and beat in 1/2 c sugar. Add 1 egg and 1 c milk, then cornmeal mixture & flour mixture.

Pour into 8"x8" pan sprayed with **Watkins Cooking Spray**. Bake 40-45 min at 350°. Cool 5 min. before cutting. Best when served warm!



It's WATKINS NEWEST Cinnamon "Saigon Cinnamon"



Watkins NEW Cinnamon is from Saigon and differs from the Korintje Cinnamon as it has more intense flavor and is a little spicier! It's delicious sprinkled on cooked cereal and any time a cookie recipe asks that you roll the dough in sugar, add some of the Saigon Cinnamon to the sugar for a real "taste treat". The best way to describe this cinnamon is that it's like the "cinnamon heart" candies! It comes in one size, 32 g.

You'll love the flavors in the following recipe as well as the one in the January catalog!

Cinnamon Pecans

1/4 c canned milk
1 c sugar
2 TBSP water
1/4 - 1/2 tsp **Watkins Double-Strength Vanilla**
1/2 tsp **Watkins SAIGON Cinnamon #01951**
3 c pecans

Mix all ingredients, except pecans in saucepan. Stir and cook over low heat until sugar is dissolved. Add pecans, stir until coated. Pour mixture on wax paper and let cool - ENJOY!

Don't Let Christmas Bills Get You Down Pay Them Off Quickly With a Watkins Business!

You'll have fun doing it too! We offer training and support. Make the decision today and start having fun, earning money and being part of a wonderful group of people! See the front side of this newsletter on how to contact me. Talk soon!