

## Enjoy Delicious and Wonderful Recipes From Your Watkins Associate!

### QUICK TOMATO MEATBALL SOUP

1 cup diced celery

1 cup diced onion

½ stick margarine = ¼ cup

3 cups water

2 tsp **Watkins Chicken Soup Base**

1 tsp **Watkins Italian Seasoning**

1 tsp **Watkins Parsley**

1 pkg. cooked meatballs

grated Parmesan cheese

4 to 5 ripe fresh tomatoes or 1 can of 16oz. whole tomatoes

Sauté celery and onions in margarine. Peel and quarter fresh tomatoes and puree in blender until smooth, or puree can of tomatoes. Mix soup mix and water and bring to a boil in pot with celery and onions. Add tomatoes, meatballs and seasonings and simmer for 15 minutes. Serve with grated cheese sprinkled on top.

### CHICKEN PASTINA SOUP

1qt. water

3-4 Tbsp **Watkins Chicken Soup Base**

5 -6 drops **Watkins Liquid Garlic**

½ tsp. **Watkins Parsley**

3 turns **Watkins Royal Pepper Blend**

½ cup Pastina (Acini Di Pepe)

Boil water and add Chicken Soup Base, garlic, parsley and pepper. Add pastina and continue to boil for about 10 min. Serve with Parmesan Cheese and garlic bread.

Variations:

Add 1 egg beaten with Parmesan Cheese and stir into soup.

In place of Pastina add fine noodles broken up or very thin spaghetti.

### WATKINS SALSA & SOUR CREAM DIP

1 cup sour cream

2 Tbsp **Watkins Salsa & Sour Cream Dip Mix**

green onions (chopped)

tomatoes (chopped)

grated cheddar cheese

Mix Sour Cream and WATKINS Salsa & Sour Cream Dip Mix. Spread on bottom of glass dish. Top with chopped green onions and Tomatoes. Top with grated Cheddar Cheese. Serve with Nachos.

### CREAM OF CHICKEN VEGETABLE SOUP

1 cup diced celery

¾ cup chopped onion (1 small onion)

½ stick margarine = ¼ cup

½ cup flour

½ cup **Watkins Cream Soup Base**

3 Tbsp. **Watkins Chicken Soup Base**

1½ cup milk

2 cups water (add more if necessary at the end)

2 or 3 cups leftover cooked diced chicken or turkey

1 pkg. frozen mixed vegetables

Sauté celery and onion in margarine for about 10 minutes over medium heat. Remove from stove. Add flour, cream soup base and chicken soup base, and stir. Add milk and water and heat for 5 minutes stirring constantly. Add vegetables and chicken or turkey and cook over medium heat until soup comes to a boil, reduce heat and simmer 10 minutes stirring until thick and vegetables are soft. If made ahead, you can reheat in Crock Pot.

## ITALIAN WEDDING SOUP

Meatballs:

1 lb. ground meat

1 egg

1/3 cup water

3 Tbsp. grated parmesan cheese

1 tsp. **Watkins Italian Seasoning**

1 tsp. **Watkins Parsley**

1 tsp **Watkins Seasoning Salt**

Broth Base:

½ cup chopped onion

1 cup celery

1 cup shredded carrots

5 Tbsp. **Watkins Chicken Soup Base**

2 Tbsp. margarine

6 cups water

2 Tbsp. very small pasta

1 pkg. frozen spinach (thawed)

Mix meatballs in order given and shape into small meatballs, using 1 tsp. of mixture for each meatball. In a large Dutch oven, cook onion, celery and carrots in margarine until soft. Add water, chicken soup mix and bring to a boil. Drop meatballs into boiling soup and continue until all have been used. Add pasta and spinach, simmer 5 more minutes. Adjust seasoning if necessary and add additional water but not more than 1 cup without adding more chicken soup mix. Serve with grated parmesan cheese.

## CAPPELINI IN LITE WHITE SAUCE

Lite White Sauce:

Combine:

1 cup **Watkins Cream Soup Base**

½ cup flour

Add:

2 cups Skim Milk

3 cups Water

¼ tsp **Watkins Black Pepper**

1 Tbsp **Watkins Parsley**

5-6 drops **Watkins Liquid Garlic**

Bring to boil (over medium heat) stirring constantly

Cappellini

For 1 lb pasta, use 1 gallon water. Bring water to a rolling boil, add 1 Tbsp salt. Add cappelini to boiling water and stir. Cook about 8 minutes for Al Dente stirring occasionally. Drain slightly, add Lite White Sauce and serve with Parmesan Cheese, toasted Pignoli Nuts and Garlic Bread. Garnish with fresh parsley.

## SALMON FETTUCCINI IN MUSHROOM SAUCE

Mushroom Sauce:

¼ cup **Watkins Mushroom Soup Base**

½ cup Milk

Use liquid from Salmon and add water to make ¼ cup. Bring to boil over medium heat stirring constantly, boil one minute.

Add:

1 8oz can Salmon

1 ½ cups chopped fresh mushrooms

Fettuccini:

For 1 lb fettuccini use 1 gallon water. Bring water to a rolling boil and add 5 -6 drops of WATKINS Liquid Garlic. Add fettuccini and cook for about 8 – 10 minutes. Drain and add mushroom sauce and salmon. Top with chopped

Green onion and **Watkins Lemon Pepper**. Serve with garlic bread.

### **OYSTER CRACKER MUNCHIES**

2 Tbsp vegetable oil

2 tsp **Watkins Chicken or Beef Soup Base**

½ package (10-ounce size) oyster crackers

Mix oil and Watkins Chicken Soup Base pour over crackers and stir until well coated. Spread in shallow baking pan and bake at 375° F. for 6 to 8 minutes or microwave (HIGH), uncovered, 3 – 4 minutes. Stir once or twice during baking. Cool and serve.

*Makes 8 servings*

### **FRENCH ONION SOUP**

6 medium onions

¼ cup butter or margarine

1 ½ quarts water

¼ cup **Watkins Beef Soup Base**

1 Tbsp **Watkins Onion Soup Base**

1 Tbsp Worcestershire sauce

¼ tsp Watkins Black Pepper

6 slices toasted French bread

1 cup (4ounces) shredded Swiss Cheese

Peel and thinly slice onions. Heat the butter in a heavy 3 quart saucepan over medium heat; add onions and cook slowly, stirring often, until golden in color, about 15 minutes. Gradually blend in water, soup bases, Worcestershire sauce, and black pepper. Bring to a boil; cover and simmer about 15 minutes.

To serve: Place soup in oven proof bowls or mugs. Float a French bread slice on top. Sprinkle with cheese; broil until cheese is bubbly and brown.

*Makes 6 servings*

### **FRENCH ONION DIP**

2 Tbsp **Watkins Onion Soup Base**

2 cups Sour Cream

Mix ingredients together and refrigerate for 2 or more hours. Serve with chips, crackers, or vegetables.

Low fat or No Fat Sour Cream can be substituted.

*Makes 2 cups*

*Variations of French Onion Dip:*

### **ONION DILL DIP**

To the above recipe add:

1 Tbsp **Watkins Parsley**

¾ to 1 tsp **Watkins Dill Weed**

¼ tsp **Watkins Garlic Powder Granules**

Dash **Watkins Cayenne (Red) Pepper**

### **BLUE CHEESE DIP**

To the above recipe add:

½ cup (2oz) crumbled blue cheese

¼ finely chopped walnuts

## **QUICK AND EASY TRIFLE DESSERT**

1 Angel Food Cake

1 **Watkins Vanilla Pudding Recipe**

3 tsp **Watkins Raspberry Extract**

1 16oz box frozen Raspberries

1 16oz container of Cool Whip

**Watkins Red Food Coloring**

Pudding Recipe

Combine:

½ cup **Watkins Vanilla Dessert Mix**

1/3 cup sugar

½ cup water

1 tsp **Watkins Raspberry Extract**

Stir In:

2 ½ cups milk until well mixed. Cook over medium heat until mixture bubbles. Add 3-6 drops red food coloring.

Remove from heat and cool slightly.

Trifle Arrangement:

Break Angel food cake in half. In trifle bowl arrange pieces of Angel food cake as a base. Cover with layer of ½ cooled colored WATKINS Vanilla Pudding. Add layer of ½ defrosted Raspberries. Top with 8oz Cool Whip mixed with 1 tsp WATKINS Raspberry extract. Repeat with remaining Angel food cake, WATKINS Vanilla Pudding, Raspberries and Cool Whip. Decorate with raspberries.

Variations using **WATKINS Vanilla Dessert Mix:**

1. Strawberries with WATKINS Strawberry Extract
2. Pineapple with WATKINS Pineapple Flavour
3. Oranges with WATKINS Orange Extract

Substitutions:

1. WATKINS Lemon Dessert Mix with WATKINS Lemon Extract
2. WATKINS Coconut Dessert Mix with WATKINS Coconut Flavour
3. WATKINS Butterscotch Dessert Mix with WATKINS Caramel Extract
4. WATKINS CHOCOLATE Dessert Mix with Chocolate Cool Whip with WATKINS Chocolate Extract

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