

# Cooking Corner Tips To Help You

## Comfort Foods Chase Away Chills

(NAPSA)—Your meeting ran late, it's your turn for carpool and traffic is backed up for blocks. After a tiring day, the thought of trying to come up with a warm, home-cooked meal to satisfy your family's cravings seems out of reach. But here's a comforting thought: Classic "comfort foods" don't have to mean hours in the kitchen. With the help of some simple, readily-available products, preparing wholesome meals can become a nightly routine.

Bone-in ham can be a great ingredient. Simply heat it in the oven or add cubed or shredded ham to hot stews and hearty casseroles to complete a nourishing and almost effortless meal. Because today's bone-in hams are so lean, you can rest assured your family is eating nutritiously.

"Pampering your family with a tasty dinner they will find truly delicious does not have to be time-intensive," said Jon Lewallen, director of marketing at ConAgra Foods, maker of Cook's Ham. "Bone-in hams offer versatility and convenience because they can appear at your dinner table as the main dish or as an ingredient in a quick, flavorful meal."

### POTATO HAM SOUP

- 2 cups Cook's brand Bone-in Ham, leftovers (shredded) or Ham Steak (cubed)**
- 2 cups potatoes, peeled and diced**
- 2 cups water**
- ½ cup onion, diced**
- 1 cup celery, diced**
- 1 teaspoon salt**
- ½ teaspoon pepper**



**In the soup about creating a great meal? Try this hot and hearty soup.**

**10 tablespoons flour**

**3 cups milk**

**4 tablespoons butter, melted**

**½ cup chicken broth**

**Combine potatoes, water, onion, celery, salt and pepper in a large saucepan. Cook until vegetables reach desired tenderness. In separate bowl, mix flour and one cup milk, blending well. Add flour/milk mixture, butter, chicken broth, ham and remaining milk to large saucepan with potato mixture. Simmer on medium heat for about 20 minutes or until heated through and thickened. Cooling slightly before serving will thicken soup.**

*Yield: 4 to 6 servings*

*Preparation time: 30 minutes*

*Cooking time: 30 minutes*

*Ease of preparation: easy*

For other quick and easy ideas, log on to [www.CooksHam.com](http://www.CooksHam.com).