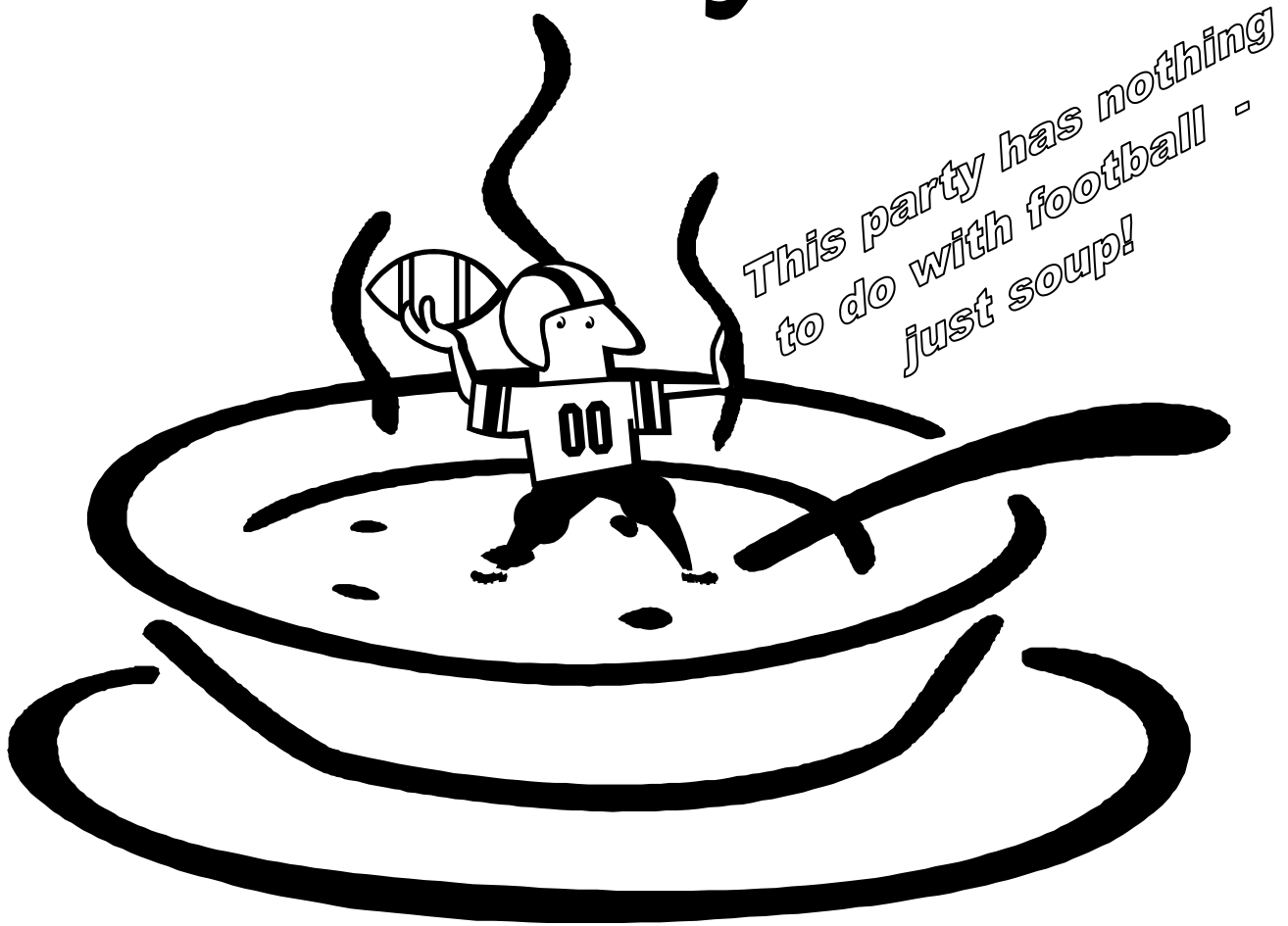


Soup R Bowl - Party



Winter is a great time for soup.
We'll share some soup recipes
that will warm your soul!

"Soup R Bowl" Party

Earn even more free gifts!

Host Name _____

Party Date _____

Party Closing Date _____

Receive a gift for each challenge you achieve!

Complete your Guest
List & return to me by



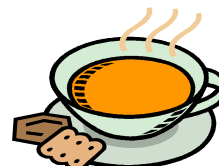
1 Dating In Waiting!



\$100 or more in
Paid Outside Orders



7 or more Adult Guests
in Attendance



Go for it all!!

You are invited to a "Soup R Bowl" Party!

Please join me for a
"Soup R Bowl" Tupperware Party.

Host _____

Date _____

Time _____

Place _____

R.S.V.P. _____

**This flyer is just a sample
of what's new in Tupperware!**

See Tupperware's complete line of
products. Special purchase for attending!



Come and learn some great
soup recipes that you will want
to prepare and share.



Receive a gift for bringing a friend
to join in the fun!

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"Soup R Bowl" Recipes

Tupperware

Taco Soup

1 pound ground beef (Microwave in 3 Qt. TupperWare Casserole with Colander for 6 minutes on high...discard liquid and transfer cooked ground beef to 3 qt. Casserole container)

Add:

1 can Pinto Beans

1 Can Kidney Beans

1 Can Whole Kernel Corn

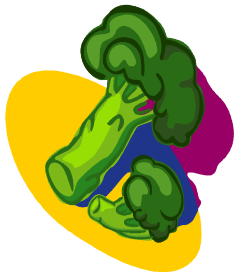
1 can diced Rotel Tomatoes

2 cans Stewed Tomatoes 1/2 package of Taco Seasoning Mix

1/2 package Ranch Dressing Mix

Stir together and microwave on high for 5 minutes.

Top with Fritos and grated cheese.



Tupperware

Broccoli Soup with Cheese

1 cup water 1 (10 ounce) package frozen chopped broccoli

2 cups milk 2 cups Velveeta Cheese, cubed

2 chicken broth cubes 1/2 cup flour 1 cup light cream

Cook broccoli in water, do not drain. Add chicken broth cubes to broccoli and water to dissolve. Melt cheese in microwave then put milk, cheese and flour into Quick Chef and blend.

Add to broccoli mixture.

Add cream, stirring until hot and thickened.

Tupperware

Fresh Mushroom Soup

6 Tablespoons butter 2 cups finely minced yellow onions

1/2 teas. Sugar

1 pound fresh mushrooms

1/4 cup flour

1 cup water

1 3/4 cups chicken broth

1 cup dry sherry

1 teas. Salt

1/4 teas. Pepper

In large saucepan melt butter and cook onions and sugar slowly until golden, about 30 minutes. Slice 1/3 of the mushrooms and finely chop the rest.

Add all of the mushrooms and sauté for 5 minutes. Stir in flour until smooth.

Cook for 2 minutes, stirring constantly. Pour in water and stir until smooth.

Add remaining ingredients and heat to boiling, stirring constantly.

Reduce heat and simmer uncovered 10 minutes.



"Soup R Bowl" Recipes

Tupperware

Potato Soup

Sauté: 1 stick butter 3/4 cup diced carrots

3/4 cup diced onions 3/4 cup diced celery

Boil: 4 pounds bite sized potatoes.

Drain potatoes leaving 2 cups potato liquid in potatoes.

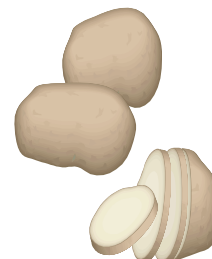
Add sautéed vegetables and butter to potatoes.

Add: 1 quart half and half 1 can chicken or vegetable stock

1/2 package dry Ranch Dressing mix salt & pepper to taste

(Can thicken with cornstarch and water if choose to.)

Simmer and serve with a spoonful of sour cream, grated cheese and bacon on top of each bowl.



Tupperware

White Beans and Ham Soup

1 small bag Great Northern Beans (sorted and washed)

1/2 chopped onion 1 can chicken or vegetable broth

2 cubes cubed cooked ham (can also use ham bone)

6 cups water 1/2 package dry Ranch Dressing mix

Salt and pepper to taste

Cook washed beans, onion, water, broth and ham for 2 hours.

Add dressing mix, salt and pepper. Simmer for 1 hour

(Can thicken with cornstarch and water if choose to.)

Serve with Corn Muffins or Cornbread and fresh chopped onions.

Tupperware

.Split Pea Soup

1 pound split peas 2 cups water

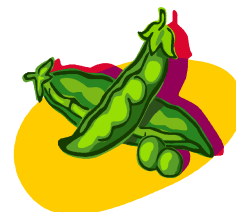
1 47-ounce can chicken broth 3 slices thick bacon, chopped

1/2 teas. Dry mustard 1 cup diced celery

1/4 teas. Coarsely ground pepper 1 teas salt

1/8 teas oregano 1 cup diced ham

Combine all ingredients except oregano and ham and simmer covered for 3–4 hours. Skim off grease. Add oregano and ham and simmer 1 hour. Serve hot.



"Soup R Bowl" Recipes

Tupperware

Vegetable Barley Soup

1 cup pearl barley 6 cups water
light vegetable oil cooking spray 1 cup chopped onion
1 1/2 cups peeled and chopped carrot 1 bay leaf
1/2 teas. grated fresh ginger 1 tablespoon dried basil
1 tablespoon dried thyme 1 tablespoon dried oregano
3 cups low-sodium V8 juice 1 cup chopped zucchini
1 cup chopped red bell pepper
1 tablespoon chopped jalapeno pepper (optional)
1 cup peeled and chopped celery 1 cup chopped tomato
2 cups chopped mushrooms 6 garlic cloves, peeled and minced
2 tablespoons reduced-sodium soy sauce
1/2 cup chopped fresh parsley

Combine the barley and 4 cups of water in medium saucepan. Bring to boil over medium heat and cook for 5 minutes. Reduce heat to low and simmer 30 minutes, then remove from heat.

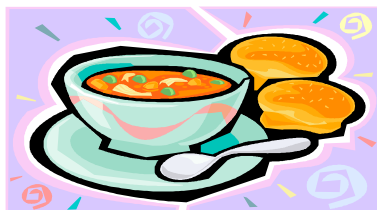
Heat a heavy saucepan for about 1 minute over medium heat then spray with vegetable spray. Add onions and carrots. Sauté, stirring occasionally, for 3 minutes. Stir in bay leaf, ginger, dried herbs, and remaining 2 cups of water. Bring to boil, cover and reduce heat to low.

Simmer for about 20 minutes.

Add V8, zucchini, peppers, celery and tomato to the pot. Cook over low heat until the vegetables are tender, about 10 minutes. Pour in barley and its cooking liquid. Stir in mushrooms, garlic, and soy sauce.

Cook for 10 minutes more to thicken the soup.

Garnish with chopped parsley.



CrystalWave™ Soup Mug

- Large tab makes opening the seal simple and safe
- Exclusive vent design lets steam escape/keeps food splatters in
- With vent closed, seal is virtually liquid-tight
- Comfortable, stay-cool handle provides a sturdy grip
- Footed base promotes even heating



Capacity
16 ounces

- Serve a generous portion of soup, stew, hot cereal or other foods you want to reheat in this versatile, microwave-reheatable mug. Virtually airtight, liquid-tight seal takes mug from fridge to lunch box to microwave to table.
- Don't worry about spills. The steam vent closes for storage.
- When you're ready to eat, just place the container and seal with the steam vent open in microwave and reheat at 50% power. (Not covered by warranty if used at 100% power.)



Soup Mug Egg McMuffin

In Soup Mug, place one half of an English muffin. Break an egg on top of it, pierce yolk with a fork and sprinkle with salt and pepper to taste. Seal Soup Mug and vent. Microwave on High for 1 minute.

Remove from microwave, add a slice of ham or Canadian bacon and cheese, then top with the other half of the English muffin. Seal

Soup Mug and vent. Microwave on High 45 seconds.

(When cooking more than one sandwich at a time, add 30 seconds to each cooking time...with two Soup Mugs - first cooking time = 90 seconds & second cooking time = 75 seconds.)

Soup Mug Cinnamon Roll

Using the Grand Cinnamon Rolls in a can, take two, place one in the Soup Mug. Cut the other roll in half, placing one half on either side of the roll in the Soup Mug. Microwave uncovered on High for 1½ minutes. Let cool.

Frost and enjoy!

Store leftover dough in a FreezeSmart Medium 1 Container in the refrigerator or freezer.

Giant Walnut Muffin

2T quick cooking oats
1/3 cup flour
2T sugar
1/2 tsp. baking powder
1/8 tsp. cinnamon
dash of salt

1 beaten egg
2T warm water
1T cooking oil
1T Milk
2 T chopped walnuts
2T raisins

Topping:
2 tsp. flour
1 tsp. brown sugar
1T chopped walnuts
1 tsp. butter or margarine



Stir dry ingredients. Add wet ingredients and stir until moistened. Fold in raisins and walnuts. Pour into Soup Mug and put on mixed topping. Microwave uncovered at 70% power for 2½ minutes, turning every 30 seconds. Test to see if done by inserting a toothpick near the center. The toothpick should come out clean. Surface may still appear moist. Let stand 5 minutes. Remove muffin and serve with butter or honey (optional!)

Bran Muffin

6T Jiffy Bran Muffin Mix
2T water or juice
1T raisins, nuts, cranberries,
etc.

Mix in the Soup Mug.
Microwave on High
70 seconds uncovered.

Let stand
& ENJOY!