

12A

# GERBER'S

## STRAINED VEGETABLES and PRUNES

RECIPES for use in  
THERAPEUTIC DIETS



Before use of these recipes in adult special diet cases they should be checked by the attending physician so that he may select those suitable for any particular case. Some recipes may be made suitable by slight changes.

## Gerber's Recipes

### Tomato Juice

(2 Servings)

- 1 can Gerber's Strained Tomato
- 1 can cold water
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon lemon juice

Chill in refrigerator and serve without ice in the glass.

## SOUPS

### Cream of Tomato Soup

(2 to 3 Servings)

- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{2}$  can Gerber's Strained Tomato
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup boiling water
- $\frac{1}{2}$  to 1 cup hot milk

Melt butter, add flour gradually, add tomato and boiling water, stirring constantly, and heat until thickened. Add salt. Do not add milk to tomato or it will curdle. Do not boil. Adding soda is not necessary and is destructive to vitamin C. Add gradually to the hot milk and serve immediately.



**Tomato Puree**

(4 Servings)

- 2 tablespoons butter
- 1½ tablespoons flour
- 2 cans Gerber's Strained Tomato
- ½ cup water
- 1 to 1½ cups seasoned soup stock
- ¼ teaspoon celery salt
- 2 slices medium sized onion, optional
- ½ teaspoon salt
- 1 teaspoon sugar

Melt butter, add flour and blend. Heat all other ingredients in another sauce pan, boil five minutes, then remove pieces of onion. Add this mixture gradually to the butter and flour with constant stirring. Heat until thickened and serve with crisp croutons or crackers.

**Cream of Spinach Soup — or****Cream of Pea Soup**

(5 Servings)

- ⅓ cup celery leaves
- 3 tablespoons butter
- 2 tablespoons flour
- Salt to taste
- 2½ cups milk
- 2 cans Gerber's Strained Spinach or Gerber's Strained Peas

Cut celery leaves fine and cook in melted butter until slightly brown. Add flour and milk and cook until smooth. Add spinach — or peas, heat thoroughly and add salt to taste.

Any cream soup may be increased in nutritive value by adding eggs. Add a little hot soup gradually to the beaten eggs, then add this to the rest of the soup.

Cheese grated or rubbed through a wire strainer, sprinkled over the soup, adds flavor and attractive appearance.

**Vegetable Soup**

(5 Servings)

- 2 tablespoons butter
- 2 tablespoons flour
- ½ cup celery water or soup stock
- 2 cups milk
- 1 teaspoon salt
- 1 teaspoon grated onion and juice, optional
- 2 teaspoons chopped parsley or celery leaves, optional
- 2 cans Gerber's Strained Vegetable Soup (or carrots or peas or green beans, or a mixture may be used)

Melt butter, add flour, blend well. Add milk gradually with stirring. Add other ingredients. Bring to boiling point and serve immediately.

Celery water is made by simmering for 15 minutes outside stalks and leaves of celery in a covered pan in about half enough water to cover, strain and keep in refrigerator for use in soups, etc.

**Spring Soup**

(5 Servings)

- 1 can Gerber's Strained Spinach
- 1 can Gerber's Strained Tomato
- 2 cups thin white sauce (or milk)
- 1 teaspoon grated onion
- 1 tablespoon grated celery
- $\frac{3}{4}$  teaspoon salt
- 1 tablespoon butter

Heat seasonings in Spinach and Tomato and pour slowly into the heated white sauce just before serving.

A teaspoon of whipped cream or whipped evaporated milk on each cup of soup adds to both appearance and flavor.

**Vegetable Soup — (High Food Value)**

(2 Servings)

- 1 can Gerber's Strained Vegetable Soup
- $\frac{1}{2}$  can Gerber's Strained Tomato
- $\frac{1}{2}$  cup evaporated milk or cream
- $\frac{3}{4}$  teaspoon salt

Mix vegetable soup and tomato and add to the heated milk. Add salt and heat.

**Vegetable Soup**

(3 Servings)

- 1 can Gerber's Strained Vegetable Soup or Strained Green Beans
- $1\frac{1}{2}$  cups celery water or soup stock
- $\frac{1}{2}$  teaspoon salt

- $\frac{1}{2}$  teaspoon grated onion and juice, optional

- $\frac{1}{4}$  teaspoon celery salt
- $\frac{1}{2}$  can Gerber's Strained Tomato

All ingredients heated to boiling point.

**Cream of Chicken Soup**

(7 Servings)

- 1 cup chicken broth
- 1 cup coffee cream
- 1 cup Gerber's Strained Peas
- $\frac{1}{2}$  cup whole peas
- $\frac{1}{4}$  cup diced chicken
- Salt
- Pepper

Combine ingredients, and heat.

**Jellied Tomato Bouillon**

(4 Servings)

- 2 cans Gerber's Strained Tomato
- 1 tablespoon plain Gelatine
- 1 cup soup stock or Canned Bouillon
- $\frac{1}{4}$  lemon, juice
- 1 slice onion, chopped fine
- $\frac{1}{2}$  teaspoon salt

Soak the gelatine in  $\frac{1}{4}$  cup cold soup stock. Heat remaining stock with lemon juice and salt. Add to the soaked gelatine gradually with stirring. Heat tomato and add to stock mixture. Turn into Bouillon cups and just before serving stir slightly with a fork. Serve very cold with a garnish or parsley or water cress.



## VEGETABLE CUSTARDS AND SOUFFLES

### Egg and Tomato Custard

(3 Large or 4 Small Servings)

- 4 eggs
- 1 tablespoon cream or evaporated milk
- 1/4 teaspoon salt
- 4 tablespoons Gerber's Strained Tomato
- 1 tablespoon grated cheese
- 1/2 teaspoon onion juice

To the beaten eggs add the other ingredients, mixing them thoroughly. Pour into buttered custard cups. Set into pan of hot water and bake in a slow oven, 325°F., for 25 to 30 minutes, or until custard is set. If in single casserole, longer time is required.

### Carrot Custard

(2 Small Custard Cups)

- 1 egg
- 1 teaspoon butter, melted
- 1 teaspoon flour
- 1/4 cup milk
- 1 can Gerber's Strained Carrots
- 1/2 teaspoon salt
- 1 teaspoon lemon juice or 1/2 teaspoon vinegar
- 1 teaspoon grated onion, few grains celery salt

Beat the egg, add other ingredients in order given. Mix well and bake in individual custard cups in slow oven, 325°F. Set the cups into a pan with some hot water in it. Bake 40 to 45 minutes, or until a knife blade inserted into the custard will come out clean. Serve hot or cold.

A lighter consistency may be secured by separating the egg and folding in the beaten egg white last.

### Spinach Souffle

(3 Servings)

- 2 tablespoons butter
- 4 tablespoons flour
- 2/3 teaspoon salt
- 2/3 cup scalded milk
- 1 can Gerber's Strained Spinach
- 3 eggs, separated

Melt butter, add flour and salt and stir until creamy. Cook, stirring constantly. Add milk gradually, with constant stirring until mixture thickens. Add strained spinach to white sauce. Beat egg yolks and slowly add the white sauce. Fold in stiffly beaten egg whites. Pour into buttered baking dish or into buttered custard cups. Place dish in hot water and bake in slow to medium oven, 325°F., until firm, about 45 to 50 minutes. Serve at once.

**Spinach Souffle**

(3 Servings)

- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/2 cup milk or milk and soup stock
- 1 can Gerber's Strained Spinach
- 2 eggs, separated

Melt butter, add flour, heat and blend well. Add celery water and milk gradually with stirring until thickened. Add Spinach and well beaten egg yolks to the white sauce. Finally fold in the stiffly beaten egg whites. Pour into well greased custard cups. Place cups in a pan of hot water and bake in a moderate oven, 325°F., until set, about 45 minutes. Serve at once.

**Pea Souffle**

(3 Servings)

- 2 eggs
- 1 tablespoon butter
- 2/3 cup scalded milk
- 1 can Gerber's Strained Peas
- 1/2 teaspoon salt

Beat yolks of eggs, add melted butter, milk, salt and strained peas. Fold in stiffly beaten egg whites. Pour into buttered baking dish or into custard cups and place dish in pan with hot water in it. Bake in slow to medium oven, 325°F., until firm, about 45 to 50 minutes. Serve at once.

**Pea Souffle**

(2 Servings)

- 1 tablespoon butter
- 2 teaspoons flour
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/8 cup American Cheese
- 1 can Gerber's Strained Peas
- 1 egg, separated

Melt butter, add flour and blend. Add milk gradually with stirring. Add seasonings. A little grated onion may be added. Add cheese and Strained Peas. Add beaten egg yolk and finally fold in the beaten egg white. Pile lightly in well greased custard cups or baking dish. Set into a pan of hot water and bake in slow to moderate oven, 325°F., until set, about 45 minutes for individual cups. A baking dish takes longer, depending upon depth of souffle in dish. Serve immediately.

**Green Bean Souffle**

(3 Custard Cups)

- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 cup milk
- 2/3 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon lemon juice
- 1/8 cup American Cheese, optional
- 1 can Gerber's Strained Green Beans
- 2 eggs, separated



Melt butter, add flour and blend well. Add milk gradually with constant stirring. Add seasoning, cheese and strained beans. Add to beaten egg yolks and finally fold in the beaten whites. Pile lightly in well greased baking dish or individual custard cups. Set into a pan with hot water in it and bake in slow to moderate oven, 325°F., until set. About 45 minutes for individual cups.

### Frozen Spinach Souffle

(4 Servings)

- 1 can Gerber's Strained Spinach
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon lemon juice
- 2 egg whites, beaten stiff

Mix ingredients, folding egg whites in last. Freeze  $1\frac{1}{2}$  hours. For younger children or convalescents freeze to mush stage, stirring once after freezing starts.

## SALADS

### Spinach Salad

(6 Servings)

- 2 tablespoons plain gelatine
- $\frac{1}{4}$  cup cold water
- $1\frac{1}{2}$  cups boiling water
- 2 tablespoons lemon juice, or
- $1\frac{1}{2}$  tablespoons vinegar
- $\frac{1}{4}$  teaspoon dry mustard, optional
- 1 teaspoon salt
- $1\frac{1}{2}$  cups Gerber's Strained Spinach (3 cans)
- 2 tablespoons mayonnaise thinned with 1 teaspoon evaporated milk or cream
- 2 hard cooked eggs

Soak gelatine in cold water five minutes. Dissolve in boiling water. Add salt, lemon juice, mustard, spinach, and mayonnaise. When beginning to set, place sliced eggs into individual molds and add spinach mixture. Chill. Unmold and serve on lettuce hearts. Instead of using the eggs in the mold they may be used for garnish. Use paprika on top of mayonnaise. Celery cut fine may be added to advantage.

### Carrot Gelatine Salad

(4 Servings)

- $1\frac{1}{2}$  tablespoons plain gelatine
- 2 tablespoons cold water

- 1 cup celery water or soup stock or  
canned Bouillon
- 1 teaspoon grated onion
- $\frac{1}{4}$  cup orange juice
- 2 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon salt
- 2 cans Gerber's Strained Carrots

Soak gelatine in cold water. Heat liquid. Add gelatine and stir until dissolved. Add other ingredients. Turn into wet individual molds and chill. Serve on lettuce with mayonnaise.

Gerber's Strained Tomato may be used instead of the carrots and almost any vegetables added as, celery and peas, or crushed pineapple.

### Beet Salad

(6 Servings)

- $1\frac{1}{2}$  tablespoons plain gelatine
- 3 tablespoons cold water
- 2 cans Gerber's Strained Beets
- 1 teaspoon grated onion
- 2 tablespoons lemon juice
- 1 scant teaspoon salt
- $\frac{1}{2}$  to 1 cup chopped celery, peas, or  
asparagus
- 6 tablespoons mayonnaise

Soak gelatine in cold water. Heat the strained beets and add the softened gelatine. Mix and then partially cool. Add the other ingredients, pour into custard cups and chill until set. Makes a deep pink color salad. Serve on lettuce or water cress with a little additional mayonnaise.

## MISCELLANEOUS

### Spinach, Rice and Carrots

(2 Servings)

- $\frac{1}{2}$  cup rice, steamed or boiled
- 1 can Gerber's Strained Spinach
- 2 teaspoons butter
- 2 teaspoons flour
- 1 teaspoon lemon juice
- $\frac{1}{4}$  teaspoon salt
- Few grains pepper
- $\frac{1}{8}$  teaspoon dry mustard, optional
- 1 small carrot

Melt butter, add flour and stir until smooth. Add spinach gradually, stirring constantly. Add lemon juice, salt, pepper and mustard and mix. Put rice in three custard cups, making a depression in the centers, into which put the spinach mixture. Grate the raw carrot over the tops of contents of cups.

Gerber's Strained Tomato thickened with flour and seasoned with salt, pepper, a little lemon juice, grated onion or grated cheese, or pieces of crisp bacon, served on slices of toast, or for open faced sandwiches, are easier to eat than sliced tomatoes. Flavors mixed into strained tomato are more pleasing than merely placed on top of tomato.

An omelet with thickened and seasoned Gerber's Strained Tomato folded into the omelet gives a pleasing variety.

Scrambled eggs are more delicious with Gerber's Strained Tomato seasoned with salt and pepper.



## PRUNE DESSERTS

### Prune Bavarian

(4 Servings)

- 1½ teaspoons plain gelatine
- ¼ cup cold water
- ½ lemon, juice and grated rind
- 2 tablespoons sugar
- Few grains salt
- 2 cans Gerber's Strained Prunes
- ½ cup cream, whipped

Soak gelatine in ¼ cup cold water. Boil lemon rind in ¼ cup water for two minutes. Add to gelatine and stir until thoroughly dissolved. Add lemon juice, sugar and strained prunes. Let stand in refrigerator until nearly set, then fold in whipped cream.

Evaporated milk may be whipped up for the cream.\*

### Prune Whip

(6 Servings)

- 2 cans Gerber's Strained Prunes
- ¾ cup orange juice
- 2 tablespoons lemon juice
- 2 tablespoons sugar
- 1 cup cream, whipped

*\*To whip the evaporated milk, heat in the top of the double boiler until scalded. Chill thoroughly in refrigerator. Place ice, salt and water in bottom of boiler so that it surrounds the bottom of the top part when inserted. Whip.*

Add rest of ingredients except cream to Prune puree. Stir thoroughly to dissolve sugar. Chill about 20 minutes in refrigerator. Chill milk and whip. Fold Prune mixture lightly but thoroughly into whipped cream. Chill in refrigerator before serving.

### Prune Whip

(5 Servings)

- 1 tablespoon plain gelatine
- ¼ cup cold water
- 2 cans Gerber's Strained Prunes
- 2 tablespoons lemon juice
- ¼ cup sugar
- Few grains salt
- 2 egg whites or ½ cup cream, whipped
- 1 dozen nuts meats, chopped

Soak gelatine in cold water. Put prunes, lemon juice and sugar in sauce pan and bring to boiling point, stirring constantly. Add the soaked gelatine, stirring until dissolved. Chill. When mixture begins to thicken fold in stiffly beaten egg whites and turn into wet mold. Unmold and serve sprinkled with chopped nuts with or without whipped cream. A pleasing variety: — When mixture has become thickened, before adding egg whites, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Turn into wet mold. Chill. May be served with boiled custard made with the egg yolks.

**Prune Whip, Baked**

(4 Servings)

- 3 egg whites
- 3 tablespoons sugar
- 1 teaspoon vanilla
- 1 cup Gerber's Strained Prunes
- 1/2 cup chopped walnuts or coconut

Beat egg whites till stiff. Add sugar and vanilla. Fold in the prune pulp and walnuts. Pour into ungreased pudding dish, set in hot water and bake in moderate oven until firm in center, 325°F., for 45 minutes. Serve hot with whipped cream or custard sauce made with egg yolks or a lemon pudding sauce.

**Frozen Prune Whip**

(5 Servings)

- 1/2 teaspoon plain gelatine soaked in
- 2 tablespoons cold water
- 2 cans Gerber's Strained Prunes
- 1/2 cup sugar
- 1 lemon, juice
- 1 orange, juice
- 1/2 lemon rind, grated
- Few grains salt
- 1/2 cup whipping cream or evaporated milk

Boil grated rind in 2 tablespoons of water for a couple of minutes. Add sugar, prunes, lemon and orange juice, salt and heat to boiling point. Add to soaked gelatine. Cool. Chill in refrigerator until

partially set. Fold in whipped cream and place in freezing tray of refrigerator. A rich cream mixture takes a long time to freeze.

**Prune Custard**

(3 Servings)

- 1 cup milk
- 1 egg
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1 can Gerber's Strained Prunes
- Vanilla
- 1/4 cup confectioner's sugar

Put milk into double boiler and scald. Meantime beat the egg, add sugar and salt and continue beating. Add the hot milk slowly to the egg mixture, stirring constantly. Pour custard back into top of double boiler. If the water in lower part of boiler is kept just below boiling the possibility of curdling is decreased. Stir constantly. When the custard forms a coating around the spoon it is done and should be removed from the hot water immediately. Add flavoring, pour into glasses in which it will be served and set aside to cool. When thoroughly cold and set, stir the sugar into the strained prunes and drop by spoonfuls into center of custard.

A spoonful of whipped cream may be served on top of each.



## **Rice and Prune Puff**

(3 Servings)

- 2 level teaspoons plain gelatine
- 2 tablespoons cold water
- 1 can Gerber's Strained Prunes
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  teaspoon salt
- 2 teaspoons lemon juice
- $\frac{1}{4}$  cup rice, cooked very tender
- 1 egg white, or  $\frac{1}{4}$  cup whipping cream

Soak gelatine in cold water until softened. Heat strained prunes, lemon juice, sugar and salt. When hot, remove from fire and add softened gelatine and stir until gelatine is dissolved. Add cooked rice and stir until blended. Allow mixture to cool and when beginning to be thick, fold in the stiffly beaten egg white or whipped cream. Rinse individual molds with cold water and fill with mixture. Place in refrigerator until thoroughly chilled. May be served unmolded on a plate with chopped nuts or a custard sauce.