

Ice Storm Soup©

Serves 6–8

Ingredients:

3 Tbsp. oil
1 lb. mild pork sausage or other
3 medium onions, cubed (2 cups)
3 stalks celery, sliced
3 large carrots, sliced
1 red bell pepper, cubed
1 large potato, cubed
4–5 cloves garlic, minced
1–46 oz. can tomato juice
1–6 oz. can V-8™ juice
2 cans pinto beans with juice
4 oz. green chilies with juice, chopped
1 Tbsp. taco seasoning
1 tsp. lemon pepper
3 Tbsp. parsley, chopped
sour cream

Method:

Spray a pot with Pam™. Heat oil, add sausage, break into pieces and fry 6–8 minutes. Add vegetables and garlic to sausage and sauté 4–5 minutes. Add tomato juice and V-8 juice; bring to boil and simmer, uncovered for 30 minutes. (Can be prepared in advance to this point...keep refrigerated.) Heat soup again, purée with the Magic Wand using the knife blade making sure small pieces of sausage and vegetables are left in the soup. Add the beans, chilies, taco seasoning and lemon pepper and heat through. Add parsley.

Top each serving with a dollop of sour cream. Serve with Mexican cornbread or your favorite cornbread recipe.

This is an excellent soup for cold winter days!

Mexican Cornbread©

Makes 35 squares

Ingredients:

8 slices	bacon, cubed
1	onion, sliced fine
3 medium	eggs or 2 large
1 cup	sour cream
2/3 cup	vegetable oil
1–8 oz. can	cream style corn, not drained
1–4 oz. can	green chilies, chopped with juice
1 1/2 cups	plain corn meal (white or yellow)
3 tsp.	baking powder
2 tsp.	sugar
1 1/2 tsp.	salt
1–1 1/2 cups	grated cheddar or Monterey Jack cheese (optional)

Method:

Preheat conventional oven to 350°, convection oven to 325°.

Spray a 10 X 14 cookie sheet with Pam™. Sprinkle bacon cubes evenly on sheet. Sprinkle onions on top of bacon. Place in oven for 8–10 minutes until onions are transparent. Stir bacon and onions together and spread out evenly. Put cookie sheet into freezer for 10–15 minutes to firm bacon and onion mixture.

In a mixing bowl, combine eggs, sour cream, vegetable oil, corn and chilies with juice. Combine dry ingredients and add to egg mixture. Fold ingredients together. Pour batter evenly over cold bacon and onions. Set the cookie sheet on a piece of foil.

Bake in preheated oven for about 35–40 minutes.

Sprinkle cheese on top about five minutes before removing cornbread from oven—just until it melts.