

Baby, It's Cold Outside

Written by Debbi Covington

Tuesday, 23 February 2016 10:44 - Last Updated Wednesday, 24 February 2016 05:37



February is a great month for making soup. We've been lucky to have an occasional warm day in Beaufort lately, but those cold, grey days are no fun. All three recipes this week are for hearty, tummy-warming soups. The first two recipes are my concoctions. The third recipe is an Alabama treat from my friend, Janelle Proctor. All three soups freeze beautifully. Stay warm, my friends, spring is coming!

Hamburger Taco Soup (above)

2 pounds ground beef

½ large red onion, chopped

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2 (14-ounce) cans beef broth

1 (15.25-ounce) can corn, undrained

1 (15-ounce) can black beans, rinsed and drained

1 (14.5-ounce) can diced tomatoes, undrained

1 (10-ounce) can tomatoes with green chiles, undrained

1 (8-ounce) can tomato sauce

1 cup ketchup

2 (1-ounce) packages taco seasoning

1 (16-ounce) container fresh salsa

In a large skillet, cook ground beef with onion until done. Drain well on paper towels. Pour beef broth into a large stock pot. Add beef-onion mixture, corn, black beans, tomatoes, tomato sauce and ketchup. Stir in taco seasoning. Cook over medium heat. Stir in fresh salsa and continue to cook until warmed through. Serve hot. Serves 8-10.

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Italian Pasta & Spinach Soup



4 cups vegetable broth

1 small white onion, chopped

1 cup chopped carrots

$\frac{3}{4}$ cup diced celery

2 cloves garlic, minced

1 cup ditalini pasta

$\frac{1}{2}$ teaspoon dried thyme

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¼ teaspoon dried oregano

¼ teaspoon dried rosemary

1 (14-ounce) can fire-roasted diced tomatoes

1 (8-ounce) can tomato sauce

2 tablespoons ketchup

4 cups loosely packed spinach

Salt and pepper, to taste

Pour vegetable broth into a medium stock pot. Bring to a boil. Add onion, carrots and celery. Lower heat and cook until vegetables are tender. Add garlic, pasta and spices. Cook over medium heat until pasta is al dente. Stir in tomatoes, tomato sauce, ketchup and spinach. Cook until the spinach is wilted. Season with salt and pepper. Serves 4 to 6.

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~~Swamp Soup (aka Bush Pot or Gumbo) is a delicious and hearty soup that is perfect for cold weather. It is made with sausage, green beans, and leafy greens in a dark broth. The soup is served in a white ceramic bowl with a silver spoon.~~



~~Debbi Covington is a writer and editor who has been writing for over 20 years. She is currently working on a book about the history of the South. She is also a member of the Southern Writers Guild and the Southern Foodways Alliance.~~