

effortless
ENTERTAINING®

... our favorite
SOUPS AND STEWS

*Open your home, open your heart,
and give the gift of hospitality.*

My EFFORTLESS ENTERTAINING

Open your home, open your heart, and give the gift of hospitality.



WINTER 2021

From Our Home to Yours

Enjoy our winter favorites



Thank you for joining our *Effortless Entertaining* community! We are delighted to welcome you with our *Favorite Soups and Stews* to gather family and friends graciously, and of course ... *effortlessly*. These winter favorites are easy to prepare and always served to rave reviews. Winter is the perfect time to cozy up with

Brunswick Stew or Gumbo for game time, a good movie, or a good book. And ... as things open up, maybe we can invite a few friends to join us. A big pot of a yummy soup or stew with cornbread or ham rolls is really perfect for any occasion.

A few words about these recipes. First, and most importantly, they are delicious and will truly feed your body and your soul. The Lord knows, our souls need nourishment as we ride out the Covid storm. Secondly, they really are *effortless*! The Brunswick stew can go from counter to stovetop in about 15 minutes and that's if you are increasing the recipe. Maybe 5 minutes for a single batch. Speaking of increasing, I enthusiastically recommend always increasing a soup or stew recipe so you can freeze the extra. If you do freeze, be prepared to add a little more broth when reheating. And finally, be brave! You can't mess these up. Take out what you don't like and add whatever you do like. I'm really into the spicy chicken sausages at Trader Joe's so I've been adding those instead of Kielbasa. I never use green pepper and always substitute with red or yellow. but if you like, green, then have at it. Add a little extra flavor with Tabasco or your favorite hot sauce. Do your thing, have fun, and share your new ideas with me!

Serve with Jalapeño Cornbread, Sour Cream Muffins, or Ham Biscuits. You can serve over rice, grits, polenta (just fancy yellow grits), or cauliflower rice. With polenta, I recommend cooking with cream, half and half, or full fat coconut milk. You can also serve with grated cheese, sour cream, and diced onions.

As a member of our EE community ...

Be sure to reference our other *Effortless Holiday Entertaining* newsletters on the Blog for more ideas and recipes. There you will find all *The Dish* weekly newsletters archived.



As a member of our EE community, you will continue to receive *The Dish*, filled with inspiring ideas, practical strategies, and recommended sources and resources to equip you to entertain beautifully and easily. We also want to hear from you ... we are a community, after all! Have a question or comment? Please be in touch with an email to DeeDee@MyEffortlessEntertaining.com and we'll respond right away.



We also hope that as a member of our community, you will want to purchase *Effortless Entertaining* – a complete and indispensable guide. While there is no one “right” way to host a party, *Effortless Entertaining* helps you discover the threads that run through the fabric of every memorable gathering. This beautifully photographed and

comprehensive guide provides menus, recipes, tabletop essentials and extras, checklists, and much more. Perfect for you or as a gift!

Hopefully, in 2021 I'll be able to join you in person once again as I'm able to speak to your garden clubs, civic organizations, church groups, and your gatherings of friends. Won't that be fun! To learn more about scheduling a talk in 2021, [click here](#).



From our home to yours,

DeeDee

CHICKEN AND SAUSAGE GUMBO

SERVES 12

Adapted from *The Defined Dish*

Slice the andouille or kielbasa length wise and then into half moon pieces. Sauté to cook if using andouille and to brown if using kielbasa.

Toss okra with olive oil. Season with salt and pepper. Roast at 425° for 20 – 25 min.

Sauté onion, celery, red bell pepper over medium high heat until tender, approx 6 min. Add garlic, cayenne, thyme, and tomato paste and reduce heat. Simmer 2 min.

In small bowl, combine 4 tbsp arrowroot starch with 2 cups broth. Whisk to dissolve arrowroot. Add to vegetable mixture. Cook over med high heat for approx 10 min. stirring frequently. Mixture will thicken.

Add pulled chicken, andouille or kielbasa, and okra. Add add'tl broth until you reach desired consistency.

Serve over rice or cauliflower rice.

DEEDEE'S NOTES:

- Recipe may be prepared 2-3 days in advance.
- Recipe freezes well.
- For the pulled chicken, I use a grocery rotisserie chicken, which yields 4 cups.
- The arrowroot starch may break down as soup continues to cook or is reheated. You may add more to thicken. You must dissolve in broth or water before adding to the hot soup.

INGREDIENTS

24 oz andouille sausage
or kielbasa

4 cups sliced, frozen Okra

Salt and pepper

2 cups diced onion

1½ cups diced celery

2 cups diced red bell pepper

1 tsp cayenne pepper

½ tsp dried thyme

4 cloves garlic, minced

2 tbsp tomato paste

8 – 10 cups chicken broth

4 tbsp arrowroot

4 cups cooked and pulled chicken



BRUNSWICK STEW

SERVES 8

Combine all ingredients in 5-qt slow cooker on high for 5 hrs, or simmer in a large pot on low for 1½–2 hrs.

DEEDEE'S NOTES:

- To simplify this recipe even more, I use packaged barbecue and grocery store roasted chicken.
- I usually multiply this recipe by 4 when I want to serve a large crowd or when I want to put some in the freezer. When multiplying by 4, one grocery roasted chicken will yield 4 cups pulled off the bone.
- Increases well. Freezes well.

INGREDIENTS

- 1 14-oz can diced tomatoes, undrained*
- 1 15-oz can tomato sauce*
- 1 15¼-oz can lima beans, drained*
- 1 15¼-oz can whole kernel corn with red and green peppers, drained*
- 2 cups chicken broth*
- ½ tsp salt*
- ½ tsp pepper*
- ¼ tsp Worcestershire sauce*
- 1 celery stalk, chopped*
- ¾ lb barbecue pork, chopped*
- 1 cup pulled cooked chicken, ~1–2 boneless breasts*



CHICKEN CHILI

SERVES 12–16

Laurie Bond

Brush chicken with olive oil and sprinkle with salt and pepper. Place chicken on baking sheet and cook at 350° for 40 min. Remove skin and pull chicken off bone into bite-sized pieces.

Sauté celery, onion, and brats in butter. Transfer to slow cooker. Add chicken and remaining ingredients. Cook for 8 hrs on low or 4 hrs on high.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 2–3 days in advance.
- Instead of boneless chicken breasts, you can also use a grocery store whole roasted chicken. Remove skin and pull meat off the bone while still warm.
- You may also simmer chili on the stove.
- I often double this recipe.
- Freezes well.

INGREDIENTS

6 bone-in chicken breasts

Olive oil

Salt and pepper

1 small bunch celery, diced

*1 large onion, chopped or 2 cups
chopped, pkgd*

*2 pkgs smoked brats or turkey sausage,
sliced*

2 tbsp butter

*3 15-oz cans Bush's Best Chili Magic or
Bush's Best Chili Beans*

2 28-oz cans diced tomatoes

2 15-oz cans white corn, drained

*2 15-oz cans black beans,
drained and rinsed*



CHICKEN SOUP

SERVES 4-6

Sauté onion, carrots, and celery in 1-2 tbsp olive oil or butter until onion is tender.

While roasted chicken is still warm, pull chicken from the bone into bite-size pieces. Add to vegetable mixture.

Add chicken broth and parsley. Season with salt and pepper to taste. Add any other seasonings you might like such as thyme, tarragon, McCormick's Mediterranean Spiced Sea Salt, or Yah's — see below.

If you'd like noodles, add at the end.

Enjoy with a grilled Pimento Cheese BLT.

INGREDIENTS

1 roasted chicken — plain or seasoned
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
8 cups chicken broth
1 cup chopped flat-leaf parsley
Butter or olive oil
Salt and pepper
Egg noodles, optional

DEEDEE'S NOTES:

- For the Roasted Chicken, the Provencal Chicken, EE page 231 makes this soup extra flavorful, but a grocery store roasted chicken works just fine too.
- Freezes well.



ROASTED VEGETABLE SOUP

SERVES 8 Inspired by Ina Garten

Spread roasted vegetables over two baking sheets. Toss with olive oil, salt, and pepper.

Roast at 425°, 25 – 30 min.

In 2 cup batches, puree vegetables in food processor adding 1 cup chicken broth to each batch. Transfer each batch to large bowl to blend.

DEEDEE'S NOTES:

- Recipe may be prepared 3 – 4 days in advance. Freezes well.
- To make recipe super easy, use pre-chopped squash and sweet potato.
- You may process less for a chunkier consistency.
- You may add additional seasonings; parsley, thyme.
- Serve with EE's croutons and grated mozzarella cheese.
- You may also serve as an hors d'oeuvre in small shot glasses. Puree to a finer consistency and add more broth to serve without a spoon.

INGREDIENTS

8 cups chopped mixed winter vegetables

Your choice; butternut squash, sweet potato, carrots, parsnips

4 tbsp olive oil

Salt

Pepper, fresh ground

6 – 8 cups chicken broth

LENTIL SOUP

SERVES 4

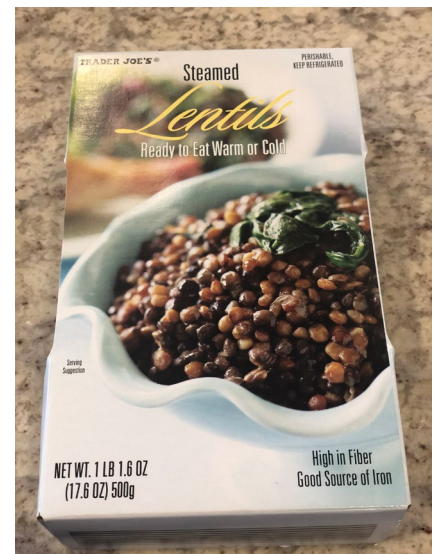
Heat lentils in microwave according to package instructions. In a medium pot, sauté sausage or kielbasa over medium-high heat to cook and/or brown depending on the type of sausage you've chosen. Add onion, sauté until tender. Add lentils, broth, parsley, salt and pepper. Add the broth to the soup consistency you like.

DEEDEE'S NOTES:

- You may prepare in advance. Keeps well in the refrigerator for 3 – 5 days.
- You may substitute with 3 cups lentils of your own preference.
- You may use ground sausage instead of sliced.
- You may add additional sautéed vegetables such as sliced or shredded carrots, celery, kale. You may also add additional seasonings to make it more flavorful or spicy. I like to add a little Tabasco when I serve.

INGREDIENTS

- 1 pkg Trader Joe's Steamed Lentils*
- 1 lb link or rope sausage or kielbasa, sliced*
- ¾ cup chopped onion*
- 4 – 6 cups chicken broth*
- ½ - 1 cup parsley*
- Salt and pepper*



SHRIMP JAMBALAYA

SERVES 6-8 Jo Terry

Heat butter in large iron skillet over low heat. Stir in bell pepper, celery, garlic, onions, and ham. Cook over medium heat 5 min until onion is tender.

Add chicken broth, parsley, black pepper, cayenne pepper, tomatoes, salt, and thyme. Cover and bring to a boil.

Add rice; stir with fork and simmer covered 20 min until rice is tender.

Add shrimp, bay leaf, and bell pepper. Simmer uncovered 5 min.

Add additional liquid while simmering, if necessary (water is fine).

I have often added the shrimp uncooked. They can be sautéed until pink in a little butter/olive oil and added cooked.

DEEDEE'S NOTES:

- Recipe may be prepared two to three days in advance. Add shrimp prior to serving. Freezes well.
- You may substitute sliced sausage or kielbasa for the ham.
- If you don't have good fresh tomatoes in season, substitute with one 28-oz. can diced tomatoes.
- Jo recommends Jasmine or Basmati rice. You may also serve over grits or polenta.
- You may increase shrimp to 1½ - 2 lbs.
- You may substitute 2 cups pulled chicken for the shrimp.
- You may also add okra. Toss 2 cups frozen sliced in olive oil and roast at 350° 20 – 25 min. Add to jambalaya.

INGREDIENTS

3 tbsp butter
½ cup chopped red or yellow bell pepper
½ cup chopped celery
2 cloves garlic, minced
½ cup chopped onion
½ cup chopped green onion
¼ pound diced cooked ham
2 cups chicken broth
¼ cup chopped parsley
⅛ tsp black pepper
⅛ tsp cayenne pepper
3 lg tomatoes, chopped
½ tsp salt
¼ tsp thyme
1½ cup uncooked rice
1½ – 2 lbs shrimp
1 bay leaf
¼ cup chopped red pepper, optional

This recipe comes from EE friend, Jo Terry, who hosted me in Knoxville, TN. Jo says this is the Terry Family favorite at their beach house at Kiawah Island. Jo confesses she has called her friend, Sue Vegors on occasion to get the recipe when its been left at home! Now, she can always find it on the EE website!

CREAMY GRITS

SERVES 8–10 Inspired by Luquire Stone Ground Grits

Mix all ingredients in saucepan. Bring to boil over medium heat.

Reduce heat to low. Cover and simmer 20 – 25 min. Stir often.

For creamier grits, add water or half and half.

DEEDEE'S NOTES:

- Recipe may need to be adjusted based on the brand you are using.
- You may add ½ cup shredded cheese.

INGREDIENTS

1 cup stoned ground grits

2½ cups water

1½ cups half and half

4 tbsp butter

1 tsp salt

CREAMY POLENTA

SERVES 8

Mix all ingredients in saucepan. Bring to boil over medium heat.

Reduce heat to low. Cover and simmer 20 – 25 min. Stir often.

For creamier polenta, add chicken broth and half and half or whipping cream.

DEEDEE'S NOTES:

- Recipe may need to be adjusted based on the brand you are using.
- You may add ½ cup shredded cheese.

INGREDIENTS

2 cups yellow stone ground grits

*4 cups half and half or
whipping cream*

4 cups chicken broth

½ stick butter

RICE BLEND

YIELDS 6 CUPS

Cook wild rice according to package instructions. If wild rice has water remaining after the rice is fully cooked, drain in mesh strainer to remove excess water.

In a mesh strainer, rinse long grain rice in cold water. In medium saucepan melt butter over medium heat. Add long grain rice and stir, coating rice with butter. Add water and salt. Increase heat to high, bring to boil, and stir once. Cover and reduce heat to low.

Simmer 20 min. Turn off heat and let sit for 10 min. Fluff with fork.

Mix long grain and wild rice.

INGREDIENTS

⅔ cup wild rice

1 cup long grain or basmati rice

4 tbsp butter

1½ cups water

½ tsp salt

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day. Transfer to serving bowl. Cool to room temperature and cover. Do not refrigerate. Can be served at room temperature or warmed before serving in the microwave or warming drawer. Add 1 tbsp butter when warming.
- I recommend Haddon House Wild Rice.
- Increases well.



JALAPEÑO CORNBREAD

YIELDS 8 SLICES

Suzie Lambeth

Prepare 9-inch pie pan or iron skillet with cooking spray.

Combine all ingredients. Pour into pan.

Bake at 350° for 20–25 min until golden brown.

INGREDIENTS

2 eggs, whisked

*7 oz jalapeño pimento cheese,
softened*

1 tbsp grated onion

1 8.5-oz box Jiffy Corn Muffin Mix

1 11-oz can yellow corn, drained

DEEDEE'S NOTES:

- Cornbread may be prepared earlier in the day. Cool and keep at room temperature. Warm to serve.
- Recipe increases well. When doubled, may also bake in muffin pan to yield 12 muffins.



SOUR CREAM CHEESE MUFFINS

YIELDS 24 Adapted from *In Order to Serve*, Christ Episcopal Church

Combine all ingredients. Spoon into small ungreased muffin tins.

Bake at 350° for 30 min.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day. Cool and wrap in aluminum foil.
- Warm in warming drawer or low oven before serving.

INGREDIENTS

2 cups self-rising flour

¾ cup butter, melted

8 oz sour cream

1 cup finely shredded cheddar cheese

HAM ROLLS

SERVES 12 Liz Dalrymple

Partially thaw the package of rolls. Slice the entire round of rolls horizontally and put the bottom half back into the tin.

Mix together the butter and brown sugar. Spread on top and bottom halves of the rolls. Top the bottom half of the rolls with ham. Place the top half back on. Cut into individual sandwiches.

Cook at 350° for 20–30 min. Serve warm.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 2–3 days in advance. If earlier in the day, cover and chill. If 2–3 days in advance, cover and freeze.
- When you slice the rolls in half, be sure to keep the top half aligned with the bottom half for when you reassemble.

INGREDIENTS

6 tbs butter, very soft

½ cup brown sugar

½ lb country ham, shaved

1 pkg Sister Schubert's Parker House Style Yeast Rolls

VULTURE DIP

SERVES 10 Adapted from *Inspired Cooking, First Presbyterian Church*

Mix Monterey Jack and cheddar cheeses.

Mix spinach, tomatoes, picante sauce, green onions, cream cheese, and cumin.

Fold in 1 ½ cup of cheese blend.

Transfer to shallow oven-proof serving dish. Top with remaining cheese. Bake at 350° for 30 min.

Serve with tortilla chips.

DEEDEE'S NOTES:

- Recipe may be prepped a day in advance. Cover and chill. Bake prior to serving.

INGREDIENTS

1 cup grated Monterey Jack cheese
1 cup grated sharp cheddar cheese
10 oz frozen spinach, thawed and drained
1 cup diced and drained canned tomatoes
1 cup picante sauce
½ cup chopped green onions
8 oz cream cheese, softened
1 tsp ground cumin



VIDALIA ONION AND CHEDDAR DIP

SERVES 12-14 Adapted from *Oh My Stars, Junior League of Roanoke Valley*

Sauté onion in butter over medium-high heat until tender. Remove from heat and combine with remaining ingredients. Transfer to shallow buttered ovenproof serving dish. Bake at 375° for 25 min.

Garnish with parsley, optional. Serve warm with crackers.

DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 2–3 days in advance. Cover and chill. Bake prior to serving.
- Do not use prepackaged chopped onions or prepackaged shredded cheese.

INGREDIENTS

6 cups chopped Vidalia onion,
~3 lg onions
2 tbs butter
1 scant cup mayonnaise
2 cups cheddar, sharp shredded
1 clove garlic, minced
½ tsp Tabasco
2 tbs chopped Italian parsley,
optional

Thank you again for joining our
Effortless Entertaining community ...

We are excited to welcome you to the EE table!



We look forward to inspiring and equipping you to gather graciously
and *effortlessly* with family and friends ...



and even that unexpected furry guest!



With gratitude,

Dee Dee