

Better than "Mmm Good" and ... effortlessly!

THE *Dish* .....  
effortless  
ENTERTAINING®

January 22, 2021

*“I would rather die than  
let my kid eat Cup-a-Soup.”*

GWYNETH PALTROW



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Dear Friends,

Well, I'm not sure I feel quite as strongly as Gwyneth, but there is no question that homemade soups and stews are so much better than store-bought. The same is true for salad dressings, but I digress. With this issue of *The Dish*, we gather my favorite soups and stews, some of which you've seen before and maybe one or two that are new. We're giving our newest download, *EE's Favorite Winter Stews and Soups*, to new subscribers to *The Dish*, and we want our loyal EE fans to receive this gift too!

A few words about these recipes. First, and most importantly, they are delicious and will truly feed your body *and* 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 ideas with me!

Serve with Jalapeño Cornbread, Sour Cream Muffins, or Ham Rolls for the NFL playoffs. Super Bowl, or college basketball. 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, diced onions.

I hope you enjoy these winter favorites ... stay warm!

From our home to yours,

*Dee Dee*

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## MENU

- Chicken and Sausage Gumbo
- Brunswick Stew
- Chicken Chili
- Chicken Soup
- Roasted Vegetable Soup
- Lentil Soup
- Shrimp Jambalaya
- Creamy Grits
- Creamy Polenta
- Rice Blend
- Jalapeño Cornbread
- Sour Cream Cheese Muffins
- Ham Rolls
- Vulture Dip
- Vidalia Onion and Cheddar Dip



[Download All The Recipes](#)

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*“Hope you are doing well!! Absolutely love everything you are doing!!! Love my book and the videos!! I know Covid forced you to do things a bit different, but hang in there. You are doing great things. I love it all!! God Bless!!”*

ELIZABETH

## We want to hear from you!

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DeeDee Dalrymple

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