

Bonnie's Favorite Taco Soup

Ingredients:

1 lb ground beef
1/2 onion (any kind, but I love red onion), roughly chopped
1/2-1 bell pepper, minced
1 can sweet corn, drained
1 can black beans—do not drain
1 can kidney beans, drained and rinsed
1 can Rotel, or any tomato + green chile equivalent (purée, or leave as-is)—do not drain
1 cup chicken broth
1 packet taco seasoning
2 tsp onion powder
2 tsp garlic powder
1 tsp cumin
1 tsp chili powder
2 tsp smoked paprika (optional)
Salt and pepper, to taste

Method:

1. Sauté onions and peppers in a soup pot or dutch oven over medium-high heat with a little olive oil or butter, until softened.
2. Add in corn, kidney beans, black beans, and rotel. Bring to simmer, and lower heat to medium. Add onion powder, garlic powder, salt, and pepper.
3. Cook the ground beef in a separate pan according to the taco seasoning packet.
4. Add cooked taco meat to soup pot, then add chili powder, cumin, and paprika. Add chicken broth as needed to thin it out and more spices to taste.
5. Cover and let simmer for 20 minutes. Serve with a dollop of sour cream and a sprinkle of shredded cheese.

Skillet Sausage and Gnocchi

Ingredients:

1 lb Jimmy Dean sausage (regular flavor)
1 lb uncooked gnocchi
1 pint grape or cherry tomatoes
1 bag (or several handfuls) fresh kale or baby spinach
2-3 cloves freshly minced garlic
Grated parmesan cheese
Salt and pepper

Method:

Boil water in a large pot for the gnocchi. While the water heats, brown the sausage in a large skillet or dutch oven, breaking it up as it cooks. When the pink is nearly gone, stir in the minced garlic and lower the heat. Once the meat is fully cooked, drain the grease and keep the heat low. Meanwhile, cook the gnocchi in the boiling water according to package directions (usually it only takes a few minutes). Before you drain it, reserve ½ cup of the pasta water and set aside. Drain the gnocchi and set it aside. Add the tomatoes and greens to the sausage skillet, stirring to combine, and adding the reserved pasta water in small amounts to help wilt the greens (you may not need to use it all). Add salt and pepper to taste. Once the greens are wilted and the tomatoes have softened, add the gnocchi and stir well. Serve with freshly grated parmesan and crusty garlic bread.