

Hearty Southern Heritage Soup

Yield: 6 servings (2 cups per serving)

Timing: Prep Time = 35 minutes Total Time = 75 minutes



Ingredients

- 2 tablespoons vegetable oil
- 12 ounces (3/4 pound) ground pork
- 1 ½ cups finely diced onion
- ¾ cup finely diced celery
- ¾ cup finely diced green bell pepper
- 4 cloves garlic, very finely minced
- 1 can (15.5 ounces) black eyed peas, drained and rinsed
- 2 cans (14.5 ounces each) petite diced tomatoes, undrained
- 5 cups lower sodium chicken broth*
- 2 ¼ teaspoons paprika
- 2 ¼ teaspoons chili powder
- 2 teaspoons dried oregano leaves
- ¾ teaspoon salt
- 1 ½ teaspoons ground black pepper
- 3 cups chopped collard greens (from 16 ounce bag pre-washed, pre-chopped fresh collard greens)
- 1 cup cooked pearled sorghum
- 3 cups packed bread cubes (from 6 to 8 ounce loaf crusty Italian, rustic or country bread, cut into 1-inch cubes)

Method of Preparation (Instructions)

In a 5- to 8-quart stock pot (Dutch oven), heat oil over medium-high heat. Add ground pork, onion, celery, bell pepper and garlic. Cook, stirring frequently, about 10 minutes, or until pork is completely browned and crumbled and vegetables are soft. Stir in black eyed peas, tomatoes, broth, paprika, chili powder, oregano, salt and pepper. Bring to a boil. Reduce heat to medium-low. Stir in collard greens and cooked sorghum, and simmer, covered, 15 to 20 minutes. Remove from heat and stir in bread cubes. Serve hot. Refrigerate leftovers in a tightly covered container and enjoy within 3 to 4 days.

*If you prefer a thinner soup, stir in ½ cup to 1 cup additional chicken broth.

Required Utensils

Cutting board

Knives

Kitchen Scale

Kitchen Ruler

Can Opener

Colander

Liquid (glass) 2-cup measuring cup

Measuring cups (2 cup, 1 cup, ¾ cup, ½ cup)

Measuring spoons (1 tablespoon, 1 teaspoon, ½ teaspoon, ¼ teaspoon)

Glass Prep Bowls (for all chopped/cut ingredients)

5- to 8-quart stock pot

Heat-resistant spatula/wooden spoon

Hot Pads

Dish Towels

Dish Rags

Paper Towels

Containers for Leftovers

Special Preparation Instructions

1. Have all ingredients chopped, prepped, measured and sorghum cooked before heating the oil and starting the cooking process.
2. Cut prep time by using refrigerated or frozen pre-chopped fresh onion, celery and bell pepper.
3. Can't find bags of pre-washed, pre-chopped collard greens? Use 1 bunch (roughly 12-14 ounces) fresh collard greens. Simply wash, pat dry and remove stems. Cut into 1- to 1 ½-inch pieces and measure out 3 cups.
4. After bread cubes are added to cooked soup, you can taste and adjust the seasonings if you'd like.