

It's in the bag



"Marianne makes the list, and I do the shopping. Find me at the Northfield location, stocking up on ingredients for our Suso's Fork recipes."

Media power couple **Bob Sirott** and **Marianne Murciano** – WLS AM 890 hosts and the brains behind food blog Suso's Fork (Susosfork.com) – give us a peek into their grocery bag.



1. Roundy's high-fiber green split peas, \$1.39*
2. Justin's organic dark chocolate peanut butter cups, \$1.99
3. Simply Roundy's whole brown flaxseed, \$5.99
4. Jiffy corn muffin mix, \$0.55

5. Topo Chico sparkling mineral water, \$0.99
6. Unsweetened Original Blue Diamond Almond Breeze, \$2.25
7. Spectrum organic extra-virgin Mediterranean olive oil, \$16.59/33-ounce bottle

8. Organic kale, \$1.99/pound
9. Roundy's black beans, \$1.79
10. Kronos pita bread, \$2.99
11. Whispering Angel rosé, \$21.99

*All prices subject to change

MARIANNE'S WORLD-FAMOUS CORN CASSEROLE

"Ever since we first broadcast this recipe, Bob has noticed that if he doesn't get to Marianne's before we talk about it on the air, ingredients are often in short supply!" –Marianne Murciano

Serves 8-10

- 8 ounces sour cream
- 1 16-ounce can creamed corn
- 1 16-ounce can whole corn kernels
- 2 eggs, beaten
- 1 stick of butter, melted
- 1 box corn muffin mix

Preheat oven to 350 degrees. In a large bowl, stir together the cans of corn, eggs, corn muffin mix, melted butter and sour cream. Pour into a greased 9-by-11 casserole dish or a 10-inch cast-iron skillet. Bake for approximately 45 minutes or until golden brown. It should puff up like a soufflé. Serve immediately.

AROMATIC SPLIT-PEA SOUP

"Marianne's split-pea soup was comfort food when she was growing up in Miami [and] her family couldn't afford expensive meals. It tastes like a million bucks and her kids grew up eating this soup." –Bob Sirott

Serves 8

- 1 tablespoon olive oil
- 2 large leeks, chopped
- 10 garlic cloves
- 2 celery stalks, sliced
- 2 1/4 cups dried split peas, sorted and rinsed
- 1 ham bone (or 2 shanks)
- 1/4 teaspoon pepper
- 1 teaspoon cumin salt to taste

In a 4-quart Dutch oven, heat oil over medium. Add leeks, garlic and celery. Season with salt, pepper and cumin. Cook about 10 minutes. Add ham, split peas and 8 cups of water. Bring to a boil, reduce the heat to medium-low and cover. Simmer for at least 1 1/2 hours.

Remove ham from the soup and set aside to cool. Puree the soup in a blender and return it to the pot. Trim excess fat from the ham, cut ham into 1/2-inch pieces and add to the soup.

Simmer for another half hour. Season to taste.

