



6

Delicious
**Comfort Food
Recipes for Winter**



Chickpea, Corn & Butternut Squash Soup

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 1 medium onion, chopped
- 1 tsp rosemary, fresh, chopped
- 2 cloves garlic, minced or pressed
- 2 cups butternut squash, peeled and cubed
- 2 Tbs olive oil
- 1 tsp turmeric, ground
- 3 cups chickpeas, canned, drained and rinsed
- 4 cups vegetable broth
- 2 cups corn, frozen, defrosted
- salt, to taste
- black pepper, to taste

Directions

Prep

- Chop onion, and rosemary, and mince the garlic.
- If you purchase a whole butternut squash, peel, and cube. You can also use pre-cut or frozen.

Make

- Add olive oil to a large soup pot and over medium heat sauté onion until soft and fragrant.
- Add turmeric, garlic, and rosemary and stir for about 1 minute to coat the onions.
- Add the rest of the ingredients, except the corn, and cover with vegetable broth.
- Reduce heat and simmer with the lid on for 20 minutes, stirring occasionally.
- Transfer half of the soup to a blender, purée until smooth and add it back to the pot along with the corn.
- Stir and season with salt and pepper to taste.
- Garnish with a drizzle of olive oil and a sprinkle of red pepper flakes if desired.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 273	per serving	Total Fat 3.8g	5%	Total Carbohydrates 42g	13%
		Saturated Fat 0.3g	1%	Dietary Fiber 10g	39%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 0mg	0%	Protein 11g	
		Sodium 272mg	11%		
Vitamin D 0mcg 0% · Calcium 68mg 6% · Iron 2mg 9% · Potassium 406mg 8%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ultimate Minestrone Soup

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 1 lb. pasta, whole-grain, elbow (gluten-free if necessary)
- 4 cloves garlic, minced
- 1 medium onion, chopped
- 4 Medium carrots, peeled and chopped
- 4 Ribs celery, chopped
- 1 Small zucchini, chopped
- 1 cup parsley, chopped
- 14 oz tomatoes, fire-roasted, canned (1)
- 1 Sprig thyme, fresh (1 Teaspoon Dried Thyme)
- 2 Tbs olive oil
- 2 bay leaves
- 6 cups vegetable broth, low sodium
- 1 1/2 cups white beans, canned, drained and rinsed
- 2 Tbs pesto Optional
- 1/2 tsp red pepper flakes Optional
- black pepper, to taste
- salt, to taste

Directions

Prep

- Cook pasta and set aside. You will stir pasta in after the soup has cooked.
- Chop all vegetables according to directions.

Make

- Heat the oil in a large pot over medium-high heat. Add the garlic and onion. Cook, stirring frequently, for 1-2 minutes, or until softened.
- Add the carrots and celery. Continue cooking for 5 minutes
- Add tomatoes, thyme, bay leaves, and broth. Simmer for 20 minutes or until vegetables are tender.
- Add the beans, zucchini, and parsley—season with salt and pepper to taste [and hot pepper if desired].
- Stir in pasta and serve topped with some pesto.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	278	Total Fat 9.3g	14%	Total Carbohydrates 40g	13%
		Saturated Fat 0.9g	4%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Protein 9g	
		Sodium 439mg	19%		
Vitamin D 0mcg 0% · Calcium 93mg 9% · Iron 4mg 20% · Potassium 531mg 11%					

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Creamy Cauliflower Soup

SERVINGS: 6

PREPPING TIME: 20

COOKING TIME: 45 MIN

Ingredients

- 1 Tbs olive oil
- 1 large onion, sweet, chopped see notes for time saving tip!
- 4 cloves garlic, minced
- 3 Tbs chickpea miso or white miso
- 4 cups cauliflower, chopped (1 large head) see notes for time saving tip!
- 1 Tbs lemon zest
- 1/2 cup cashews, raw
- 8 cups water
- 2 Tbs za'atar spice mix or another dried herb mix - see notes
- 1 Tbs lemon olive oil optional

Directions

Prep

- Chop onion.
- Mince garlic.
- Chop cauliflower into florets.
- Zest lemon with a Microplane.

Prep

- In a large soup pot, heat olive oil over medium heat. Saute onion and garlic gently until soft and fragrant.
- Add miso paste and stir to begin to coat onions.
- Add cauliflower, lemon zest, cashews, and water. Stir to combine. Bring to a boil, then reduce to a simmer, until cauliflower is soft; about 15-20 minutes. Add additional water if necessary to keep cauliflower covered.
- Remove from heat and let stand until cool enough to puree.
- Puree soup in batched in a blender. (Be sure to secure the lid of the blender as steam from the soup can create pressure and pop off the lid).
- Season with salt to taste.
- Ladle soup into bowls, sprinkle with za'atar spice blend and drizzle with lemon oil (if using), just before serving.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 117 per serving		Total Fat 6.4g	9%	Total Carbohydrates 13g	4%
		Saturated Fat 1.0g	5%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 345mg	15%		
Vitamin D 0mcg 0% · Calcium 66mg 6% · Iron 2mg 11% · Potassium 345mg 7%					

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Slow Cooker Beef Stew

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 4 HRS

Ingredients

- 2 lb beef, stew meat, cubed
- 3 carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 onion, sweet, chopped
- 4 cloves garlic, minced or pressed
- 1 Tbs rosemary, fresh, chopped
- 1/4 cup parsley, fresh, chopped
- 2 Tbs avocado oil
- 2 potatoes, medium (or fresh)
- 5 cups beef broth, low-sodium
- 2 bay leaves

Directions

Prep

- Cube beef.
- Chop carrots, celery, onion, rosemary, parsley. Mince garlic.
- Set slow cooker to "Sauté" setting.

Make

- Add 1 tablespoon of oil to the slow cooker and sauté beef until brown on all sides. Remove and set aside.
- Add remaining avocado oil to slow cooker and sauté onion, garlic, and rosemary until fragrant. If you don't have a sauté setting on your slow cooker you can sauté the beef and vegetables stovetop separately and add. Sautéing adds a deeper flavor to the stew.
- Add carrots, celery, and butternut squash and stir to coat.
- Return beef and juices to slow cooker. Add broth and bay leaves.
- Set slow cooker on high for 4 hours or low for 6-8 hours. You want to cook the stew until the beef is tender.
- Remove bay leaves.
- For a thicker stew, remove some of the vegetables with broth and purée then add them back to the pot.
- Serve topped with fresh parsley.

Nutrition Facts

Calories 496
per serving

Amount/serving	% Daily Value*
Total Fat 17.7g	27%
Saturated Fat 5.2g	25%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 742mg	32%

Amount/serving	% Daily Value*
Total Carbohydrates 30g	10%
Dietary Fiber 5g	21%
Total Sugars 9g	
Protein 56g	

Vitamin D 0mcg 2% · Calcium 100mg 9% · Iron 6mg 34% · Potassium 1683mg 35%

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Chicken "Sausage", White Bean, & Kale Soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 4 scallions, chopped
- 2 cups kale, chopped
- 2 Tbs basil, fresh, chopped
- 2 Tbs olive oil
- 1 lb chicken, ground
- 1 Tbs fennel seed
- 1 1/2 cups white beans, canned, drained and rinsed
- 5 cups chicken broth, low-sodium
- salt, to taste
- black pepper, to taste

Directions

Prep

- Chop scallions, kale, and basil.

Make

- In a large soup pot, sauté chicken and fennel seeds in olive oil until browned and fragrant.
- Add scallions and sauté an additional few minutes until soft.
- Add beans and broth, bring to a boil, then reduce heat and simmer for 15 minutes.
- Stir in kale and remove from heat.
- Season with salt and pepper. Serve topped with basil.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	390	Total Fat 11.1g	17%	Total Carbohydrates 28g	9%
		Saturated Fat 1.5g	7%	Dietary Fiber 6g	22%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 93mg	31%	Protein 44g	
		Sodium 539mg	23%		
		Vitamin D 0mcg 0% · Calcium 128mg 12% · Iron 4mg 22% · Potassium 791mg 16%			

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Shrimp, Chard, & Squash Soup

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 3 cloves garlic, pressed
- 4 scallions, chopped
- 2 heads fennel, chopped
- 4 summer squash, medium, chopped
- 8 cups swiss chard, shredded about 1 large bunch
- 4 Tbs olive oil
- 2 cups vegetable broth
- 4 bay leaves
- 2 lb shrimp, wild caught, peeled and deveined
- 1/2 cup basil, chopped

Directions

Make

- Press garlic and chop scallions.
- Chop fennel and squash.
- Shred swiss chard (remove tough spines, roll leaves and chop).

Prep

- Heat olive oil in large sauté pan and cook garlic and scallion tops until soft and fragrant.
- Add fennel and squash and continue to sauté over low-medium heat for about 5 more minutes.
- Increase heat to high and stir in broth and bay leaves. Bring to a boil then reduce to simmer. Cook until squash has softened, about 5 minutes.
- Nestle shrimp in sauce and simmer for 8-10 minutes until cooked through.
- Add chard by fistfuls, stirring after each addition. Once all chard has wilted, remove stew from heat.
- Stir in basil just before serving.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	377	Total Fat 16.6g	25%	Total Carbohydrates 23g	7%
		Saturated Fat 2.7g	13%	Dietary Fiber 8g	31%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 286mg	95%	Protein 37g	
		Sodium 1753mg	76%		
		Vitamin D 0mcg 2% · Calcium 264mg 26% · Iron 4mg 21% · Potassium 1562mg 33%			

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