

### "Seasonal Eating for Winter"

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Once the temperature starts to fall and I pull my sweaters out of summer storage, and I pull out my hearty winter soup recipes. When it's cold and blustery outside there is no better smell when you walk in the door than a warm pot of soup cooking, to me it's comfort food. Soups are easy to prepare, and you can generally throw in whatever you have in the refrigerator or freezer.... And I always make enough to have extra to freeze and package for those on-the-go lunches.

For this post I thought I would list the Colorado seasonal foods, but I also wanted to make sure to mention that frozen fruits and vegetables are generally just as nutrient dense because they are also picked and packaged at peak ripeness. During the winter months when local seasonal vegetables become limited, I often buy frozen.



My backyard Feb 2021



This is my HAPPY PLACE! MY family and I have spent New Years in this cabin for the last 7 years. We always have a cozy soup night after a day of skiing or ice fishing.

#### Colorado Winter Seasonal Fruit and Vegetables: (Nov-March)

##### **Fruit:**

Apples  
Tomatoes

##### **Vegetables:**

Arugula, mustard, radish,  
turnip  
Beets  
Cabbage  
Carrots  
Chard, collards, kale  
Cucumbers  
Herbs  
Lettuce  
Mushrooms  
Potatoes  
Spinach  
Winter squash

# Winter Soups With Seasonal and Frozen vegetables



Once again this is my happy place, when we are here, we make great memories

## Vegetable Soup:

8 Servings  
15-minute prep  
40-minute cook time

## Ingredients:

2 Tbsp Olive oil  
1 ½ cup chopped onion (1 medium)  
2 cups peeled and chopped carrots (~5)  
1 ¼ cups chopped celery  
3 cups peeled and dices potato  
4 cloves garlic  
2 cartons chicken or vegetable broth  
1 28oz can crushed tomatoes  
1/3 cup chopped parsley  
½ tsp oregano  
½ tsp thyme  
1 ½ cups frozen green beans  
1 ¼ cup frozen corn  
1 cup frozen peas

## Instructions:

Heat olive oil in large pot and add onion, carrots, and celery and sauté for about 4 min then add garlic and cook 30 seconds longer.  
Add broth, tomatoes, potatoes, parsley and herbs.  
\* salt and pepper to taste  
Bring to a boil the add green beans  
Turn heat down to simmer and cook approximately 30 min.  
Add corn and peas and cook for 5 min.  
Serve warm  
Recipe credit: Cooking Classy



## Mushroom and Potato Soup:

12 servings  
15- minute prep  
30- minute cook time

## Ingredients:

2 leeks chopped  
2 large carrots, sliced  
6 cups chicken or vegetable broth  
2 tsp dried dill weed  
1 tsp salt  
¼ tsp black pepper  
1 bay leaf  
2-pounds potatoes, peeled and diced  
1-pound fresh mushrooms, sliced  
1 cup whole milk  
¼ cup flour  
4 tbsp unsalted butter

## Instructions:

Melt 2 tbsp butter in soup pan over medium heat.  
Add leeks and carrots and sauté for 5 min.  
Pour in broth, add dill, salt, pepper, bay leaf, and potatoes.  
In a skillet add remaining butter heat on medium and sauté mushrooms for 5 min until lightly browned then stir into soup.  
In small bowl mix the flour and milk until smooth. Stir into the soup to thicken.  
Recipe credit: Dteresa All recipes

