

Time to curl up by the fire, January is here! With the cold comes fresh produce such as:

- Mushrooms
- Brussel Sprouts
- Shallots
- Horseradish

Below are recipes featuring mushrooms, along with some tips about storing, selecting, and preparing them:



- In season December-July
- Fat-free and high in Vitamins B<sub>2</sub>, B<sub>5</sub>, antioxidants, and potassium
- Very low in calories
- Mushrooms can be stored in a refrigerator for up to a week. Once cooked, can be frozen and kept for multiple months.
- Keep mushrooms in original packaging until ready to use
- Fun fact: Mushrooms often grow on their own in the wild. However, many wild mushrooms are poisonous so it is important to only eat mushrooms that come from a trusted source.

## Stir Fry Vegetables and Beef (adapted from ChooseMyPlate.gov)

Serves 4

- 1/2 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 teaspoon soy sauce
- 1/3 cup water
- 2 cups broccoli
- 2 cup fresh mushrooms (sliced)
- 2 tablespoon oil
- 8 ounce sliced beef

### Instructions

- 1) Wash hands and any cooking surface.
- 2) Mix garlic powder, ground ginger, soy sauce, and water; set aside.
- 3) Wash vegetables. Chop broccoli and mushrooms.
- 4) Heat oil in a large frying pan and add the meat when oil is hot; stir until cooked through.
- 5) Add mushrooms and broccoli. Cook until they are soft to the touch.
- 6) Add liquid mixture from step 2 and cook until bubbly.
- 7) Lower heat, cover the pan and cook for two more minutes.



8) Serve over whole-wheat pasta or brown rice and enjoy!

### **Cream of Mushroom Soup (adapted from TasteofHome.com)**

Serves 4

- 2 tablespoons butter
- 1/2 lbs of mushrooms (sliced)
- 1/4 cup of onions (chopped)
- 6 tablespoons of all-purpose flour
- 1/2 teaspoon of salt
- 1/8 teaspoon of pepper
- 28 oz of chicken broth, added in two rounds of 14 oz
- 1 cup of half and half cream

#### **Instructions**

- 9) In a large saucepan, melt butter
- 10) Add mushrooms and onions to the pan, cook until onions are clear and mushrooms have become darker
- 11) In a separate bowl, combine 14 oz of chicken broth, flour, salt, and pepper. Then add liquid mixture into the pan.
- 12) (Optional) if the pan is getting full, transfer mixture to a large pot
- 13) Stir in the remaining 14 oz of chicken broth to and bring soup to a boil.
- 14) Cook and stir for two minutes, then reduce heat to low and add in half and half cream
- 15) Simmer uncovered and stir for 15 minutes
- 16) Enjoy!

