

Cozy Winter Dinner Recipes

Butternut Squash Soup

Nothing says winter like butternut squash! One of the best ways to cook with squash is this scrumptious soup.

Serves 4-6 | Prep. time 20 minutes | Cooking time 30-35 minutes

Ingredients

- 2 tablespoons unsalted butter
- 1 small onion, diced
- 1 stalk celery, diced
- 1 medium carrot, peeled and diced
- 2 medium potatoes, peeled and diced
- 1 medium butternut squash
- 4 cups low-sodium chicken stock
- Salt and pepper, to taste
- Heavy cream, for garnish
- Chopped flat-leaf parsley, for garnish

Directions

1. Melt butter in a large pot or Dutch oven over medium heat.
2. Add the onion. Cook for 5-7 minutes or until softened.
3. Add the celery, carrot, potatoes, and butternut squash. Cook for 5 minutes or until slightly tender.
4. Add the chicken stock, seasoning with salt and pepper. Cook for 20-25 minutes, stirring regularly.
5. Purée the mixture with an immersion blender until smooth.
6. Serve the soup with a drizzle of heavy cream and a sprinkle of parsley.

Nutrition (per serving)

Calories 231, fat 8 g, carbs 32 g, sugar 6 g, Protein 8 g, sodium 572 mg

Chicken Pot Pie Casserole

Who doesn't enjoy chicken pot pie during winter? It's a home run for anyone craving a heartwarming meal.

Serves 6 | Prep. time 20 minutes | Cooking time 1 hour

Ingredients

- 4 tablespoons unsalted butter
- 3 medium carrots, peeled and diced
- 1 onion, diced
- 3 celery stalks, diced
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- 4 tablespoons all-purpose flour
- 2 cups whole milk
- 1 cup low-sodium chicken stock
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- 4 cups cooked chicken, shredded
- 1 cup frozen peas
- 16 ounces biscuit dough (such as Pillsbury)

Directions

1. Preheat oven to 350°F (177°C).
2. Melt the butter in a large nonstick skillet over medium heat.
3. Add the carrots, onion, celery, and thyme, seasoning with salt and pepper. Cook for 5-7 minutes or until the vegetables have softened.
4. Add the flour. Cook for 2-3 minutes, stirring frequently.
5. Add the milk, chicken stock, Dijon mustard, garlic, and chicken. Stir to combine.
6. Add the frozen peas. Cook for 3-5 minutes or until thickened, stirring regularly.
7. Cut the biscuits and arrange them on top of the skillet.
8. Bake for 40-45 minutes.
9. Serve warm.

Nutrition (per serving)

Calories 570, fat 24 g, carbs 48 g, sugar 13 g, Protein 38 g, sodium 1103 mg

Braised Short Ribs

Tasty and super-tender, this dish will never disappoint. You can prepare this recipe ahead of time and serve it when needed.

Serves 4-6 | Prep time 10 minutes | Cooking time 150 minutes

Ingredients

- 3 tablespoons vegetable oil
- 1 large onion, sliced
- 4 cloves garlic, minced
- 3 pounds bone-in beef short ribs
- Salt and pepper to taste
- 3 cups beef broth
- 4 sprigs rosemary

Directions

1. Warm the vegetable oil in the Dutch oven over medium heat.
2. Add the diced onion and cook for around 5 minutes until tender, stirring occasionally. Stir in the minced garlic and cook for 1 more minute. Season with salt and pepper.
3. Remove the onion and garlic to a plate.
4. Season the short ribs well with salt and pepper. Add them to the greasy Dutch oven and brown them for about 5 minutes on each side.
5. Return the onion and garlic to the Dutch oven with the meat.
6. Stir in the beef broth and bring to a boil. Cover and transfer the Dutch oven to a preheated oven at 350°F (177°C) and bake for 120–150 minutes. The ribs are ready when the meat can be easily pulled from the bone.
7. Let rest for 20 minutes before serving.

Nutrition (per serving)

Calories 426, fat 29 g, carbs 8 g, sugar 1 g, Protein 34 g, sodium 388 mg

Meatballs with Mushroom Sauce

This recipe is a very easy and fun dish to prepare. Everyone around the table will love them, perfect for a weeknight winter family meal.

Serves 4-6 | Prep. time 20 minutes | Cooking time 45 minutes

Ingredients

For the meatballs

- 1 medium yellow onion, peeled and finely chopped
- 2 tablespoons butter
- 2 pounds lean ground pork
- ¼ cup breadcrumbs
- 2 eggs, beaten
- 2 tablespoons milk
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

For the mushroom sauce

- 1 large yellow onion, peeled and quartered
 - 2 tablespoons butter, divided
 - 1 tablespoon all-purpose flour
 - Salt and black pepper, to taste
 - 3 cups white or cremini mushrooms, cleaned and sliced
 - 1 teaspoon garlic powder
 - 1 pinch ground allspice, or to taste
 - 2 cups beef stock
 - 1 cup heavy cream
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- Mashed potatoes, for serving

Directions

1. Preheat the oven to 350°F (177°C).
2. To make the meatballs, place a small skillet over medium-high heat and melt in it the butter. Sauté the onion for 4 to 6 minutes until it becomes soft and starts to become golden.
3. Transfer the cooked onion to a large mixing bowl, and add to it the remaining meatball ingredients, season generously with salt and pepper and combine them well.
4. Shape the mixture into 24 meatballs of even size. Arrange them on a large baking sheet lined with parchment paper.
5. Bake your meatballs for 25-35 minutes or until well cooked, turning them over after 15 minutes.
6. In the meantime, make mushroom sauce. Melt half of the butter in a large skillet over medium heat. Add the mushrooms and garlic powder and sauté until well browned and cooking liquids evaporate, about 5-7 minutes.
7. Melt remaining butter in the skillet, then add the flour and cook until it becomes golden, about 2 minutes. Stir in the beef stock and heavy cream. Add a pinch of allspice or to taste. Bring to a boil over medium-high heat.
8. Reduce heat to low and whisk until sauce thickens to a good consistency. If it's too thick, add some more beef stock.
9. Adjust the sauce's seasoning with salt and pepper.
10. Add the meatballs and stir to coat. Continue cooking for 2-3 minutes and serve mashed potatoes.

Nutrition (per serving)

Calories 371, fat 23 g, carbs 13 g, sugar 1 g, Protein 28 g, sodium 539 mg

Lemon, Garlic, and Butter Shrimp

Shrimp pairs beautifully with lemon and garlic butter sauce in this 15-minute recipe.

Serves 4 | Prep. time 5 minutes | Cooking time 15 minutes

Ingredients

- ⅓ cup unsalted butter, divided
- 4 garlic cloves, minced
- 1 ¾ pounds shrimp, peeled and deveined
- Salt and pepper, to taste
- Juice from ½ lemon
- 2 tablespoons water
- Chopped flat-leaf parsley, for garnish

Directions

1. Melt 2 tablespoons of butter in a large pot or Dutch oven over medium heat.
2. Add the garlic. Cook for 2-3 minutes, stirring often. Transfer the garlic to a plate.
3. To the same pan, add the shrimp. Fry over medium-high heat until opaque, about 1-2 minutes per side. Season with salt and pepper.
4. Add the rest of the butter, water, and lemon juice. Cook for 2-3 minutes, stirring regularly.
5. Return the cooked garlic to the pan. Stir until well-combined.
6. Top with parsley and serve.

Nutrition (per serving)

Calories 378, fat 18 g, carbs 4 g, sugar 0 g, Protein 45 g, sodium 594 mg

Eggplant Parmesan

A quick recipe to prepare for an easy weeknight supper the whole family will enjoy.

Serves 4 | Prep time 15 minutes | Cooking time 40 minutes

Ingredients

- 1 cup panko breadcrumbs
- 3 tablespoons olive oil, divided
- Kosher salt, to taste
- 2 garlic cloves, minced
- ½ teaspoon fresh oregano, finely chopped
- Pinch of crushed red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 1½ pounds small eggplants, halved lengthwise
- 8 ounces mozzarella cheese, torn into bite-sized pieces
- ⅓ cup Parmesan cheese, grated
- 2 tablespoons fresh basil leaves, chopped

Directions

1. Arrange a rack in the top third of the oven and preheat the oven to 400°F (204°C).
2. In a small mixing bowl, stir together the breadcrumbs, 1 tablespoon of the oil, and a pinch of salt. Set it aside.
3. In a 12-inch cast-iron skillet, heat 1 tablespoon of the oil over medium-low heat. Sauté the garlic, oregano, crushed red pepper flakes, and ½ teaspoon of salt for about 30 seconds.
4. Add the tomatoes and stir to combine.
5. Increase the heat to high and bring to a simmer, then reduce the heat to medium-low and simmer for about 5 minutes.
6. Meanwhile, in a large mixing bowl, add the eggplant halves, remaining oil, and salt. Toss until well-combined.
7. Remove the skillet with the sauce from the heat.
8. Place the eggplant halves in the skillet cut side down and gently submerge in the sauce.
9. Cover the skillet and bake for about 20-25 minutes or until the flesh of the eggplants is tender.
10. Remove the skillet from the oven and preheat the broiler.
11. Carefully flip each eggplant half and spoon some sauce on top.
12. Evenly sprinkle with the mozzarella, followed by the breadcrumb mixture and Parmesan cheese.
13. Broil for 3-4 minutes or until the cheese is melted and bubbly.
14. Garnish with the basil and serve immediately.

Nutrition (per serving)

Calories 497, fat 24 g, carbs 32 g, sugar 16 g, Protein 26 g, sodium 821 mg

***These recipes and more are found in Louise Davidson's *Winter Cooking: Cozy Family-Friendly Cold Weather Dinner Recipes*. To get your copy, click on the cover below or click [here](#).

