



VEGGIE STEW & CHEESE DUMPLINGS

INGREDIENTS

- 1 teaspoon vegetable oil
- 2 medium onions – peeled and diced finely
- 2 carrots – peeled and sliced into 1.5cm chunks
- 2 sticks **celery** - sliced into 1.5cm chunks
- 2 leeks – cut into thick chunks
- 100g mushrooms – quartered
- 2 cloves garlic – chopped finely
- 1 large can butter beans (drained and washed)
- 1 can mushroom **soup**
- 100ml water
- 1/2 reduced salt vegetable **stock cube**
- 1 teaspoon mixed herbs
- black pepper
- 2 level teaspoons plain **flour** (mixed with water)
- 200g frozen broad beans or peas – defrosted

For the dumplings:

- 100g plain **flour**
- 1 teaspoon baking powder
- 50g **margarine**
- 50 reduced fat mature cheddar **cheese** – grated
- 1 teaspoon mixed herbs

EQUIPMENT

sharp knife, chopping board, vegetable peeler,
3 litre slow cooker, teaspoon, dessertspoon,
measuring jug, small bowl, mixing bowl, fork

SERVES: 4-6

PREP TIME: 20 minutes

ALLERGENS: celery, mustard, soya,
cereals containing gluten,
milk

COOK TIME: 6 hours

METHOD

- 1 Heat the oil in the stick frying pan and add the onions, carrots and celery. Cook on a medium heat for 5-6 minutes until softened and then transfer to the slow cooker.
- 2 Add the add the garlic, beans, soup, water and herbs to the slow cooker.
- 3 In a small bowl, mix the plain flour and water to make a runny paste (this will help to thicken the sauce). Pour into the slow cooker, mix everything together and cover. Then switch the slow cooker to LOW and cook for 4 hours
- 4 To make the dumplings, place the flour and margarine in a mixing bowl and rub together with your fingertips until the mixture resembles breadcrumbs. Add the grated cheese, herbs and 4 dessertspoons water and mix with a fork to make a soft, slightly sticky dough. Finally, divide into six even pieces and roll into balls.
- 5 Add the peas to the slow cooker, mix with a spoon and turn the cooker to HIGH. Arrange the dumplings over the stew, then replace the lid and cooker for a further 2 hours until they are firm and doubled in size.
- 6 Sprinkle the stew with some fresh or dried parsley, then serve with some steamed green



WWW.COOKINGTOGETHER.CO.UK



HEALTHY RECIPES * RYSETIAU IACH