

Chickpeas and Dumplings

Cooking Instructions

1. Melt the butter in a large Dutch oven over medium heat. Add the onion, garlic, carrots, parsnip, potatoes, celery, thyme, and bay leaves. Cook, stirring occasionally, until the onions are translucent, 5-8 minutes.
2. While the veggies are cooking, whisk together 3/4 cup flour, baking powder, salt, and dill in a medium bowl. Use a fork to gradually stir in 1/2 cup of milk. The batter should be slightly thicker than pancake batter and drop easily from a spoon; if it's too thick, add the additional milk 1 tablespoon at a time. Set aside.
3. Sprinkle the remaining flour over the veggies and stir to coat; cook for 30 seconds. Pour in the white wine and cook until evaporated, about 2 minutes. Add the broth, chickpeas, paprika and salt and pepper to the Dutch oven; bring to a slow boil, stirring occasionally, then reduce the heat to low. Drop the dumpling batter into the pot in heaping tablespoonfuls. You should have enough batter for 8-10 dumplings--be sure to keep them evenly spaced because they'll expand as they cook! Cover the Dutch oven and simmer for 20 minutes, or until the potatoes are tender and the dumplings are firm. Remove the bay leaves before serving and season with additional salt and pepper, if needed.

Recipe

- 3 tablespoons butter
- 1 medium onion, diced
- 2 cloves garlic, minced
- 3 medium carrots, peeled and sliced
- 1 large parsnip, sliced
- 2 small red potatoes, diced
- 3 ribs celery, sliced
- 1 teaspoon dried thyme
- 2 dried bay leaves
- 1 cup all-purpose flour, divided
- 1 3/4 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon dried dill weed (or 2 tablespoons fresh dill)
- 1/2 cup + 2 tablespoons milk
- 1/2 cup white wine
- 3 cups vegetable or chicken broth
- 1 (15-ounce) can chickpeas (or 1 1/2 cups cooked chickpeas)
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste

Grocery List (add optional toppings to list as desired)

Produce

- 1 white or yellow onion
- 2 cloves of garlic
- 3 carrots
- 1 parsnip
- 2 red potatoes
- 3 stalks of celery

Dairy

- milk (dairy, almond, soy, etc.)
- butter

Grocery

- all-purpose flour
- baking powder
- white wine (cooking wine)
- 32oz Vegetable or Chicken Broth
- 1 15oz can chickpeas

Spices

- salt
- pepper
- thyme
- bay leaves
- dill
- smoked paprika