

# Root Vegetable Stew with Herbed Dumplings

## Ingredients

### Stew:

4 tsp extra-virgin olive oil, divided  
8oz Italian sausage links, hot or sweet  
2lbs assorted root vegetables, peeled and diced (eg: beets, carrots, parsnips, turnip)  
1 large onion, diced  
4 cloves garlic, minced  
1 tbsp chopped fresh sage or rosemary  
4 cups reduced-sodium chicken broth  
3 cups chopped dark, leafy greens, such as beet, turnip or kale

### Dumplings:

1 ¼ cup whole wheat pastry flour  
½ cup cake flour  
1 tbsp chopped fresh sage or rosemary  
1 tbsp baking powder  
¼ t salt  
1 large egg, lightly beaten  
½ cup low-fat milk

## Preparation

1. To prepare stew: Heat 2 tsp oil in a medium skillet over medium heat. Add sausages and cook until browned on all sides, 5 to 6 minutes. Transfer to a clean cutting board. Let cool slightly and cut into 1-in. pieces.
2. If using parsnips, quarter lengthwise and remove woody core before dicing. Heat the remaining 2 tsp oil in a Dutch oven over medium heat. Cook onion, stirring occasionally, until barely tender, about 4 minutes. Add root vegetables and cook for 5 minutes. Add garlic and sage (or rosemary) and cook until fragrant, about 30 seconds. Add broth and bring to a simmer, stirring often.
3. To prepare dumplings: Meanwhile, whisk whole wheat flour, cake flour, sage (or rosemary), baking powder and salt in a medium bowl. Add egg and milk and stir until a stiff batter forms.
4. When the stew reaches a simmer, stir in greens and the sausage and return to a simmer. Drop the dough, about 1 tbsp at a time, over the stew, making about 18 dumplings. Adjust the heat to maintain a gentle simmer, cover and cook undisturbed until the dumplings are puffed, the vegetables are tender and the sausage is cooked through, about 10 minutes. Serves 6.



### Nutrition (per serving):

403 calories  
17g fat (5g sat, 8g mono)  
69mg cholesterol  
45g carbohydrates  
16g protein  
7g fibre  
815mg sodium  
744mg potassium

### **Nutrition Bonus:**

Vitamin A (150% daily value), Vitamin C (45% daily value), Folate (27% daily value)