

Ital Stew With Dumplings

Ingredients:

Serves 4

- 1.5 Tbs olive oil
- 2 medium carrots
- ¼ cup chopped scallions
- 3 cloves garlic minced
- 1 Tbs fresh ginger minced
- 2 medium Idaho potatoes
- 2 cups frozen sweet corn
- 1 green plantain
- 15 oz can red kidney beans
- 12 medium okra
- 6 cups water
- 2 cups low sodium vegetable broth
- 1 cup unsweetened coconut milk
- Juice of 1 lime
- 1 tsp ground allspice
- ⅛ tsp dried thyme
- ½ tsp cayenne pepper

Dumplings

- ½ cup all purpose flour
- ¼ tsp baking powder
- ⅛ tsp black pepper



*SOY FREE



*VEGAN



Nutrition Facts

4 servings per container

Serving size 2.5 cups

Amount per serving

Calories 480

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 89g 32%

Dietary Fiber 11g 39%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0.6mcg 4%

Calcium 200mg 15%

Iron 4.1mg 25%

Potassium 1380mg 30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. In a large soup pot heat oil.
2. Sauté carrots, garlic, scallions and ginger for 5 minutes. Add potatoes, corn, plantains and beans and sauté for 3-5 minutes.
3. Add spices and remaining ingredients and bring soup to a boil.
4. Reduce heat to medium and simmer covered for 20 minutes.
5. In a separate bowl, mix dumpling ingredients. Dough should be slightly dry.
6. Add 1 heaping teaspoon of the dumpling mix at a time to the soup.