

Root Vegetable Stew with Herbed Dumplings



by Eating Well

Ingredients

Stew

- 4 teaspoons extra-virgin olive oil, divided
- 8 ounces Italian turkey or chicken sausage links, hot or sweet
- 2 pounds assorted root vegetables, peeled (see Tip) and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tablespoon chopped fresh sage, or rosemary
- 4 cups reduced-sodium chicken broth
- 3 cups chopped dark, leafy greens, such as beet, turnip or kale
- Salt & Pepper to preference (optional)

Dumplings

- $\frac{3}{4}$ cup Spelt flour
- 1 tablespoon chopped fresh sage, or rosemary
- $1\frac{1}{2}$ teaspoons baking powder, sifted
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup plain soy, rice or almond milk (I use almond milk)
- 1 Tablespoon safflower or melted coconut oil (I've used olive oil & it turned out fine)

Preparation

1. To prepare stew: Heat 2 teaspoons 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-inch pieces.

2. If using parsnips, quarter lengthwise and remove the woody core before dicing. Heat the remaining 2 teaspoons 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: In a medium sized bowl, mix the spelt flour, baking powder, herbs and salt. Add the soy/rice/almond milk and oil, and stir. This is a wet, lumpy mixture; do not over mix. Divide into six dumplings.
4. When the stew reaches a simmer, stir in greens and the sausage and return to a simmer. Drop the dough, about 1 tablespoon 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 10-15 minutes (depending on how dry or moist you like your dumplings).

Tips & Notes

- **Tip:** Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.

Nutrition

Per serving: 403 calories; 17 g fat (5 g sat , 8 g mono); 69 mg cholesterol; 45 g carbohydrates; 16 g protein; 7 g fiber; 815 mg sodium; 744 mg potassium.

The Balanced Body Center

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