



## Root Vegetable Cobbler with Chive Biscuit Topping

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



582 kcal

### Ingredients

- ☐ 2 cups flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 large carrots peeled cut into 1/2-inch pieces
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 1.5 teaspoons thyme dried
- ☐ 2 large eggs
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.8 teaspoon ground cumin

- ☐ 0.5 teaspoon pepper black
- ☐ 1 large onion chopped
- ☐ 1 cup peas frozen
- ☐ 1 teaspoon salt
- ☐ 8 ounces mushroom caps fresh diced stemmed
- ☐ 8 ounce turnip peeled cut into 1/2-inch pieces
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch pieces
- ☐ 14.5 ounce vegetable stock canned
- ☐ 1 cup water
- ☐ 1 cup whipping cream
- ☐ 1.5 pounds potatoes peeled cut into 1/2-inch pieces ( 3 2/3 cups)
- ☐ 0.5 cup milk whole

## Equipment

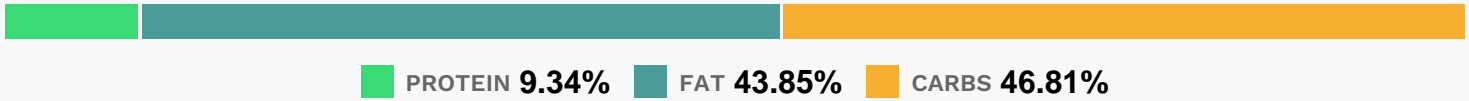
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

## Directions

- ☐ Melt 2 tablespoons butter in heavy large pot over medium-high heat.
- ☐ Add onion and sauté until deep golden, about 7 minutes.
- ☐ Add next 7 ingredients and stir 1 minute.
- ☐ Add broth and 1 cup water; bring to boil. Reduce heat, cover and simmer until vegetables are almost tender, about 10 minutes. Stir in cream, shiitake mushrooms, peas and chives. Season to taste with salt. Bring mixture to simmer.
- ☐ Mix remaining 1 tablespoon butter and flour in small bowl to blend. Stir into vegetable mixture; simmer until mixture thickens slightly, about 5 minutes. Divide vegetable mixture among six 2-cup soufflé or baking dishes; set aside. (Can be prepared 1 1/2 hours ahead.
- ☐ Let stand at room temperature.)

- ☐ Preheat oven to 425°F. Sift flour, baking powder and salt into bowl. Stir in chives.
- ☐ Add butter; rub in with fingertips until mixture re-sembles coarse meal.
- ☐ Add eggs and milk and stir until soft moist dough forms.
- ☐ Turn dough out onto generously floured surface. Knead gently just to combine. Divide dough into 6 equal pieces; pat out each piece to 3 1/2-inch round.
- ☐ Place 1 dough round atop vegetable filling in each dish (some filling will show around edges).
- ☐ Place dishes on large baking sheet.
- ☐ Bake until topping is golden and vegetable mixture is heated through, about 18 minutes.
- ☐ Let stand 5 minutes.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:106.49, Glycemic Load:42.43, Inflammation Score:-10, Nutrition Score:27.806521934012%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

## Nutrients (% of daily need)

Calories: 582.22kcal (29.11%), Fat: 28.91g (44.48%), Saturated Fat: 17.37g (108.53%), Carbohydrates: 69.43g (23.14%), Net Carbohydrates: 61.57g (22.39%), Sugar: 9.21g (10.24%), Cholesterol: 139.36mg (46.45%), Sodium: 967.04mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Vitamin A: 3480.33IU (69.61%), Vitamin C: 43.94mg (53.25%), Manganese: 0.83mg (41.73%), Vitamin B1: 0.56mg (37.36%), Selenium: 25.43µg (36.33%), Folate: 143.9µg (35.97%), Vitamin B2: 0.6mg (35.22%), Vitamin B6: 0.67mg (33.41%), Phosphorus: 333.38mg (33.34%), Vitamin B3: 6.36mg (31.79%), Fiber: 7.86g (31.45%), Potassium: 987.88mg (28.23%), Iron: 4.65mg (25.81%), Copper: 0.48mg (24.14%), Calcium: 240.12mg (24.01%), Vitamin B5: 2.22mg (22.22%), Vitamin K: 20.48µg (19.5%), Magnesium: 72.89mg (18.22%), Zinc: 2.11mg (14.09%), Vitamin D: 1.64µg (10.97%), Vitamin E: 1.07mg (7.14%), Vitamin B12: 0.35µg (5.76%)