



Tomato-Vegetable Stew with Cheddar Cheese Dumplings

READY IN



60 min.

SERVINGS



6

CALORIES



382 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons vegetable oil
- 3.5 cups onion coarsely chopped (2 to 3 large)
- 0.8 cup celery coarsely chopped (1 to 2 medium stalks)
- 2 cups green beans frozen italian
- 28 oz canned tomatoes diced organic undrained canned
- 1.8 cups chicken broth (from 32-oz carton)
- 1 teaspoon basil dried
- 0.3 teaspoon pepper

- 1.5 cups self raising flour
- 0.5 teaspoon ground mustard
- 0.3 cup shortening
- 2 oz sharp cheddar cheese shredded
- 0.7 cup milk

Equipment

- bowl
- blender
- dutch oven

Directions

- In 4- to 5-quart Dutch oven, heat oil over medium-high heat.
- Add onions and celery; cook, stirring frequently, until tender.
- Stir in remaining stew ingredients.
- Heat to boiling. Reduce heat to low; simmer uncovered 15 to 20 minutes or until beans are tender.
- Meanwhile, in medium bowl, stir together flour and mustard. With pastry blender or fork, cut in shortening until mixture looks like coarse crumbs. Stir in cheese.
- Add milk; stir just until dry ingredients are moistened.
- Drop dough by rounded tablespoonfuls onto simmering stew. Cover; cook over medium-low heat 20 to 25 minutes or until dumplings are firm when pressed.

Nutrition Facts



PROTEIN 11.46% **FAT 42.04%** **CARBS 46.5%**

Properties

Glycemic Index:51.17, Glycemic Load:20.65, Inflammation Score:-8, Nutrition Score:17.866521793863%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 20mg, Quercetin: 20mg, Quercetin: 20mg, Quercetin: 20mg

Nutrients (% of daily need)

Calories: 381.58kcal (19.08%), Fat: 18.45g (28.39%), Saturated Fat: 5.35g (33.47%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 39.79g (14.47%), Sugar: 12.88g (14.32%), Cholesterol: 14.07mg (4.69%), Sodium: 518.19mg (22.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Vitamin K: 43.14µg (41.08%), Manganese: 0.77mg (38.34%), Vitamin C: 23.96mg (29.04%), Selenium: 17.76µg (25.37%), Fiber: 6.15g (24.59%), Potassium: 732.34mg (20.92%), Vitamin B6: 0.41mg (20.47%), Vitamin E: 3.02mg (20.1%), Calcium: 197.28mg (19.73%), Copper: 0.38mg (19.22%), Phosphorus: 192.05mg (19.21%), Vitamin B2: 0.28mg (16.48%), Folate: 64.67µg (16.17%), Iron: 2.84mg (15.8%), Vitamin B1: 0.24mg (15.7%), Magnesium: 62.6mg (15.65%), Vitamin A: 738.34IU (14.77%), Vitamin B3: 2.55mg (12.74%), Zinc: 1.41mg (9.43%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.35µg (2.37%)