Vegetable and Dumpling Soup

Vegetarian

READY IN	SERVINGS	CALORIES
100 min.	4	576 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 package biscuit mix to directions) prepared for 8 drop biscuits (recommended: jiffy brand
- [ ] 3 tablespoons butter
- [ ] 2 carrots diced peeled
- [ ] 4 ribs celery diced with leafy tops from the heart,
- [ ] 4 cups chicken stock-in-a-box
- [ ] 1 cup cooking wine dry white
- [ ] 1 bulb fennel trimmed
- [ ] 1 handful flat-leaf parsley fresh finely chopped

- [ ] 2 tablespoons flour
- [ ] 2 large bay leaves fresh
- [ ] 0.3 cup optional: dill fresh finely chopped
- [ ] 2 tablespoons thyme leaves fresh chopped
- [ ] 4 cloves garlic chopped
- [ ] 0.3 cup olive oil extra-virgin
- [ ] 1 large onion diced
- [ ] 2 parsnips peeled chopped
- [ ] 1 cup peas green frozen
- [ ] 2 potatoes diced all-purpose peeled
- [ ] 4 servings salt and pepper black freshly ground

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] whisk
- [ ] pot
- [ ] dutch oven
- [ ] cutting board

Directions

- [ ] Heat a large Dutch oven over medium high heat with olive oil, 4 turns of the pan. Quarter and core the fennel, then chop into a small dice and add to the pot. Chop the vegetables and keep adding to the pot as you work to keep your cutting board clear - add the diced celery, chopped parsnips, carrots, potatoes, onions, garlic, and season liberally with salt and pepper, add in bay leaves and thyme. Sweat the vegetables 8 to 10 minutes covered, stirring fairly frequently, then add wine and deglaze the pot Stir in the stock plus 2 cups water and bring to a boil.
- [ ] Heat the butter in a small skillet over medium heat to melt, then whisk in the flour 1 minute. Scrape the roux into the soup. Simmer the soup a few minutes to combine the flavors then cool and cover for a make-ahead meal.

- [ ] Bring the soup to a boil over medium to medium-high heat, stirring occasionally. Stir together the biscuit mix with water and parsley according to package directions. When the soup comes to a boil add in the peas, dill and reserved fennel fronds. Using 2 spoons drop the biscuit mix into a pot shaping small egg-shaped dumplings as you go. Cover and simmer over medium-low heat for 10 minutes. Turn off the heat and serve the hearty, thick soup in shallow bowls.

Nutrition Facts

PROTEIN **10.12%** FAT **42.48%** CARBS **47.4%**

Properties

Glycemic Index:156.23, Glycemic Load:26.11, Inflammation Score:-10, Nutrition Score:35.612608808538%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 3.4mg, Apigenin: 3.4mg, Apigenin: 3.4mg, Apigenin: 3.4mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Isorhamnetin: 3.16mg, Isorhamnetin: 3.16mg, Isorhamnetin: 3.16mg, Isorhamnetin: 3.16mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 575.71kcal (28.79%), Fat: 25.86g (39.79%), Saturated Fat: 8.26g (51.61%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 51.98g (18.9%), Sugar: 16.93g (18.81%), Cholesterol: 29.78mg (9.93%), Sodium: 521.38mg (22.67%), Alcohol: 6.18g (100%), Alcohol %: 1.08% (100%), Protein: 13.86g (27.72%), Vitamin A: 6384.27IU (127.69%), Vitamin K: 107.31µg (102.2%), Vitamin C: 72.36mg (87.71%), Manganese: 1.25mg (62.65%), Fiber: 12.94g (51.78%), Potassium: 1689.81mg (48.28%), Vitamin B6: 0.82mg (41.24%), Folate: 163.43µg (40.86%), Vitamin B3: 7.51mg (37.54%), Phosphorus: 309.95mg (30.99%), Vitamin B1: 0.43mg (28.78%), Vitamin E: 4.14mg (27.61%), Vitamin B2: 0.46mg (26.83%), Magnesium: 106.08mg (26.52%), Copper: 0.53mg (26.31%), Iron: 4.37mg (24.28%), Calcium: 157.32mg (15.73%), Selenium: 10.32µg (14.75%), Zinc: 2.11mg (14.04%), Vitamin B5: 1.29mg (12.88%)