

Chickpeas and Dumplings

Instructions

1. Melt the butter in a large Dutch oven over medium heat. Add the onion, garlic, carrots, parsnip, potatoes, celery, thyme, and bay leaves. Cook, stirring occasionally, until the onions are translucent, about 5-8 minutes.
2. While the veggies are cooking, whisk together $\frac{3}{4}$ cup of flour, baking powder, salt, and dill in a medium bowl. Use a fork to gradually stir in $\frac{1}{2}$ cup of milk. The batter should be slightly thicker than pancake batter and drop easily from a spoon; if it's too thick, add more milk, 1 tablespoon at a time. Set aside.
3. Sprinkle the remaining flour over the veggies and stir to coat; cook for 30 seconds. Pour in the white wine and cook until evaporated, about 2 minutes. Add the broth, chickpeas, paprika, and salt and pepper to the Dutch oven; bring to a slow boil, stirring occasionally, then reduce the heat to low.
4. Drop the dumpling batter into the pot in heaping tablespoonfuls. You should have enough batter for 8-10 dumplings--be sure to keep them evenly spaced because they'll expand as they cook! Cover the Dutch oven and simmer for 20 minutes, or until the potatoes are tender and the dumplings are firm. Remove the bay leaves before serving and season with additional salt and pepper, if needed.

Ingredients

- 3 tbsp butter
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 3 medium carrots, peeled and sliced
- 1 large parsnip, sliced
- 2 small red potatoes, diced
- 3 stalks of celery, sliced
- 1 tsp dried thyme
- 2 dried bay leaves
- 1 cup all-purpose flour, divided
- 1 $\frac{3}{4}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{3}{4}$ tsp dried dill weed (or 2 tbsp fresh dill)
- $\frac{1}{2}$ cup + 2 tbsp milk
- $\frac{1}{2}$ cup white wine
- 3 cups vegetable or chicken broth
- 1 (15 oz) can chickpeas (or 1 $\frac{1}{2}$ cups cooked chickpeas)
- $\frac{1}{2}$ tsp smoked paprika
- Salt and pepper, to taste

Grocery List

Grocery

- All-purpose flour
- Baking powder
- White wine (cooking wine)
- Vegetable or chicken broth
- 1 can (15 oz) chickpeas

Spices

- Salt
- Pepper
- Thyme
- Bay leaves
- Dill
- Smoked paprika

Produce

- White or yellow onion
- Garlic
- Carrots
- Parsnip
- Red potatoes
- Celery

Dairy

- Butter
- Milk (dairy, almond, soy, etc.)