



# Vegetable stew with cheddar dumplings

Prep: 20 minutes • Cook: 90 minutes • Serves: 4



## Ingredients

1 tablespoon olive oil  
1 leek, cut into chunks  
1 clove garlic, crushed  
1 onion, chopped  
2 carrots, cut into chunks  
1 large parsnip, cut into chunks  
2 tablespoons plain flour  
400ml low-salt vegetable stock  
400g can of butter beans, drained and rinsed (use chickpeas or cannellini beans if preferred)  
1 tablespoon fresh rosemary, chopped  
200ml crème fraîche  
150g frozen peas

## Cheddar dumplings

80g self-raising flour  
30g vegetarian suet  
60g cheddar, grated  
1 heaped teaspoon wholegrain mustard

## To serve

Handful of chopped parsley

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **54g**  
Low protein ✓  
Low salt ✓  
Cost per portion (Sept 2022) **£1.45**  
Energy in kcals **495**

- 1 Heat the olive oil in a large lidded pan and add the leek, garlic and onion. Cook until softened.
- 2 Add the carrots and parsnip to the pan and cook for a further five minutes. Pour in the flour and mix it into the vegetables. Add the stock, stirring well until the flour has dissolved and there are no lumps, then add the drained beans.
- 3 Sprinkle over the chopped rosemary and top-up the liquid with water to ensure all of the vegetables are covered. Put a lid on the pan and simmer over a medium heat for 40 minutes.
- 4 While the stew is cooking, prepare the dumplings. Put the flour into a bowl and mix in the suet, cheddar and mustard. Add 2-3 tablespoons of cold water and, using your hands, combine to form a sticky dough. Divide into four and roll into balls.
- 5 Take the lid off the stew and mix in the peas and crème fraîche.
- 6 Place the dumplings on top of the stew, replace the lid and cook for a further 25 minutes. Serve with parsley sprinkled over the top.