

ROOT VEGGIE STEW WITH DUMPLINGS

Ingredients:

- 1 Tbsp olive oil
- 1 1/2 lbs 96/4 lean ground pork
- 1 large yellow onion, diced
- 5 cloves garlic, minced
- 1 Tbsp chopped fresh rosemary
- 2 lbs assorted root vegetables, greens separated & chopped (beets, turnips, carrots), thoroughly washed
- 2 (32 oz) cartons unsalted chicken broth
- 2 1/2 cups heart smart biscuit mix
- 1 Tbsp Italian seasoning
- 1 cup 1% low-fat milk

Preparation:

1. In a large stockpot heat oil over medium. Add pork, onion, garlic & rosemary. Cook 5-7 minutes or until pork browns & onions are soft.
2. Add root vegetables & cook 5 minutes. Add broth & bring to a boil, stirring often.
3. Meanwhile, in a medium bowl, combine biscuit mix, Italian seasoning & milk. Stir until a stiff dough forms.
4. Once boiling, stir in greens & return to a simmer.
5. Drop 1 Tbsp dough at a time in stew; about 16 dumplings. Cover & cook undisturbed 10 minutes, or until dumplings are firm & vegetables are tender.

45 Min | Serves 8

Nutrition Facts

8 servings per recipe
Serving size (476g)

Amount per serving
Calories **350**

% Daily Value*

Total Fat 10g 13%
 Saturated Fat 2g 10%
 Trans Fat 0g

Cholesterol 45mg 15%
Sodium 530mg 23%

Total Carbohydrate 40g 15%
 Dietary Fiber 3g 11%
 Total Sugars 10g
 Includes 0g Added Sugars 0%

Protein 28g

Vitamin D 0mcg 0%
 Calcium 306mg 25%
 Iron 3mg 15%
 Potassium 895mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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BEETS

In Season

May - July, October - November

How to Select

Choose beets that are firm with wrinkle-free skin & non-wilted leaves if still attached. Small beets are more tender.

How to Store

Store unwashed beets in a plastic bag in fridge for up to 3 weeks. Beets can be boiled, sliced & frozen in a freezer-safe bag up to 1 year.

Helpful Tip

Beet greens are nutritious & delicious! When removing greens leave 1" of stems to prevent color loss during cooking. Refrigerate in zip-close bag up to 5 days.



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