

(Russian Dumplings)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-russian-dumplings>

Ingredients:

- 1 small yellow onion
- 28 ounces vegetable broth use the organic, reduced sodium
- 1 bay leaf
- 1 cup water
- 2 teaspoons extra virgin olive oil
- 1 cup russet potatoes shredded, peeled
- 1/3 cup low fat milk
- salt and ground black pepper to taste
- 24 wonton wrappers
- 2 tablespoons canola oil
- 8 ounces cremini mushrooms thinly sliced
- 7 ounces roasted red peppers, drained and diced
- 1/2 cup sour cream
- 2 tablespoons fresh dill chopped

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 20 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1790 milligrams
9. Sugar: 6 grams

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