

Dilly Stew With Rosemary Dumplings

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/navy-beans-vegetarian-recipe-india>

Ingredients:

- 3 tablespoons olive oil
- 1/4 cup all purpose flour
- 1 sweet onion medium sized, like Vidalia or Walla Walla, quartered and thinly sliced
- 1 teaspoon salt
- 3 cloves garlic minced
- 6 cups vegetable broth at room temperature
- 2 stalks celery tops removed, sliced 1/4 inch thick
- 1 1/2 pounds potato in 3/4 inch chunks, peel if they're russets
- 1 cup baby carrots see note
- 1 tablespoon fresh thyme
- 2 tablespoons chopped fresh dill
- 1/2 teaspoon sweet paprika
- fresh black pepper
- 15 ounces navy beans rinsed and drained, about 1 1/2 cups
- 1 1/2 cups all purpose flour
- 2 teaspoons baking powder
- 1 tablespoon dried rosemary finely chopped
- 1/2 teaspoon salt
- 3/4 cup unsweetened almond milk or soy
- 2 tablespoons olive oil

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 59 grams
3. Fat: 17 grams
4. Fiber: 5 grams
5. Protein: 11 grams

6. SaturatedFat: 7 grams
 7. Sodium: 1500 milligrams
 8. Sugar: 7 grams
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