



Vegetarian Dumpling Stew

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 6 to 8

PREPARATION: 20 MINUTES

COOKING: 60 MINUTES

INGREDIENTS

- 125 ml (1/2 cup) finely chopped onion
- 1 garlic clove, minced
- 1 container mushrooms, finely chopped
- 30 ml (2 tbsp) oil
- 125 ml (1/2 cup) brown lentils (grind in your coffee grinder)
- 125 ml (1/2 cup) millet
- 500 ml (2 cups) water
- 30 ml (2 tbsp) Red Star food yeast in flakes
- 15 ml (1 tbsp) Tamari sauce
- 2.5 ml (1/2 tsp) cinnamon
- 2.5 ml (1/2 tsp) thyme
- 2 pinches of cloves

Sauce:

- 500 ml (2 cups) water
- 60 ml (4 tbsp) toasted flour,* diluted in 60 ml (4 tbsp) water
- 2.5 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) nutmeg
- 1 clove
- 60 ml (4 tbsp) Tamari sauce

PREPARATION OF DUMPLINGS

1. Preheat the oven to 350 °F (180 °C)
2. In a medium saucepan, sauté onion, garlic and mushrooms in oil.
3. Add lentils, millet, water and seasonings. Stir it all well.
4. Pour into an oiled glass pan. Cover and place in the oven on the center rack.
5. Cook for 60 minutes, stirring once or twice during cooking.
6. Remove from heat, allow to cool to room temperature, then refrigerate.
7. Shape into small balls about 1 1/2 inches in diameter and place on a baking sheet lined with oiled parchment paper.
8. Bake in the oven at 350 °F (180 °C) on the centre rack for about 30 minutes, until golden brown, turning a few times during cooking.
9. Allow to cool again in the refrigerator.



The perfect comfort dish!

TIP

* To make toasted flour, use the all-purpose flour "*La Merveilleuse*". Here's the technique: put a cup of flour in a cast iron pan over low heat. Stir constantly with a wooden spoon. It's ready when the flour becomes a beautiful brownish colour. This can easily take 15 to 20 minutes. It is necessary to avoid setting the heat too high as the flour will burn and will not taste very good. You can store your toasted flour in an airtight container until ready to use.

NUTRITION FACTS

| Per portion | 150 Calories |
|------------------------|--------------|
| Fat: 3,5 g | 5 % |
| Saturated 0,5 g | |
| Trans 0,1 g | 3 % |
| Polyunsaturated: 0,7 g | |
| Omega-6: 0,3 g | |
| Omega-3: 0,1 g | |
| Monounsaturated: 2 g | |
| Cholesterol: 0 mg | |
| Sodium: 320 mg | 13 % |
| Carbohydrate: 24 g | 8 % |
| Fibres: 4 g | 16 % |
| Sugars: 1 g | |
| Protein: 7 g | |
| Vitamin A | 2 % |
| Vitamin C | 4 % |
| Calcium | 2 % |
| Iron | 15 % |
| Magnesium | 15 % |
| Manganese | 30 % |
| Vitamin B12 | 50 % |

PREPARATION OF THE SAUCE

1. Combine all ingredients in a medium saucepan.
2. Bring gently to a boil, stirring constantly with a whisk.
3. Simmer for about 5 minutes, continuously whisking, until thickened.
4. Heat the meatballs in the sauce over very low heat and serve!