



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vegan Dill Stew with Rosemary Dumplings ••

This vegan dill stew is a comforting and flavorful dish that is perfect for chilly evenings. The stew is made with a rich vegetable broth, fresh dill, and a variety of hearty vegetables. It is served with fluffy rosemary dumplings that add a delicious savory flavor. This stew is a great option for vegans and anyone looking for a hearty and satisfying meal.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

4 c	vegetable broth
2 c	potatoes
2 c	Carrots

1 cup	onion
2 cloves	garlic
2 tbsp	fresh dill
1 c	Flour
2 tsp	Baking Powder
1 tsp	Salt
1 tsp	Rosemary
2 tbsp	vegetable oil
1 c	water

Directions

Step 1

Sautéing

In a large pot, heat vegetable oil over medium heat. Add onion and garlic and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Boiling

Add potatoes, carrots, and vegetable broth to the pot. Bring to a boil and then reduce heat to a simmer. Cook for 20 minutes or until vegetables are tender.

Prep Time: 5 mins

Cook Time: 20 mins

Step 3

Mixing

In a mixing bowl, combine flour, baking powder, salt, and rosemary. Add water and mix until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cooking

Drop spoonfuls of the dumpling dough into the stew. Cover and cook for 10 minutes or until dumplings are cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Garnish with fresh dill and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Chinese French Mediterranean Spanish American

Middle Eastern

Meal Type

Breakfast Brunch Lunch Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Sugar-Free

Difficulty Level

Medium

Visit our website: healthdor.com