

Vegan bean and vegetable stew with herb dumplings



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Stew ingredients:

- 2 tablespoons oil
- 2 cloves garlic, chopped (leave out if you don't like garlic)
- 500g leeks, sliced
- 1 large carrot, diced
- 250g mushrooms, sliced
- 400g can chopped tomatoes
- 150ml vegetable stock

- 1 tablespoon each of tomato puree, paprika and soy sauce
- 400g can red kidney beans, drained
- Salt and pepper to taste

Vegetarian dumpling ingredients:

- 125g self-raising flour, sifted
- 60g vegetable suet
- 2 tablespoons chopped mixed herbs
- 5 tablespoons cold water

Stew and dumplings on a budget:

Heat the oil in a large pan. Add the garlic, leeks, carrot and mushrooms and sauté until just tender.

Add the tomatoes with their juice, tomato puree, paprika, soy sauce and vegetable stock. Add more water if needed, bring to the boil and simmer, covered, for 20 minutes.

Meanwhile make the dumplings. Mix the flour, suet and herbs together and gradually add just enough cold water to make a firm dough. Divide into 8 balls.

Now add the kidney beans to the stew and season to taste, then arrange the dumplings on top. Cover and simmer for 20 minutes, until the dumplings are light and fluffy. Serve as soon as possible.

Adapted from a recipe in "Vegetarian Suppers" by Jane Suthering, by Glynnis Chapman.