



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## Winter Vegetable Soup with Dumplings

From *Rachel Ray*

Serves 6

- 2 tablespoons extra virgin olive oil
- 4 stalks celery, chopped
- 2 onions, chopped
- 4 carrots, peeled and diced small
- 1 potato, peeled and diced small
- 1 rutabaga, peeled and diced small
- 1 bay leaf
- Salt and pepper
- 2 quarts vegetable or chicken stock
- 4 tablespoons butter
- 4 tablespoons flour
- 1 rounded tablespoon Dijon mustard
- 2 tablespoons parsley, finely chopped
- 1 cup frozen peas
- 1 teaspoon tarragon

Heat a large, heavy soup pot over medium heat and add the oil. When the oil is hot, add the celery, onions, carrots, potato, rutabaga, bay leaf, salt and pepper. Stir and cover, about 15 minutes, stirring occasionally. Add the stock, raise the heat to bring to a boil, then reduce the heat to medium-low to keep a rolling simmer. Melt the butter in a small pot and combine with the flour and Dijon mustard to make a roux. Whisk the roux into the soup. Stir the peas and tarragon into the soup. Season with salt and pepper to taste. Use 2 teaspoons to drop small, walnut-sized dumplings into the soup. Don't crowd the dumplings. Cover the pot with the lid. Cook for 6 minutes, then uncover and check that the dumplings are firm. Ladle the soup into bowls, sprinkle with parsley, and serve immediately.

### *Dumplings:*

- 2 cups Arrowhead Mills Baking Mix
- 2/3 cup milk

Stir together baking mix and milk in a medium bowl until a soft dough forms.