

## **Chickpea and Dumplings**

### **Prep time:**

15 minutes

### **Cooking time:**

30 minutes

### **Yields:**

6 people

### **Ingredients:**

1 medium onion, diced  
2 cloves garlic, minced  
3 medium carrots, peeled and sliced  
3 ribs celery, sliced  
2-3 sprigs fresh thyme  
3/4 cup chickpea flour  
1/2 teaspoon baking powder  
1 teaspoon fresh parsley, chopped  
1/2 cup unsweetened almond milk  
1 tablespoon tamari  
2 cups vegetable broth  
1 cup water  
1 (15-ounce) can chickpeas (or 1 1/2 cups cooked chickpeas)  
Salt and pepper, to taste

### **Directions:**

- Spray a large Dutch oven and place over medium heat. Add the onion, garlic, carrots, celery, and thyme. Saute 2-3 minutes and season with salt and pepper.
- Add chickpeas, vegetable broth and water. Bring to a boil and reduce to a simmer.
- Whisk together 3/4 cup chickpea flour, baking powder, and parsley in a medium bowl. Gradually stir in 1/2 cup of almond milk and tamari.
- Drop the dumpling batter into the pot using a tablespoon. Cover the Dutch oven, simmer for 20 minutes and enjoy.

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June Health and Wellness