



home recipes other goodies blog healthy hbhw

Lentil and Vegetable Soup With Dumplings

[Click to Print This Recipe](#)

Search
Advanced Search

FREE NEWSLETTER

Sign up to receive the HBHW newsletter every other week. I'll also send you my family budget report as a thank you for joining.

Name:

Email:

...JOIN

Your information will never be rented, shared or sold. You may unsubscribe at any time.

MOST POPULAR RECIPES:

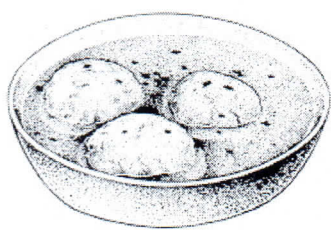
- [Homemade Convenience Foods](#)
- [\\$45 Emergency Menu](#)
- [\\$70 Low Cost Menu](#)
- [Holiday Recipes](#)
- [Powdered Milk Recipes](#)
- [Snack Recipes](#)
- [Waldorf Salad](#)
- [Pie Recipes](#)



And having food and raiment let us be therewith content.

-1 Timothy 6:8

[grocery coupons](#)
[free samples](#)



Vegetable Soup
Heart healthy vegetable soup recipe Health tips, articles and offers.

"My Wrinkles Melted Away"
Learn How a Mom Combined 2 Products to Get Rid of Her Wrinkles Forever.
Ads by Google

Soup

- 1-1/4 cups dry lentils
- 8 cups water (2 quarts)
- 4 carrots, peeled and sliced
- 3 or 4 celery stalks, peeled and sliced
- 1 large onion, peeled and sliced
- 4 bouillon cubes or 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper

Dumplings

- 2 tablespoons vegetable oil
- 1 egg or 3 tablespoons more milk (see note below)
- 1/2 cup milk
- 1-1/2 cups flour
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon each salt & sugar

Begin by making the soup. Rinse the lentils under running water. Then place them in a large pot and cover them with 2-quarts of water. Bring the mixture to a boil and allow it to simmer over medium heat for about 20 minutes. The lentils will be almost tender. Add the vegetables, bouillon, garlic and black pepper. Stir gently and allow the mixture to simmer for 20 minutes more. The vegetables and lentils will both be tender. Taste and add salt if you think it needs it.

Now look over the amount of liquid in the pot. Add enough extra water so that all of the solids are well covered with liquid. They don't need to be swimming over their heads, but they should be wading up to their waists. Bring the mixture to a slow lazy simmer, not a boil. If the soup boils it will disintegrate the dumplings instead of cooking them up into fluffy, glimmering jewels.

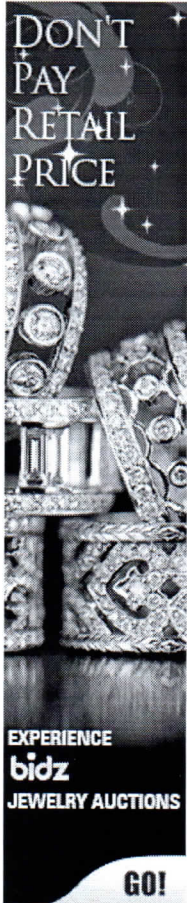
While the soup is simmering, prepare your dumplings. Get out a big bowl. In it combine the oil, egg and milk until they are well blended. Add the flour, baking powder, salt and sugar. Mix it up to a stiff batter, like for drop biscuits. Set it aside until you need it.

When the soup is simmering slowly, it is time to drop in the dumplings. Take small rounded scoops of the dough with teaspoon and drop them into the simmering broth, on top of the vegetables. Keep dropping the dough blobs until you have scraped the bowl clean. Now put the

Join the FREE HBHW Newsletter

Close Me

Name: Email:



the soup and dumplings as soon as possible. The soup will be thickened and the dumplings will be light and fluffy.

Makes between 4 and 6 servings.

NOTE: If you don't have any extra eggs, then leave out the egg and replace it with 3 tablespoons of milk. The dumplings will still be good.

Here's another great bean, lentil and dry pea recipe you may want to try ... Chickpea Tacos. My family will just gobble those up.

[Dumpling Recipe](#)

Find it here. See our resources for Dumpling Recipe

[Lost Garlic Bread Recipe](#)

Very old garlic bread recipe from Sicily found. It's Marvelous.

Ads by Google

[top of page](#)

[home](#) : [contact](#) [about](#) : [media](#) : [links](#) :

© 1999-2009 HillBillyHousewife.com • All rights reserved. • Website & Graphics by CCD

Join the FREE HBHW Newsletter

Name:

Email:

[Close Me](#)