

Peanut Stew with Winter Vegetables and Cornmeal Dumplings (serves 4-6)

Ingredients for Stew:

- 1 tbsp peanut oil
- 1 cup diced yellow onion
- 1 tsp paprika
- 1/8 tsp cayenne pepper
- 1/4 sea salt
- 1 tbsp minced ginger root
- 2 cloves of minced garlic
- 2 cups diced yellow potatoes
- 1/2 cup diced carrot
- 1/2 cup diced parsnip
- 2 cups peeled and diced sweet potato
- 3 tbsp creamy peanut butter
- 2 tbsp tomato paste
- 5 cups vegetable stock

Warm the oil in a large saucepan over medium heat. Add the onions, cayenne, paprika and salt, and sauté until the onions are soft (about 5-7 minutes). Add the ginger, garlic, potato, carrot, parsnip and sweet potato, and saute until the vegetables begin to soften (about 5-7 minutes). Decrease the heat to medium-low.

Put the peanut butter, tomato paste and 2 cups of vegetable stock in a bowl and blend until smooth. Pour into the saucepan and stir in the remaining 3 cups of stock. Bring to a simmer, cover partially and cook, stirring occasionally, until the vegetables are tender (about 30 minutes).

Season the stew with salt and pepper to taste. Serve each bowl of stew with a few dumplings on top.

Ingredients for Dumplings:

- 1/2 cup whole wheat pastry flour
- 1/2 cup yellow cornmeal
- 2 tbsp minced thyme
- 2 tsp finely ground golden flaxseeds
- 1.5 tsp baking powder
- 1/2 sea salt
- 3 tbsp cold, unsweetened soy milk
- 1 tbsp olive oil

Put about 5 cups of water in a medium saucepan and bring to a boil over high heat. Sift flour, cornmeal, thyme, flaxseeds, baking powder and salt into a medium bowl and stir with a whisk until blended. Make a well in the center, add the soy milk and oil, and stir just until the mixture forms a batter that comes away from the sides of the bowl.

Decrease the heat under the saucepan of water to low and maintain a slow simmer. With a soup spoon, gently drop tablespoons of the batter into the water, waiting about 15 seconds before adding the next spoonful of batter. When the batter is used up, cover and simmer until the dumplings are puffed (about 10 minutes). Using a slotted spoon, gently transfer the dumplings to a plate.