



BEAN SOUP WITH DUMPLINGS

September 26

National Dumpling Day



INGREDIENTS

- 2 Cups All-Purpose Flour
- 4 Teaspoons Baking Powder
- 1 Teaspoon Fine Salt
- 1 Cup Milk or Water
- 10 Cups Prepared Condensed Bean Soup (prepared according to package directions)

DIRECTIONS

1. Sift 2 cups all-purpose flour, 4 teaspoons baking powder, and 1 teaspoon fine salt together in a large bowl.
2. Add 1 cup milk and mix until combined. The batter should be thick enough to be scooped and dropped from a spoon. Let it rest for a few minutes.
3. Bring soup to a boil. Drop 12 spoonfuls of the batter into the soup. Try to keep the dumplings on top.
4. Lower the heat to medium-low to maintain a lively simmer. Cover and cook for 10 to 15 minutes.
5. Do not remove the lid until it is time to check the dumplings. The dumplings are ready when they have doubled in size, and a toothpick inserted into the center comes out clean.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

10 Cups Soup +
12 Dumplings

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Soup + 1 Dumpling	¾ Cup Soup + 1 Dumpling	1 Cup Soup + 2 Dumplings	1 Cup Soup + 4 Dumplings