

Bean Casserole with Dumplings

Prep time: 20 mins

Cooking time: 1 hour

Makes: 4 Servings

Ingredients

- 3 tablespoons vegetable oil
- 1 onion, chopped
- 1 green, red, or yellow pepper, chopped
- 2 cloves garlic, minced (optional)
- 1 tin of chickpeas beans, drained
- 1 tin of kidney beans, drained
- 1 tin of white beans, drained
- 1 tin of diced tomatoes
- 250ml vegetable stock or water
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon thyme
- ½ teaspoon marjoram
- 125g mushrooms, quartered (optional)



For the dumplings:

- 125g (1 cup) self-raising flour, or 125g plain flour with 2 teaspoons of baking powder
- ½ tsp salt
- 1 egg
- Milk to make 125ml (½ cup)

Method

1. In a wide, deep saucepan with a lid, fry the chopped onion and green pepper in vegetable oil until soft. Add garlic, if using, and fry for another minute.
2. Add beans, tomatoes, and stock to pan and stir. Add salt, pepper, and herbs and stir in. Bring to a simmer, add mushrooms if using, and cook for 30 minutes covered.
3. Meanwhile, make the dumpling batter. Put flour, baking powder if using, and salt into a bowl and mix thoroughly. Beat the egg in a measuring cup and then add milk to make 125ml. Add this to dry ingredients and mix well, but do not overbeat.
4. Drop dumpling batter by large spoonfuls onto top of simmering bean mixture. Cover pan and cook for a further 15 minutes until dumplings have puffed up and cooked through.