Knoephla Soup

INGREDIENTS:

- 1/4 c. butter, unsalted
- 6 c. baking potatoes (about 3 large), peeled and cubed
- 1/2 c. onion (about 1 small onion), diced
- 3/4 c. celery, diced
- 3/4 c. carrot, diced
- 1/2 tsp. pepper (or to taste)
- 3 c. whole milk
- 6 c. chicken broth

Knoephla (dumpling) recipe:

- 3/4 c. whole-wheat flour
- 3/4 c. white flour
- 7 Tbsp. whole milk, or more as needed
- 1 egg
- 2 tsp. dill weed
- 2 tsp. parsley
- 1/2 tsp. ground black pepper (or to taste)
- 1/2 tsp. salt

DIRECTIONS:

Melt butter in large skillet over medium heat. Saute potatoes, carrot, celery, onion and pepper until vegetables are tender, about 20 minutes. Stir 3 c. milk into potato mixture and heat until almost boiling, about five minutes. Remove skillet from heat. In separate pot, bring chicken broth to a boil.

To make knoephla (dumplings): Combine whole-wheat and white flour, 7 tablespoons milk, egg, dill, parsley, salt and pepper. Add more milk a tablespoon at a time until dough is stiff. Roll dough into 1/2-inch-thick ropes. Cut ropes into 1/4-inch pieces with a knife or kitchen shears. Drop pieces into boiling broth. Cover pot and reduce heat to simmer until knoephla begin to float, about 10 minutes. Stir potato mixture into broth and knoephla. Simmer until potatoes are tender.

NUTRITION:

Makes 10 (1-cup) servings. Each serving has 260 calories, 8 grams (g) fat, 9 g protein, 39 g carbohydrate, 3 g fiber and 480 milligrams sodium.