

# Tomato Soup and Cheese Dumplings

CHEESE MAKES A  
**Difference**

to a  
healthy  
lunchbox



BRITISH  
CHEESE  
BOARD



Serves 10 | Prep time: 10 min | Cooking time: 25 min



# Tomato Soup and Cheese Dumplings

FLAVOURSOME TOMATO SOUP DRINK WITH SCRUMPTIOUS CHEESE DUMPLINGS – A GREAT WAY TO FILL YOUR KIDS' LUNCH WITH NUTRITIOUS VEGETABLES.

## INGREDIENTS

2 x 400g tins of tomatoes  
1 medium onion  
2 carrots  
2 sticks of celery  
1 bulb of fennel  
3 cloves garlic  
1 pint veg stock cube  
250g self-raising flour  
1 tsp baking powder  
125g butter  
100g Lancashire cheese, grated  
100ml semi-skimmed milk  
Salt and pepper

## METHOD

1. Sift the flour, ½ a teaspoon of salt and the baking powder into a large bowl. Add in the butter and make a well in the centre, then add the cheese and pour in the milk. Using a fork, mix to form a soft dough.
2. Place the dough on a lightly floured surface and knead briefly. Divide and shape into 16 teaspoon-sized dumplings.
3. Place on a non-stick baking tray and cook in a pre-heated oven at 180°C for 10-12 minutes.
4. While the dumplings are in the oven, roughly chop the other ingredients and place in a large pan, adding the stock and the tinned tomatoes. Bring to the boil and simmer for 25 minutes or until the carrots are soft.
5. Using a stick blender, blend the soup until smooth and season with a pinch of salt and pepper.
6. Place the dumplings in an airtight container and the soup in a flask for easy drinking.
7. Leftovers can be frozen and used another day.

## NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

246kcal | 6.4g protein | 25g carbohydrate of which 5.3g sugars | 14.2g fat of which 8.6g saturates | 2.6g dietary fibre | 684mg sodium equivalent to 1.7g salt | 187mg calcium | 228mg phosphorus | 0.2µg vitamin B<sub>12</sub>

