

Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!

VEGAN

Spinach and Mushroom Dumpling Soup

INGREDIENTS

For soup:

1 medium onion, sliced
2 garlic cloves, minced
4 cups vegetable broth
2 sprigs of thyme
1 bay leaf
½ tsp. of red pepper flakes
2 Tbsp. soya sauce
2 Tbsp. green onions, thinly sliced

For dumplings:

24 wonton wrappers, thawed
1 Tbsp. vegetable oil
2 cups mushrooms, finely chopped
2 cups fresh spinach, finely chopped
Salt and pepper to taste
4 Tbsp. sesame seeds
½ cup vegetable oil
½ cup water

DIRECTIONS:

1. In a large saucepan, sauté onions until translucent.
2. Add garlic and cook until fragrant and slightly brown.
3. Add vegetable broth, thyme, bay, red pepper flakes, and soya sauce. Allow to simmer.
4. In a small saucepan, add 1 Tbsp. of vegetable oil, mushrooms, spinach, and salt and pepper. Cook until tender then remove from heat.
5. To prepare dumplings: separate wonton wrappers, and fill them with ~1 tsp. of mushroom and spinach mixture. Dab outer edge of wrapper with water and pinch tops of wrappers together to close. Moisten bottom of dumpling with water and coat in sesame seeds.
6. In a large frying pan, heat ½ cup vegetable oil on medium. Add dumplings and cover with a lid until bottoms are golden brown. Add water to pan and cover for another 5 minutes.
7. To serve, ladle soup into a bowl and add a few dumplings. Top with green onions and enjoy!

From the kitchen of:
Christie

Winter is my favourite time of year for warm, meals like this simple (but delicious) soup that gets levelled up by adding mushroom and spinach dumplings. Full of flavour and hearty, this recipe is a fun one to try!



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