

FIXATE RECIPES

TOMATO COBBLER

Serves: 6 (approx. 1½ cups including 1 dumpling)

GF VG

Total Time: 1 hr.

Prep Time: 17 min.

Cooking Time: 43 min.

FOR FILLING:

1 tsp. olive oil
1 cup chopped onions (approx. 1½ medium, preferably Vidalia)
2 cloves garlic, finely chopped
3 cups chopped tomatoes (approx. 4 medium)
1 tsp. finely chopped fresh thyme (or ½ tsp. dried thyme leaves)
1 tsp. coconut sugar
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 dash ground cayenne pepper (optional)
2 cups halved cherry tomatoes
1 Tbsp. balsamic vinegar
1 Tbsp. cornstarch (preferably GMO-free)
+ 1 Tbsp. water (combine to make a slurry)

FOR TOPPING:

1 cup gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
1½ tsp. baking powder, gluten-free
1 tsp. coconut sugar
1 tsp. finely chopped fresh thyme (or ½ tsp. dried thyme leaves)
½ tsp. sea salt (or Himalayan salt)
¼ cup unsalted organic grass-fed butter, chilled, cut into ½-inch cubes
½ cup unsweetened coconut milk beverage

SPECIAL EQUIPMENT: Nonstick cooking spray

1. Preheat oven to 375° F.
2. Lightly coat a 9 x 9-inch baking dish with spray; set aside.
3. To make filling, heat oil in a large nonstick skillet over medium-high heat.
4. Add onions and garlic; cook, stirring frequently, for 3 minutes, or until onions are translucent.
5. Add tomatoes, thyme, coconut sugar, salt, pepper, and cayenne pepper (if desired); cook, stirring frequently, for an additional 5 minutes, or until tomatoes soften.
6. Remove from heat; stir in cherry tomatoes, vinegar, and cornstarch slurry.
7. Transfer mixture to prepared baking dish; set aside.
8. To make topping, add flour, baking powder, coconut sugar, thyme, and salt to a large mixing bowl; stir to combine.
9. Rub butter into flour mixture with clean fingers until it resembles coarse pea-sized crumbs.
10. Add coconut milk; stir until well combined.
11. Place six equal-sized dollops (approximately 3 Tbsp. each) of dough on top of tomato mixture.
12. Bake for 30 to 35 minutes, or until topping is lightly browned and tomatoes are bubbling.

Nutritional Information (per serving):

Calories:	209	Cholesterol:	20 mg	Fiber:	2 g
Total Fat:	9 g	Sodium:	294 mg	Sugars:	6 g
Saturated Fat:	5 g	Carbohydrates:	28 g	Protein:	4 g

Container Equivalents (per serving)

THE ULTIMATE
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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.