



Beef Stew with Dumplings

READY IN



140 min.

SERVINGS



5

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups biscuit baking mix
- ☐ 1 bay leaf
- ☐ 1.5 pounds beef stew meat cubed
- ☐ 0.3 cup butter
- ☐ 3 tablespoons butter melted
- ☐ 1.5 cups carrots diced
- ☐ 1 cup celery sliced
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup milk
- ☐ 1 cup onion sliced
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups potatoes cubed
- ☐ 1 teaspoon salt
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, toss cubed beef with flour to coat.
- ☐ Heat 4 tablespoons butter in a heavy skillet over medium-high heat.
- ☐ Place flour in a bag or bowl, and add beef cubes. Toss to coat with flour.
- ☐ Place coated cubes in the skillet and fry until well-browned on all sides; remove from pan and set aside.
- ☐ Cook onion and garlic in same pan until tender. Return meat to pan with water, parsley, salt, pepper, and bay leaf. Reduce heat to low, cover, and simmer 1 hour, stirring occasionally and adding more water if needed. Stir in potatoes, carrots, celery, and green pepper, and continue cooking another 15 minutes.
- ☐ Remove the bay leaf, and stir in mushrooms.
- ☐ In a small bowl, mix together baking mix, 3 tablespoons melted butter, and milk until just blended. Drop dough by the tablespoonful into stew. Simmer, uncovered, approximately 10 minutes. Cover, and simmer 10 minutes more, or until dumplings are cooked through, but not dry.

Nutrition Facts



 **PROTEIN 24.29%**  **FAT 42.25%**  **CARBS 33.46%**

Properties

Glycemic Index:107.72, Glycemic Load:16.93, Inflammation Score:-10, Nutrition Score:37.738695963569%

Flavonoids

Apigenin: 7.04mg, Apigenin: 7.04mg, Apigenin: 7.04mg, Apigenin: 7.04mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 629.9kcal (31.49%), Fat: 29.51g (45.4%), Saturated Fat: 14.43g (90.22%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 47.3g (17.2%), Sugar: 10.27g (11.42%), Cholesterol: 130.48mg (43.49%), Sodium: 1194.06mg (51.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.17g (76.34%), Vitamin A: 7352.11IU (147.04%), Vitamin B6: 1.36mg (67.99%), Vitamin B3: 13.41mg (67.05%), Vitamin K: 68.56µg (65.3%), Selenium: 45.67µg (65.24%), Phosphorus: 637.92mg (63.79%), Vitamin B12: 2.83µg (47.18%), Vitamin C: 38.67mg (46.88%), Zinc: 6.63mg (44.21%), Potassium: 1255.92mg (35.88%), Vitamin B1: 0.54mg (35.86%), Vitamin B2: 0.6mg (35.38%), Iron: 5.34mg (29.68%), Folate: 118.2µg (29.55%), Manganese: 0.49mg (24.59%), Fiber: 5.3g (21.21%), Copper: 0.42mg (21.04%), Magnesium: 81.79mg (20.45%), Vitamin B5: 1.82mg (18.16%), Calcium: 176.07mg (17.61%), Vitamin E: 1.33mg (8.89%), Vitamin D: 0.31µg (2.05%)