



Beef Stew with Herbed Potato Dumplings

READY IN



150 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 tablespoon pillsbury best® all purpose flour divided
- ☐ 6 servings dumplings
- ☐ 1 bay leaf
- ☐ 1.5 pounds beef stew meat cut into 1-inch cubes
- ☐ 2 large eggs
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 tablespoon green onion minced

- ☐ 0.5 cup buttermilk complete pancake & waffle mix hungry jack® Just Add Water
- ☐ 1 cup potato flakes instant mashed hungry jack®
- ☐ 28 oz reduced sodium beef broth divided canned
- ☐ 16 oz vegetables frozen for stew
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 6 servings stew
- ☐ 2 tablespoons vegetable oil pure crisco®
- ☐ 0.5 cup water

Equipment

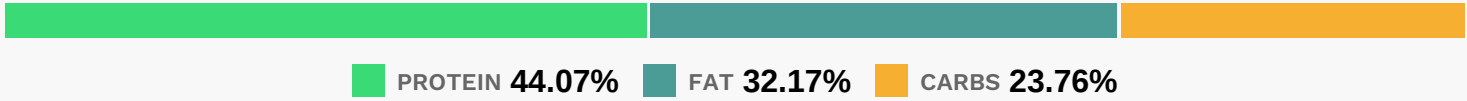
- ☐ bowl
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ COMBINE 3 tablespoons flour and seasoned salt in large resealable plastic bag.
- ☐ Add beef cubes. Seal and toss to coat.
- ☐ HEAT oil in 6-quart Dutch oven on medium-high heat.
- ☐ Add beef cubes and cook until well browned on all sides.
- ☐ Add 2 1/2 cups beef broth, garlic and bay leaf. Bring to a boil over high heat. Cover; reduce heat to low and simmer 1 hour.
- ☐ STIR in frozen vegetables. Bring to a boil over high heat. Cover; reduce heat and simmer 20 minutes.
- ☐ Remove bay leaf.
- ☐ Whisk together remaining beef broth and remaining flour in small bowl.
- ☐ Add to stew, stirring until gravy thickens.
- ☐ To prepare dumpling batter: WHISK eggs and water in medium bowl. Stir in potato flakes until moistened.

- ☐
- Add pancake mix, green onion, parsley and garlic salt; mix well.
- ☐
- DROP batter by tablespoonfuls onto simmering stew. Cover and simmer over low heat 13 to 16 minutes or until dumplings are cooked through.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:8.12, Inflammation Score:-10, Nutrition Score:35.223912995795%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 492.95kcal (24.65%), Fat: 17.4g (26.76%), Saturated Fat: 4.93g (30.78%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 24.7g (8.98%), Sugar: 0.5g (0.56%), Cholesterol: 192.74mg (64.25%), Sodium: 775.06mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.63g (107.25%), Selenium: 65.82µg (94.03%), Vitamin A: 4024.29IU (80.49%), Vitamin B3: 15.66mg (78.3%), Vitamin B6: 1.49mg (74.71%), Vitamin B12: 3.86µg (64.26%), Zinc: 9.04mg (60.27%), Phosphorus: 564.66mg (56.47%), Potassium: 1273.73mg (36.39%), Iron: 5.86mg (32.53%), Vitamin B2: 0.55mg (32.23%), Vitamin B1: 0.47mg (31.65%), Vitamin K: 24.68µg (23.5%), Vitamin C: 17.37mg (21.06%), Folate: 81.76µg (20.44%), Magnesium: 79.55mg (19.89%), Fiber: 4.22g (16.86%), Manganese: 0.32mg (16.05%), Copper: 0.32mg (15.86%), Vitamin B5: 1.55mg (15.51%), Calcium: 97.05mg (9.7%), Vitamin E: 1.16mg (7.73%), Vitamin D: 0.33µg (2.22%)