



Steak and Dumplings

 Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 3 cubes beef bouillon from cube
- ☐ 1.5 pounds beef round steak cut into 1/ strips
- ☐ 14 ounce beef broth canned
- ☐ 1 cup carrots chopped
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon garlic powder

- ☐ 1 teaspoon ground pepper black to taste
- ☐ 0.5 onion diced
- ☐ 1 teaspoon salt to taste
- ☐ 2 tablespoons vegetable oil

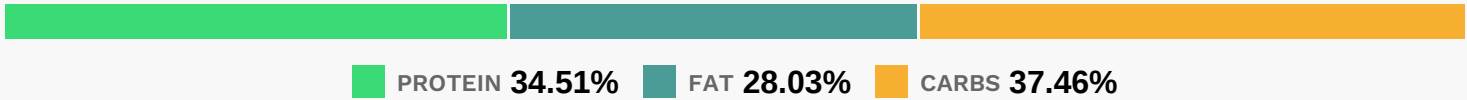
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat vegetable oil in a skillet over medium heat; place the strips of steak into the hot oil.
- ☐ Sprinkle with garlic powder, salt, and black pepper to taste. Cook, stirring frequently, until the steak pieces are browned, 10 to 15 minutes.
- ☐ Pour in the beef broth, and use a spoon to scrape up and dissolve any browned flavor bits from the bottom of the skillet. Stir in onion and carrot; drop in the beef bouillon cubes. Bring the mixture to a simmer, and reduce heat to medium-low. Simmer until steak strips are tender, at least 1 1/2 hours. Stir occasionally.
- ☐ About 10 minutes before serving time, bring a large pot of lightly salted water to a boil over medium heat.
- ☐ Mix together the flour, 1 teaspoon of salt, and baking powder in a bowl; stir in eggs and water, 1 tablespoon at a time, to make a thick batter. Drop tablespoon-sized blobs of batter into the boiling water, and stir; dumplings will sink at first, but then rise to the top.
- ☐ Let the dumplings simmer for about 4 minutes after they float to the surface of the water.
- ☐ With a slotted spoon, scoop out the dumplings into a serving bowl.
- ☐ Serve topped with the steak strips and gravy.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:24, Inflammation Score:-10, Nutrition Score:25.291739111361%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 393.99kcal (19.7%), Fat: 11.99g (18.44%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 33.97g (12.35%), Sugar: 1.6g (1.78%), Cholesterol: 126mg (42%), Sodium: 761.01mg (33.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.43%), Selenium: 51.94µg (74.2%), Vitamin A: 3645.15IU (72.9%), Vitamin B3: 11.06mg (55.31%), Vitamin B6: 0.87mg (43.44%), Vitamin B12: 2.32µg (38.69%), Zinc: 5.46mg (36.38%), Phosphorus: 354.47mg (35.45%), Vitamin B1: 0.47mg (31.1%), Vitamin B2: 0.49mg (28.78%), Iron: 4.92mg (27.35%), Folate: 105.73µg (26.43%), Manganese: 0.41mg (20.49%), Potassium: 602.89mg (17.23%), Vitamin B5: 1.27mg (12.7%), Vitamin K: 13.27µg (12.64%), Magnesium: 45.77mg (11.44%), Copper: 0.21mg (10.51%), Fiber: 2.08g (8.33%), Vitamin E: 1.05mg (6.97%), Calcium: 62.94mg (6.29%), Vitamin D: 0.41µg (2.71%), Vitamin C: 1.95mg (2.37%)