






 **35%**
HEALTH SCORE

Wintry Beef Vegetable Stew With Fluffy Herb Dumplings

READY IN

175 min.

SERVINGS

10

CALORIES

544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons double-acting baking powder
- 2 bay leaves
- 1 large beef bouillon cubes (or 2 small)
- 2 lbs fat-trimmed beef flank steak boneless lean trimmed of fat cut into 1 1/2-inch cubes
- 0.1 teaspoon pepper black
- 1 teaspoon browning sauce (Kitchen Bouquet)
- 6 medium carrots cut into 1/2 inch pieces
- 3 stalks celery leaves cut into 1/4 inch pieces

- 3 cups flour all-purpose
- 4 tablespoons flour
- 1 handful green beans fresh snipped trimmed
- 0.5 cup parsley fresh minced
- 1 medium bell pepper green cut into 1/2 inch pieces
- 0.3 cup seasoning fresh dry snipped (you may use chives, thyme, sage or whatever else you prefer, or- 1 teaspoon herbs)
- 0.5 teaspoon kosher salt
- 1.5 cups milk
- 1 medium onion chopped
- 2 large potatoes unpeeled scrubbed cut into 1 1/2 inch pieces
- 1 medium rutabaga cut into 1/2 inch pieces
- 1 teaspoon salt
- 1 tablespoon butter flavor shortening (I use Crisco butter flavor shortening)
- 6 tablespoons butter flavor shortening (use Crisco butter flavor shortening)
- 1 medium turnip cut into 1/2 inch pieces
- 1 cup water cold
- 5 cups water hot

Equipment

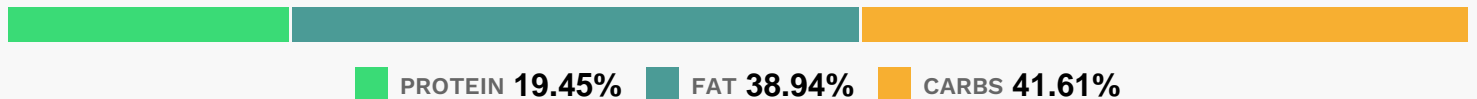
- bowl
- mixing bowl
- pot

Directions

- Cook and stir beef in shortening in heavy 8-10 quart stock pot, until beef is well browned. (Note: If too much liquid builds up to prevent adequate browning, pour off excess liquid into a bowl and reserve. Continue to brown the beef and when well browned, add the reserved liquid back into the pot.).
- Add 5 cups hot water, 1/2 teaspoon salt and the black pepper.

- Heat to boiling; reduce heat. Cover and simmer until beef is almost tender, 45 minutes to 1 hour. Stir in potato, turnip, rutabaga, carrots, green pepper, green beans (if using), celery, onion, bouquet sauce, the bouillon cube and bay leaves. Cover and simmer until vegetables are tender (but do not overcook), stirring once, about 25 minutes. Prepare dough (see below) for Dumplings; set aside. Using a fork, blend together 1 cup cold water and the 4 tablespoons flour in a small mixing bowl; stir gradually into stew.
- Heat to boiling, stirring constantly. Boil and stir 1 minute; reduce heat. Do ahead tip: After boiling and stirring 1 minute, stew can be covered and refrigerated no longer than 48 hours. To serve, heat to boiling over medium-high heat. Continue as directed. **DUMPLINGS:** In a large bowl, cut shortening into combined flour, baking powder, salt, parsley and herbs until mixture resembles fine crumbs. Stir in milk. Drop by heaping tablespoons onto hot meat or vegetables in boiling stew (do not drop directly into liquid). Cook uncovered 15 minutes. Cover and cook about 15 minutes longer.
- Cut a dumpling in half to test for doneness; you want them done but not dry!
- Serve stew piping hot, with a buttered baguette and a glass of cider, ale, or wine. As with all good stews, this stew is even better reheated the next day, after flavors have had a chance to meld. Stew leftovers freeze and reheat beautifully, and would make a delicious cottage or shepherd's pie.

Nutrition Facts



Properties

Glycemic Index: 73.96, Glycemic Load: 36.69, Inflammation Score: -10, Nutrition Score: 32.756956680961%

Flavonoids

Apigenin: 7.96mg, Apigenin: 7.96mg, Apigenin: 7.96mg, Apigenin: 7.96mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 543.65kcal (27.18%), Fat: 23.73g (36.51%), Saturated Fat: 8.78g (54.88%), Carbohydrates: 57.07g (19.02%), Net Carbohydrates: 50.93g (18.52%), Sugar: 7.68g (8.53%), Cholesterol: 59.75mg (19.92%), Sodium: 730.88mg (31.78%), Alcohol: 0g (100%), Protein: 26.67g (53.35%), Vitamin A: 6578.65IU (131.57%), Vitamin K: 74.73µg (71.18%), Vitamin C: 44.55mg (54%), Selenium: 37.46µg (53.52%), Vitamin B3: 8.58mg (42.9%), Vitamin B6:

0.79mg (39.53%), Vitamin B1: 0.57mg (37.9%), Zinc: 5.65mg (37.7%), Phosphorus: 338.94mg (33.89%), Vitamin B2: 0.56mg (32.86%), Manganese: 0.63mg (31.63%), Folate: 119.79µg (29.95%), Iron: 5.33mg (29.62%), Potassium: 1003.16mg (28.66%), Vitamin B12: 1.71µg (28.46%), Fiber: 6.14g (24.55%), Calcium: 228.58mg (22.86%), Magnesium: 74.47mg (18.62%), Copper: 0.3mg (15.16%), Vitamin E: 1.29mg (8.6%), Vitamin B5: 0.85mg (8.53%), Vitamin D: 0.49µg (3.29%)