

Beef Stew

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Serves 4

Blue – 9

Purple – 8 Points

Green – 11 Points

Stew

- 1 lbs chuck (cut into cubes)
- 1 pounds potatoes (chunked)
- 1.5 baby carrots
- 1 medium onion (quartered)
- 2 tsp olive oil
- Water
- Salt and pepper to taste
- 2 Tbsp cornstarch

Dumplings

- 1 cup + 2 Tbsp flour
- 3/4 tsp baking powder
- 2 eggs
- 1-2 Tbsp milk
- 3/4 tsp salt

1. In a large pot, brown beef in oil-make nice and brown, so there are bits on the bottom of the pan.

2. Add onion and water to pot-make water go about 2/3 of the way up pot.
3. Put lid on and simmer for about an hour.
4. Add carrots, simmer 1/2 hour.
5. Add potatoes, simmer until potatoes and carrots are tender, about 1/2 hour.
6. Turn up heat to a gentle boil. Mix cornstarch with 2 Tbsp of warm water. Add to stew, turn down heat and let thicken.
7. Mix dumpling ingredients and drop by tablespoons into simmering stew. Let cook about 10-15 minutes.