

Side Dishes

Dumplings For Stew

Taste of Home

Servings: 8

1/2 cup all-purpose flour
1/4 cup yellow cornmeal
1 teaspoon baking powder
dash salt & pepper
1 egg white, beaten
3 tablespoons milk
1 tablespoon vegetable oil

Combine flour, cornmeal, baking powder, salt and pepper.

Combine egg white, milk and oil; stir into dry ingredients.

Drop into eight mounds onto boiling soup or stew.

Reduce heat; cover and simmer for 15-20 minutes (do not lift the cover).

Per Serving (excluding unknown items): 65 Calories; 2g Fat (28.4% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.