

# Irish Dumplings

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Community Living Committee - All Saint's Church Hammond, IN 1987

## MEAT FILLING

2 pounds ground beef  
1 pound sausage  
1 can tomato soup  
4 eggs  
4 onions, chopped  
5 pods garlic, chopped  
1 large can spinach  
1 small bunch parsley  
cracker crumbs  
salt and pepper (to taste)  
Parmesan cheese

## DOUGH FOR DUMPLINGS

3 pounds (about 9 cups) flour  
4 eggs

1 tablespoon salt

## GRAVY

1 pound ground beef  
1 large can tomatoes  
1 can tomato paste  
3 onions, chopped  
3 pods garlic, chopped  
2 small packages dried mushrooms  
salt and pepper (to taste)

For The Filling: Boil the beef and sausage with the tomato soup and enough water added to cover the meat. Cook in a lump until done. Set aside the soup and water mixture to cook the dumplings in later. Place the meat, eggs, onions, garlic, spinach and parsley in a blender. Process until thoroughly mixed. Add enough cracker crumbs to the mixture to make it easy to handle but not too stiff. Add salt and pepper to taste.

For The Dumplings: Combine the flour, eggs, salt and enough water to make a stiff dough. Roll out the dough as thin as possible. Cut with a four-inch round cutter. Fill each piece with the meat mixture and fold over. Mash the edges together with a fork. Drop the dumplings into the reserved tomato soup and water mixture after bringing it to a boil. Cook until done.

For The Gravy: In a large saucepan, combine all of the ingredients. Cook on simmer about five hours.

To Serve: Layer the cooked dumplings on large platters, alternating with gravy and Parmesan cheese.

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Per Serving (excluding unknown items): 8669 Calories; 593g Fat (62.0% calories from fat); 390g Protein; 426g Carbohydrate; 36g Dietary Fiber; 3162mg Cholesterol; 12744mg Sodium. Exchanges: 19 1/2 Grain(Starch); 46 1/2 Lean Meat; 21 Vegetable; 89 1/2 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	8669	<b>Vitamin B6 (mg):</b>	7.0mg
<b>% Calories from Fat:</b>	62.0%	<b>Vitamin B12 (mcg):</b>	46.3mcg
<b>% Calories from Carbohydrates:</b>	19.8%	<b>Thiamin B1 (mg):</b>	6.9mg
<b>% Calories from Protein:</b>	18.1%	<b>Riboflavin B2 (mg):</b>	7.1mg
<b>Total Fat (g):</b>	593g	<b>Folacin (mcg):</b>	774mcg
<b>Saturated Fat (g):</b>	226g	<b>Niacin (mg):</b>	106mg
<b>Monounsaturated Fat (g):</b>	259g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	47g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	3162mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	426g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	36g	<b>Grain (Starch):</b>	19 1/2
<b>Protein (g):</b>	390g	<b>Lean Meat:</b>	46 1/2
<b>Sodium (mg):</b>	12744mg	<b>Vegetable:</b>	21
<b>Potassium (mg):</b>	8648mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	872mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	64mg	<b>Fat:</b>	89 1/2
<b>Zinc (mg):</b>	67mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	300mg		
<b>Vitamin A (i.u.):</b>	11744IU		
<b>Vitamin A (r.e.):</b>	1537 1/2RE		

**Nutrition Facts**

Amount Per Serving	
<b>Calories</b>	8669
	Calories from Fat: 5379
% Daily Values*	
<b>Total Fat</b>	593g 912%
Saturated Fat	226g 1131%
<b>Cholesterol</b>	3162mg 1054%
<b>Sodium</b>	12744mg 531%
<b>Total Carbohydrates</b>	426g 142%
Dietary Fiber	36g 144%
<b>Protein</b>	390g
<b>Vitamin A</b>	235%
<b>Vitamin C</b>	499%
<b>Calcium</b>	87%
<b>Iron</b>	355%

\* Percent Daily Values are based on a 2000 calorie diet.