

Beef with Dumplings

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 pounds lean chuck, cut into one-inch cubes
2 tablespoons flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
3 tablespoons salad oil
3 medium onions, each stuck with one clove
4 carrots, cut in thin strips lengthwise
1 1/2 cups consomme'
1 tablespoon vinegar
3 tablespoons chives, chopped
1 package biscuit mix

Preheat the oven to 350 degrees.

In a paper bag, shake up the flour, salt and pepper. Dredge the pieces of meat by shaking them in the bag, a few at a time.

In a large heavy casserole, heat the oil. Brown the meat well, adding the onions as the meat starts to brown. Stir in the carrots, consomme' and vinegar. Cover.

Bake for 45 minutes.

Shortly before the casserole is ready, make the dumpling mix according to package directions. Uncover the casserole. Drop the dumplings by spoonfuls on top. Sprinkle on the chives. Replace the cover at once.

Continue to bake for 30 minutes more.

Per Serving (excluding unknown items): 297 Calories; 15g Fat (45.2% calories from fat); 5g Protein; 37g Carbohydrate; 4g Dietary Fiber; 1mg Cholesterol; 1210mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	297	Vitamin B6 (mg):	.2mg
% Calories from Fat:	45.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	48.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 15g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 1mg
Carbohydrate (g): 37g
Dietary Fiber (g): 4g
Protein (g): 5g
Sodium (mg): 1210mg
Potassium (mg): 427mg
Calcium (mg): 98mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 20352IU
Vitamin A (r.e.): 2035RE

Folacin (mcg): 32mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 0
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 297 **Calories from Fat:** 134

% Daily Values*

Total Fat 15g	23%
Saturated Fat 2g	12%
Cholesterol 1mg	0%
Sodium 1210mg	50%
Total Carbohydrates 37g	12%
Dietary Fiber 4g	18%
Protein 5g	
<hr/>	
Vitamin A	407%
Vitamin C	22%
Calcium	10%
Iron	9%

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