

# Dumplings

*Iris Howell*

*Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009*

*2 eggs, well beaten  
1/2 teaspoon salt  
1/2 cup water  
2 to 2-1/2 cups flour*

In a bowl, beat together the eggs, salt and water. Add the flour, a little at a time. Add only enough to make a soft dough.

Drop dough by the teaspoon into three quarts of boiling water. Cook for 5 to 10 minutes.

Drain in a colander. Rinse with cold water so they won't stick.

(Can be used in a soup or beef stew.)

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Per Serving (excluding unknown items): 1058 Calories; 12g Fat (10.8% calories from fat); 38g Protein; 192g Carbohydrate; 7g Dietary Fiber; 424mg Cholesterol; 1214mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fat.