



Beef Stew with Soft Dumpling  
RECIPE

## Beef Stew with Soft Dumpling



Cooking time

90 mins

Preparation time

30 mins

Serves

6

A classic beef stew topped with soft dumplings. This one pot wonder is a winter warmer that everyone will want the recipe for.

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# Ingredients

- Dumpling Ingredients:
- 250 g flour
- 2 ml baking powder
- 2 ml salt
- 60 g margarine
- 50 ml cold water
- Stew Ingredients:
- 1 kg stewing steak, cubed
- 25 ml sunflower oil
- 2 large onions, chopped
- 4 carrots, peeled & thinly sliced
- 1 packet Royco® Beef & Vegetable Soup
- 600 ml water

Products used



Beef & Vegetable Soup

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## Vegetarian

Replace the beef in this recipe with cubes of aubergine, and the suggested soup with Royco® Minestrone Soup. Serve your veggie stew with the soft dumplings.

## Family Friendly

Your children will love helping you make the fluffy dumplings. Sifting the flour is a great way to get even the littlest family members involved.

# Method

1. 1.  
Dumpling Cooking Instructions:
2. 2.  
Sift the flour, baking powder and salt into a bowl.
3. 3.  
Rub in the margarine, add the water and mix into a soft dough.
4. 4.  
Stew Cooking Instructions:
5. 5.  
Heat oil, brown onions, then add the stewing steak and brown.
6. 6.  
Add the soup powder mixed with 600 ml water. Cover and simmer gently for 1 hour.
7. 7.  
Uncover and add the carrots. Carefully drop the dumpling batter on top by the teaspoonful. Cover and continue to cook for approximately 30 minutes.

## Recipe Tags

[Packet Soups](#), [Beef](#), [Stew](#)

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Cooking time

15 mins

Preparation time

60 mins

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Cooking time

180 mins

Preparation time

20 mins

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Cooking time

15 mins

Preparation time

5 mins

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Cooking time

10 mins

Preparation time

20 mins

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Cooking time

40 mins

Preparation time

15 mins

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## **Chicken a La King**

Cooking time

30 mins

Preparation time

15 mins

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## **Lamb & Tomato Potjie**

Cooking time

120 mins

Preparation time

15 mins

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## **Rich and Tasty Beef Stew**

Cooking time

90 mins

Preparation time

30 mins

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## **Mediterranean Vegetable Hot Pot**

Cooking time

40 mins

Preparation time

15 mins

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## **One Pot Wonder**

Cooking time

60 mins

Preparation time

20 mins

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