



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.

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

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. Dumpling Cooking Instructions:
2. Sift the flour, baking powder and salt into a bowl.

3. Rub in the margarine, add the water and mix into a soft dough.
4. Stew Cooking Instructions:
5. Heat oil, brown onions, then add the stewing steak and brown.
6. Add the soup powder mixed with 600 ml water. Cover and simmer gently for 1 hour.
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](#)

Related Recipes



[Roasted Garlic & Lemon Lamb Kebabs on Couscous](#)

Cooking time

15 mins

Preparation time

60 mins



Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins



Sticky Chicken Wings

Cooking time

15 mins

Preparation time

5 mins



Spiced Couscous with Pork and Almonds

Cooking time

10 mins

Preparation time

20 mins



Meatballs in Tomato Sauce

Cooking time

40 mins

Preparation time

15 mins



Chicken a La King

Cooking time

30 mins

Preparation time

15 mins



Lamb & Tomato Potjie

Cooking time

120 mins

Preparation time

15 mins



Rich and Tasty Beef Stew

Cooking time

90 mins

Preparation time

30 mins



Mediterranean Vegetable Hot Pot

Cooking time

40 mins

Preparation time

15 mins



One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins

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