



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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[**Lamb Tray Tagine**](#)

Cooking time

180 mins

Preparation time

20 mins

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[**Sticky Chicken Wings**](#)

Cooking time

15 mins

Preparation time

5 mins

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[**Spiced Couscous with Pork and Almonds**](#)

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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