

DINNERLY



Skillet Beef Stew with Dumplings



30-40min



2 Servings

A hearty bowl of stew with tender dumplings is the exact the kind of hug-in-a-bowl we dream about during the work week whirlwind. Well, some dreams do come true, and the proof is in this simplified, yummified, quick take on beef stew and dumplings. Scrimping on time, but not quality, beef simmers with veggies and gets topped with slightly spiced black pepper dumplings. Kick back and indulge! We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 6 oz carrots
- 10 oz pkg grass-fed ground beef
- 5 oz self-rising flour ²
- 1 pkt turkey broth concentrate
- 5 oz peas

WHAT YOU NEED

- $\frac{1}{3}$ cup + $\frac{1}{2}$ cup milk ¹
- olive oil
- kosher salt & ground pepper

TOOLS

- medium heavy skillet (preferably cast-iron)

ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

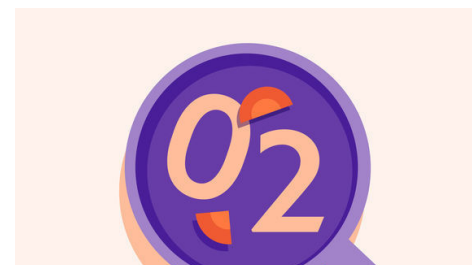
Calories 840kcal, Fat 47g, Carbs 67g, Protein 39g



1. Prep veggies

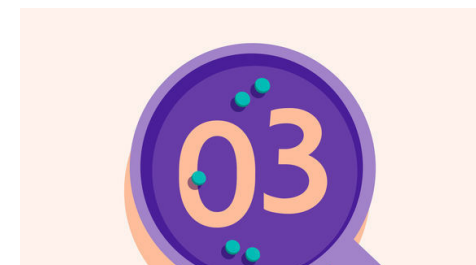
Preheat oven to 450°F with a rack in the upper third.

Coarsely chop **onion**. Scrub **carrots**, then slice into $\frac{1}{8}$ -inch thick rounds.



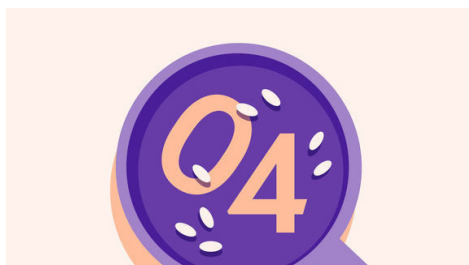
2. Prep dumplings

In a medium bowl, stir to combine $\frac{1}{3}$ cup **milk**, **2 tablespoons oil**, and $\frac{1}{4}$ teaspoon **pepper**; set aside until step 5.



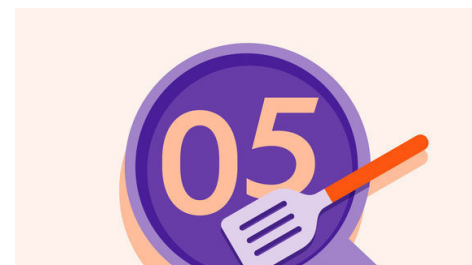
3. Cook veggies & beef

Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) over medium-high. Add **onions** and **carrots**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are lightly browned, about 5 minutes. Add **beef** and cook, breaking up meat into smaller pieces, until beef is browned in spots, 4–5 minutes. Spoon off **any excess fat**.



4. Finish stew

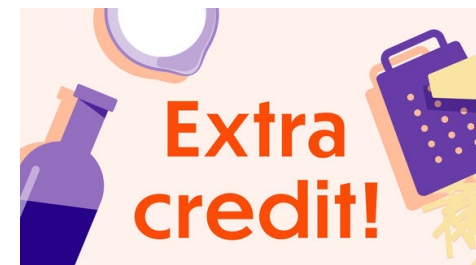
To skillet with **stew**, sprinkle in **2 tablespoons self-rising flour**; cook, stirring to combine, about 1 minute. Add **broth concentrate**, **1 cup water**, and $\frac{1}{2}$ cup **milk**; bring to a simmer and cook, scraping up browned bits from the bottom of skillet, until sauce is thickened, about 5 minutes. Season to taste with **salt** and **pepper**. Remove from heat and stir in **peas**.



5. Bake & serve

To bowl with **milk-oil mixture**, stir in $\frac{2}{3}$ cup **self-rising flour** until just evenly combined (be careful not to over mix). Dollop **10–12 level tablespoons of the dough** over **stew**. Bake on upper oven rack until **dumplings** are lightly browned, 10–12 minutes.

Let **skillet beef stew with dumplings** cool for 5 minutes before serving. Enjoy!



6. Did you know?

All of our sites in the US will be running on renewable energy in 2022.