



RECIPE NAME: Cabbage Patch Stew w/Dumplings

FROM THE KITCHEN OF: Cindy Lindau's '79 Mom

INGREDIENTS:

1 lb. ground beef
2 medium onions, thinly sliced
1 1/2 c. cabbage, coarsely chopped
1/2 c. celery, diced
1 16 oz. can stewed tomatoes
1 15 1/2. oz can kidney beans, undrained
1 c. water
1 tsp. salt
1-2 tsp. chili powder
Dumplings:
1 1/2 c. flour
2 tsp. baking powder
3/4 tsp. salt
3 tbsp. shortening
3/4 c. milk

INSTRUCTIONS:

Brown ground beef and drain. Add onion, cabbage and celery, saute until light brown. Stir in tomatoes, kidney beans with liquid, water, and seasonings. Bring to a boil then reduce heat and simmer. Prepare dumpling dough (see below); drop by spoonfuls into stew. Cook uncovered for 10 minutes, then cover and cook 10 more minutes. The dumplings will cover the top of the stew.

To make dumpling dough: measure dry ingredients into a bowl. Cut in shortening until mixture looks like meal. Stir in milk. Add to stew as described above.

Serves 4 to 6.

Additional Notes: This was one of my favorite things growing up. Mom would make it when I came home from Point for a weekend visit. I think she found the recipe in a Betty Crocker cookbook.

