



DINNERLY



Skillet Grass-Fed Beef Stew with Black Pepper Dumplings

 30-40min  2 Servings

A hearty bowl of stew with tender dumplings is exactly the kind of hug-in-a-bowl we dream about during the weekday whirlwind. Well, dreams do come true, and the proof is in this simplified, yumified, quick-take on beef stew and dumplings. Scrimping on time, but not quality, grass-fed beef simmers with veggies and is topped with slightly spiced black pepper dumplings. Kick back and indulge! We'...

WHAT WE SEND

- peas
- yellow onion
- grass-fed ground beef
- carrots

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- milk ⁷
- olive oil

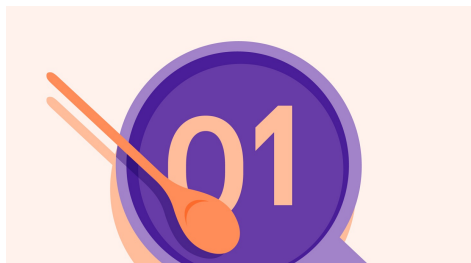
TOOLS

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 705.0kcal, Fat 37.9g, Proteins 33.0g, Carbs 55.6g



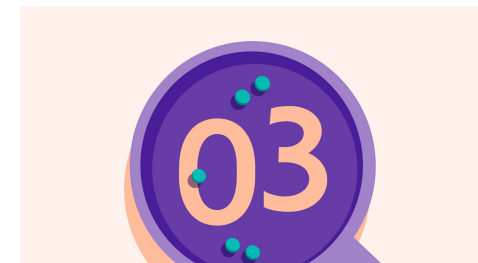
1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **onion**, then halve, peel, and coarsely chop. Scrub **carrot**, then slice into ½-inch thick rounds (no need to peel).



2. Prep dumplings

In a measuring cup, combine **⅓ cup of milk**, **2 tablespoons oil**, and **¼ teaspoon pepper**. Transfer to a medium bowl and set aside for step 5.



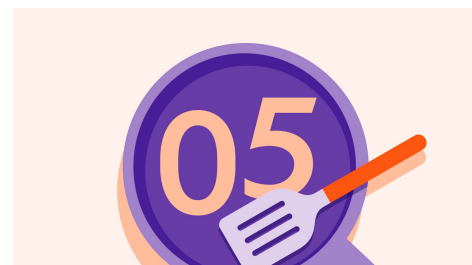
3. Begin stew

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions** and **carrots**, **1 teaspoon salt**, and **several grinds of pepper**, and cook, stirring occasionally, until lightly browned, about 5 minutes. Add **beef** to **vegetables**, season with **salt**, and cook, stirring occasionally, until no longer pink, 4-5 minutes. Spoon off any excess fat if necessary.



4. Finish stew

Stir **2 tablespoons of the flour** into the **stew** and cook, about 1 minute. Add **1 cup water** and **½ cup milk** and simmer, scraping up bottom and sides of pan, until sauce is thickened, about 5 minutes. Season to taste with **salt** and **several grinds of pepper**. Remove from heat and stir in **peas**.



5. Make dumplings & bake

Add **remaining flour** to the reserved bowl with **milk-oil mixture**. Stir just until evenly combined, do not over mix. Dollop **10-12 level tablespoons of dough** over **stew** and bake on upper oven rack until lightly browned, 10-12 minutes. Let cool 5 minutes before serving.



6. Take to the next level

For amped up dumplings, add grated sharp cheddar and chopped thyme to the dough. Just add 1-2 teaspoons of thyme and 2-3 tablespoons of grated cheddar along with the flour in step 5. Stir just to combine and voila! Black pepper-thyme-cheddar dumplings!