



DINNERLY



Skillet Grass-Fed Beef Stew with Black Pepper Dumplings

 30-40min  4 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, yummified, 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

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

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 664.0kcal, Fat 34.5g, Proteins 32.8g, Carbs 53.2g



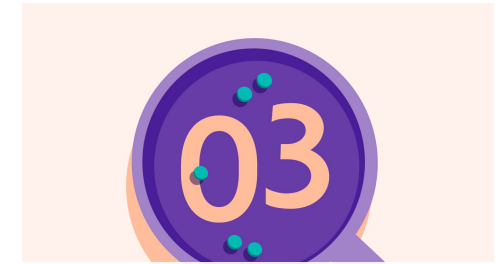
1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **onion**, then halve, peel, and coarsely chop. Scrub **carrots**, then slice into 1/8-inch thick rounds (no need to peel).



2. Prep dumplings

In a measuring cup, combine **2/3 cup of milk**, **1/4 cup oil**, and **1/2 teaspoon pepper**. Transfer to a medium bowl and set aside for step 5.



3. Begin stew

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **onions** and **carrots**, season with **salt** and **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, 3–5 minutes. Spoon off any excess fat if necessary.



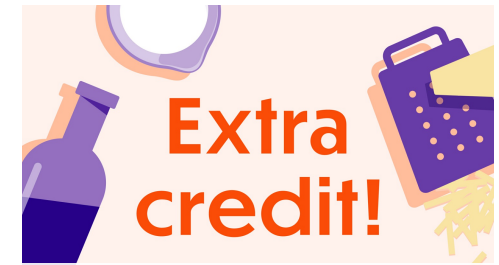
4. Finish stew

Stir **1/4 cup of the flour** into the **stew** and cook, about 1 minute. Add **1 1/4 cups water** and **1 cup milk** and simmer, scraping up bottom and sides of pan, until sauce is thickened, 4–5 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 of **milk–oil mixture**. Stir just until evenly combined, do not overmix. Dollop **16–18 rounded tablespoons of dough** over **stew** and bake on upper oven rack until lightly browned, 12–15 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!