

Never Fail Dumplings

Shirley Reid

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*2 cups flour
1 teaspoon salt
3 teaspoons baking powder
2 tablespoons shortening
1 cup milk*

In a bowl, sift together the flour, salt and baking powder.

Cut in the shortening with a pastry blender.

Gradually add the milk. Mix smooth.

Drop by tablespoon on hot stew or soup

Cover tightly. Cook for 10 to 12 minutes without removing the lid.

Per Serving (excluding unknown items): 1294 Calories; 36g Fat (25.4% calories from fat); 34g Protein; 205g Carbohydrate; 7g Dietary Fiber; 33mg Cholesterol; 3719mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.