

Slip Slide Dumplings

Shirley Reid

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*3 tablespoons shortening
2 cups flour
1 teaspoon salt
1 egg
1/4 to 1/2 cup milk*

In a bowl, mix the flour and salt. Cut the shortening into the mixture.

In a bowl, beat the eggs. Add the eggs to the mixture. Add enough milk to make a soft dough.

On a floured surface, roll one-half of the dough out and very thin. Cut into two-inch squares. Repeat the process with the remaining dough.

Drop the squares into boiling stew or soup.

Cook covered for 20 minutes.

Per Serving (excluding unknown items): 1361 Calories; 48g Fat (32.1% calories from fat); 34g Protein; 194g Carbohydrate; 7g Dietary Fiber; 220mg Cholesterol; 2237mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 8 1/2 Fat.