

Chili with Potato Dumplings

*Shirley Marshall - Michigantown, IN
Taste of Home Prize-Winning Recipes*

Servings: 8

Yield: 2 quarts

*1 pound ground beef
1 pound ground turkey
1/2 cup onion, chopped
1 can (15-1/2 ounces) kidney beans,
rinsed and drained
1 can (15-1/2 ounces) mild chili
beans, undrained
1/2 cup green pepper, chopped
4 teaspoons chili powder
1 teaspoon salt
1 teaspoon paprika
1 teaspoon cumin seeds
1/2 teaspoon garlic salt
1/2 teaspoon dried oregano
1/4 teaspoon crushed red pepper
flakes
3 cups V8 juice*

DUMPLINGS

*1 cup mashed potato flakes
1 cup all-purpose flour
1 tablespoon fresh parsley, minced
2 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1 egg, beaten*

In a five-quart Dutch oven, cook the beef, turkey and onion until the meat is no longer pink. Drain.

Add the kidney beans, chili beans, green pepper, chili powder, salt, paprika, cumin, garlic salt, oregano, red pepper flakes and V8 juice. Bring to a boil. Reduce the heat. Cover and simmer for 30 minutes, stirring occasionally.

In a medium bowl, combine the potato flakes, flour, parsley, baking powder and salt. Add the milk and egg; stir just until moistened. Let rest for 3 minutes. Drop by tablespoonfuls into the simmering chili. Cover and cook for 15 minutes.

Per Serving (excluding unknown items): 456 Calories; 22g Fat (43.7% calories from fat); 29g Protein; 35g Carbohydrate; 8g Dietary Fiber; 124mg Cholesterol; 792mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.