

# Burgundy Stew with Herb Dumplings

*Best Slow Cooker Recipes  
Pillsbury Classic Cookbooks #370*

## Servings: 8

### STEW

*2 pounds boneless beef bottom round  
roast  
4 (two cups) carrots, cut into  
1/4-inch slices  
2 medium stalks (one cup) celery,  
sliced  
2 medium onions, sliced  
1 can (14.5 ounce) diced tomatoes,  
undrained  
2 jars (4.5 ounce ea) sliced  
mushrooms, drained  
3/4 cup dry red wine or beef broth  
1 1/2 teaspoons salt  
1 teaspoon dried thyme leaves  
1 teaspoon ground mustard  
1/4 teaspoon pepper  
3 tablespoons all-purpose flour*

### DUMPLINGS

*1 1/2 cups baking mix  
1/2 teaspoon dried thyme leaves  
1/4 teaspoon dried sage leaves,  
crushed  
1/2 cup milk*

## Preparation Time: 25 minutes

Spray a four- to five-quart slow cooker with cooking spray.

Cut the beef into one-inch pieces. Place in the slow cooker. Stir in the remaining stew ingredients except the flour.

Cover and cook on LOW heat for eight to ten hours.

In a small bowl, mix 1/4 cup of water and the flour. Gradually stir into the stew.

In another bowl, stir the baking mix, 1/2 teaspoon of thyme and the sage. Stir in the milk just until moistened. Drop the dough by spoonfuls onto the hot stew.

Increase the heat setting to HIGH. Cover and cook for 25 to 35 minutes or until a toothpick inserted in the center of the dumplings comes out clean.

Serve immediately.

Start to Finish Time: 8 hours 50 minutes

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Per Serving (excluding unknown items): 147 Calories; 4g Fat (22.7% calories from fat); 4g Protein; 25g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 695mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	147
% Calories from Fat:	22.7%
% Calories from Carbohydrates:	67.6%
% Calories from Protein:	9.6%
Total Fat (g):	4g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	25g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	695mg
Potassium (mg):	367mg
Calcium (mg):	73mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	11mg
Vitamin A (i.u.):	10299IU
Vitamin A (r.e.):	1033 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	25mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	147	Calories from Fat: 33
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### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	trace	2%
<b>Cholesterol</b>	2mg	1%
<b>Sodium</b>	695mg	29%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	3g	11%
<b>Protein</b>	4g	

<b>Vitamin A</b>	206%
<b>Vitamin C</b>	18%
<b>Calcium</b>	7%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.