

# Cabbage Patch Stew and Dumplings

Bonnie Mustoe - Independence, KS  
Treasure Classics - National LP Gas Association - 1985

## Servings: 4

*1 pound ground beef*  
*2 medium onions, thinly sliced*  
*1 1/2 cups cabbage, coarsely chopped*  
*1/2 cup celery, diced*  
*1 can (16 ounce) stewed tomatoes*  
*1 can (15 ounce) kidney beans*  
*1 cup water*  
*1 teaspoon salt*  
*1/4 teaspoon pepper*  
*2 teaspoons chili powder*  
**DUMPLINGS**

*1 1/2 cups flour*  
*2 teaspoons baking powder*  
*3/4 teaspoon salt*  
*3 tablespoons shortening*  
*3/4 cup milk*

## Preparation Time: 40 minutes

### Cook Time: 30 minutes

In a three-quart Dutch oven, cook and stir the ground beef until light brown. Drain. Add the onion, cabbage and celery. Cook and stir until the vegetables are light brown.

Stir in the tomatoes, kidney beans with liquid, water, salt, pepper and chili powder. Heat to boiling. Reduce the heat and simmer while preparing the dough for the dumplings.

Prepare the dumplings. Measure the flour, baking powder and salt into a bowl. Cut in the shortening thoroughly until the mixture looks like meal. Stir in the milk.

Drop the dough by spoonfuls onto the simmering stew. Cook, uncovered, for 10 minutes. Cover and cook for 10 additional minutes.

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Per Serving (excluding unknown items): 844 Calories; 43g Fat (45.2% calories from fat); 38g Protein; 78g Carbohydrate; 16g Dietary Fiber; 103mg Cholesterol; 1340mg Sodium. Exchanges: 4 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 7 Fat; 0 Other Carbohydrates.