



## Beef Stew with Herb Dumplings

### Ingredients

- 50 g Oil, cottonseed, salad or cooking
- 1 kilogram Beef, retail cuts, separable fat, raw
- 2 Mediums Onions, Raw
- 2 Garlic, Raw
- 15 g Wheat Flour, White, All-Purpose, Unenriched
- 55 g MAGGI Lazenby Worcester Sauce
- 750 g Beef Stock
- 410 g Chakalaka, Canned
- 2 Carrots, Raw
- 2 Potatoes, Flesh And Skin, Raw
- 0.25 tsp Salt, Table
- 0.25 tsp Spices, Pepper, Black
- 240 g Wheat Flour, White, All-Purpose, Unenriched
- 5 g Leavening Agents, Baking Powder, Double-Acting, Straight Phosphate
- 30 g Parsley, Fresh
- 125 g Nestle Ideal Evaporated Milk

### Instruction

1. Preheat the oven to 180°C
2. Heat the cooking oil in an ovenproof casserole pan and brown the meat for 2 to 3 minutes on the stove. Remove the meat from the casserole pan and set aside.
3. Return the casserole pan to the stove and fry the onions and garlic on low heat for 5 minutes. Add the cake flour and stir for about 1 minute to thicken the mixture.
4. Place the meat back into the casserole pan and stir in the MAGGI LAZENBY Worcestershire sauce, beef stock and chakalaka. Cover the casserole pan and place in the preheated oven to cook for an hour.
5. Carefully remove the casserole pan from the oven and add in the previously cut and peeled carrots and potatoes. Season to taste with salt and black pepper and place the casserole back in the oven for a further 45 minutes or until the meat is cooked and tender.
6. Finally, sit back and enjoy the fruits of your labour as you and your loved ones savour every mouthful!

#### Nutrition

Carbohydrates	98.18 g
Energy	1204.59 kcal
Fats	80.75 g
Protein	20.71 g

🕒 145 Minutes

⊕ 10 Portions