

Steak and Dumplings Continued....

Take out and put on paper towel lined plate.

In broth pot, drop dumplings in broth after it comes to a good boil. Add fried steak & onions. Cover and simmer for 10 minutes before serving. Stir frequently to keep dumplings from sticking to bottom of pot. Can thicken the broth with Wondra flour if desired.

Smoky Joe's Beef Stew

1 LB WELL-TRIMMED BEEF CUBES
3/4 CUP DRAINED SALSA
3/4 CUP BBQ SAUCE (YOUR FAVORITE)
1-1.25 OZ PACK TACO SEASONING
12 OZ. FROZEN CORN
2-15 OZ. CANS BLACK BEANS (DRAINED, RINSED)
1 15 OZ. CAN GARBANZO BEANS (JUICE & ALL)
1/2 CUP FRESH CILANTRO

In a 4 qt. or larger slow cooker, combine beef, salsa, BBQ sauce, taco mix and corn. mix well. Cover and cook on high for 5 hours or low 8 hours, until meat is tender. Add beans and cilantro and mix well. Cover and let stand for 10 minutes (long enough for beans to heat through). Recipe from the Atlanta Journal.