

# Steak and Dumplings

**ONION (CHOPPED)**  
**CORN OR VEGETABLE OIL**  
**3 CUPS BEEF STOCK**  
**5 CUPS WATER**  
**2 TBSP. BEEF BOUILLON GRANULES**  
**OR 1 TBSP. DALE SEASONING**  
**1.5 LB CUBED STEAK (CUT 1" WIDE PIECES)**  
**SALT & PEPPER**  
**ONION POWDER**  
**ROASTED GARLIC POWDER (BIDIA)**  
**SELF-RISING FLOUR**  
**DUMPLINGS**

Make dumplings (pg. 58) first and have them handy.

In a large skillet, preheat 1" of vegetable or corn oil on medium heat. Add chopped onion and fry until golden brown. Take out and set aside.

In a large pot, put in your bouillon, water, stock and cover. Bring it to a boil. While you are waiting on the stock to boil cut your steak into pieces and place in glass pie plates. Sprinkle steak with salt, pepper, onion, and garlic powder. Now coat it well with flour by pressing it on well with fingers.

Drop a test piece of steak into skillet and when it sizzles well, drop the rest. Deep fry steak pieces 4 minutes or until golden brown.

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**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.