



Day 26

Serves: 4

**Preparation time:
20 min**

**Cooking time:
1h10 min**

Ingredients:

- 750g brisket slices
- 2 tablespoons (30ml) oil
- 1 large onion, chopped
- 1 packet **IMANA Beef & Onion Soup**
- 1 litre hot water
- 4 potatoes, peeled and cut into chunks
- 3 large baby marrows, thickly sliced
- 1 cup (250ml) carrots, sliced

Dumplings:

- 1 cup (250ml) flour
- 1 teaspoon (5ml) baking powder
- 1 tablespoon (15ml) fresh herbs, finely chopped (optional)
- ¼ cup (65ml) butter or margarine
- 1 **IMANA Garden Vegetable Super Stock Cube**
- ¼ cup (65ml) cold water

Method:

1. Brown the brisket in heated cooking oil, then fry the onion. Stir in the **IMANA Beef & Onion Soup** and hot water and allow to simmer for 45 minutes or until the meat is tender.
2. Add potatoes, marrows and carrots and simmer for 15 minutes or until potatoes are cooked through.
3. For the dumplings, sift the flour and baking powder together. Rub in the margarine and the **IMANA Garden Vegetable Super Stock Cube** until they resemble fine bread crumbs. Add the cold water to form a soft dough.
4. Add spoonfuls of the dough to the top of the stew. Cover with a lid and simmer gently for 10 minutes or until dumplings are cooked through.

This Recipe Uses

