

KETO BEEF STEW WITH DUMPLINGS



SAVEUR PRODUCT USED

ROAST RUB, ONION GARLIC RUB,
CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute beef with lamb, chicken, lentils, or beans.

FREEZER WORKSHOP INGREDIENTS

2 tbsp. almond flour/meal

**2 lb. (1kg) beef shin (gravy beef),
trimmed cut into 1" cubes**

1 tbsp. Saveur Onion Garlic Rub

**2 brown/yellow onions, peeled and
diced roughly (2 cups)**

1½ cups diced pumpkin

**7 oz. (200g) button mushrooms,
cut in half**

1 tbsp. Saveur Roast Rub

PREPARATION INGREDIENTS

For the beef stew:

1 tbsp. ghee

3½ cups beef stock

14 oz. (400g) can diced tomatoes

For the dumplings:

1½ cups (175g) cheese, grated (use a combination of mozzarella, parmesan and cheddar)

½ cup (50g) almond meal

¼ cup (30g) cream cheese

1 egg

Salt & pepper to taste

1 tbsp. Saveur California Onion Mix



MAKE, TAKE & FREEZE

with
SAVEUR

METHOD

Bag 1 – Place almond flour/meal and Onion Garlic Rub onto a plate. Toss beef in flour, shaking off excess. Place in zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables and Roast Rub into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Thaw in fridge overnight, following safe thaw instructions.

Stovetop Instructions Heat half the ghee in a heavy-bottomed saucepan over medium heat. Cook beef in batches for 3 minutes or until browned. Transfer to a bowl.

Heat remaining ghee in pan. Add vegetables, cook for 2 minutes. Return beef to pan. Stir in stock and tomatoes. Cover and bring to boil. Reduce heat to low. Simmer for 1 hour, 45 minutes. Simmer uncovered for 45 minutes. Vegetables can be added at the end for more crunch.

To make the dumplings, put the cream cheese and grated cheese in microwave bowl. Microwave for 1 minute on high. Stir the cheese mixture, then microwave on high for 30 seconds more. Add egg, California Onion Mix, and almond meal, mix gently. Drop spoonfuls of the dumpling mixture 1" (2cm) apart on the beef and vegetables. Cook for a further 15-20 minutes, uncovered, or until dumplings are cooked.

Dumplings can also be baked separately and added to the top of the stew when ready to serve.

Slow Cooker Instructions Brown meat and then add all other ingredients. Cook for 6-8 hours on low or 3-4 hours on high. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook the dumplings for 20-25 more minutes, or until done.

Instapot Instructions Brown meat and add all other ingredients. Cook for 20-30 minutes. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook the dumplings for 5-10 more minutes, or until done.

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