

# Farina Dumplings and Stew

**Makes:** 4 Servings

Cereal is not just for breakfast! Quick-cooking Farina is used in this recipe for a main dish meal. Quick-cooking farina is made from ground wheat and is loaded with iron.

## Ingredients

- 3/4 cup** nonfat milk
- 1** egg
- 1 tablespoon** margarine
- 1/4 cup** dry farina
- 1 can** beef stew (about 24 ounces)

## Directions

1. In a small saucepan, bring milk to a simmer over medium heat.
2. Remove from heat. Stir in egg, margarine, and farina, and mix well.
3. Place beef stew in a medium-size pot and bring to a boil.
4. Drop farina mixture into the beef stew by the tablespoon to create dumplings. Cook 8 to 10 minutes or until the dumplings have doubled in size.

Recipe adapted from Commodity Supplemental Food Program Cookbook

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	7 g	
Protein	14 g	
Carbohydrates	22 g	
Dietary Fiber	2 g	
Saturated Fat	2.5 g	
Sodium	450 mg	