

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Farina Dumplings And Stew *(Makes about 4 servings.)*

Ingredients

- ¾ c. nonfat milk
- 1 egg
- 1 Tbsp. margarine
- ¼ c. dry farina
- 1 can (24-oz.) beef stew

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.

Nutrition info: Serving size: 1 cup, Calories: 210, Total Fat: 7 g, Saturated Fat: 2.5 g, Cholesterol: 55 mg, Sodium: 450 mg, Total Carbohydrate: 22 g, Dietary Fiber: 2 g, Sugars: 9 g, Protein: 14 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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