

A Taste Of North Dakota In Iowa

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-of-southern-beef-stew-recipe>

Ingredients:

- 1 stick butter
- 1/2 cup flour
- 2 large eggs
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup cold water
- 2 cups unbleached all purpose flour
- olive oil or butter
- carrots about three medium, diced
- 3 ribs diced
- 1 small onion diced
- yellow potatoes or Waxy red, diced, about two cups
- chicken broth
- chicken base
- salt
- black pepper
- white pepper
- garlic powder or a little fresh garlic
- sugar a couple pinches

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 320 milligrams
4. Fat: 69 grams
5. Fiber: 5 grams
6. Protein: 67 grams

7. SaturatedFat: 29 grams
 8. Sodium: 1300 milligrams
 9. Sugar: 6 grams
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