



Stew-Bean Dumplings

Anna Jean Kates Gardner

- 1 C. Yellow Cornmeal
- ⅓ C. Flour
- 1 tsp. Baking Powder
- ¼ tsp. Salt
- 1 tsp. Sugar
- 1 Egg
- ½ C. Canned Milk
- 1½ tsp. Melted Butter

Sift together cornmeal, flour, baking powder, salt and sugar. Beat together the egg and canned milk and stir into the dry mixture. Add butter and continue stirring until batter is smooth. Drop batter by teaspoon into simmering stew or soup beans. Cover and simmer for 15 minutes.

This makes about 2 dozen dumplings.