

Beef Stew with Fluffy Dumplings

3 tablespoons vegetable oil
2 pounds beef stew meat
salt
black pepper
2 tablespoons flour
1 onion, chopped
8 ounces mushrooms, quartered
2 tablespoons sherry
3 tablespoons tomato paste
1 1/2 teaspoons dried thyme
1 teaspoon dried basil
2 cloves garlic, pressed
3 cups beef broth
8 ounces small round potatoes, cut in half or quarters
8 ounces baby baby carrots
4 stalks celery, cut into 1" sections
6 tablespoons flour
1/2 cup water
2 cups baking mix
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
salt and pepper
2/3 cup milk

In a large Dutch oven, heat oil over high heat. Sprinkle stew meat with a little salt and pepper and toss with flour. Add half at a time to the hot oil and brown on all sides, removing to a platter. Reduce heat to medium high and add the onion and mushrooms. Add the sherry to the pot and stir up browned bits from the bottom of the pan. When almost dry, sprinkle with a little salt and pepper and add tomato paste, thyme, basil and garlic. Stir and cook until mushrooms are reduced and onions are translucent. Add beef back to pot and pour in the beef broth. Simmer over medium heat for an hour. Add potatoes, carrots and celery. Continue simmering, covered. another hour or until beef and vegetables are tender. Whisk together water and flour and stir into liquid. Bring to a boil and cook until slightly thickened. In a medium bowl, stir together baking mix, basil, thyme and a pinch of salt and pepper. Add milk and stir together. Drop by teaspoonfuls (about 10-12) into boiling liquid, cover, reduce heat to medium and cook for another 10 minutes, until dumplings are cooked through.