

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Creamed Green Bean and Dumpling Soup

By Andrea Schmidt

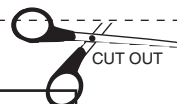
### INGREDIENTS:

- 4 Small Diced Potatoes
- 8 Cups of Water
- 1 Tbs. Salt
- 2 Cans Green Beans
- 2-3 Tbs. Flour
- Splash of Cooking Oil
- 2 Eggs
- 2 Cups of Flour
- 1 Cup Cream



### HOW TO MAKE:

- Cook the potatoes into 8 cups of water with 1 tablespoon of salt until they are soft.
- Add 2 cans of green beans.
- Brown 2-3 tablespoons of flour in a little cooking oil.
- Make dumplings by mixing 2 cups of flour with 2 eggs and enough water to make a sticky dough.
- Drop by spoonfuls into boiling water.
- Stir in browned flour and one cup of cream.
- Reduce heat and serve.



## Nutrition Facts

Serving Size (273g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Cholesterol 65mg	21%
Sodium 620mg	26%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	19%
Sugars 2g	
Protein 9g	
Vitamin A 8% • Vitamin C 40%	
Calcium 6% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber 25g	30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
for analysis half and half cream was used	

## Location of Ingredients (at Walmart)

ITEM	AISLE
Potatoes.....	6
Water .....	Faucet
Salt .....	8
Green Beans .....	6
Flour .....	8
Cooking Oil.....	8
Eggs .....	Dairy
Cream.....	Dairy



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