

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Kartoffeln (German Potato Dumplings)**

**Serves 6-8**

**Try this German side dish with Sauerbraten, a slow cooked beef in a rich gingersnap sauce.**

**Ingredients:**

2 large russet potatoes, peeled and cut into 1-inch cubes  
1 cup flour  
1 large egg  
¼ teaspoon salt  
¼ teaspoon ground nutmeg

**Directions:**

1. Bring a large pot of water to a boil. Cook potatoes until tender, about 15 minutes. Drain well.
2. In a medium bowl mash the potatoes. Add the flour, egg, salt and nutmeg.
3. Roll potato mixture into 2-inch wide balls (about 12-16). If it's really sticky add a little more flour.
4. Bring a large pot of water to a boil. Drop dumplings into water, cover and simmer about 15 minutes, until cooked through.

**Nutritional Information per two dumplings:**

Calories: 182	Carbohydrates: 37g
Total Fat: 1g	Cholesterol: 37mg
Saturated Fat: 0g	Dietary Fiber: 2g
Protein: 6g	Sodium: 114mg