



Chicken and Dumplings

Servings 12 | Prep time 5 mins. | Total time 35 mins.

Equipment:

Large pot
Cutting board
Small bowl

Utensils:

Knife
Spoon
Measuring cups and spoons

Ingredients

3 cups low-sodium chicken broth
1 pound boneless skinless chicken breasts, diced
1 small onion, diced
2 large carrots, diced
3 stalks celery, diced
1 1/2 Teaspoon Italian seasoning OR
1 12 ounce package frozen vegetable mix
1 cup all-purpose baking mix*
1/2 cup low-fat milk, plus 1-2 tablespoons milk as needed
* 1 cup flour, 2 teaspoons baking powder, 3/4 teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. In a large pot, heat broth over medium-high heat and bring to a boil.
3. Add chicken, onion, carrots, celery, and Italian seasoning.
4. Reduce heat to a simmer and cook 8-10 minutes, uncovered, until chicken reaches an internal temperature of 165 degrees.
5. Add mixed frozen vegetables and simmer 1-2 minutes.
6. In a small bowl, combine all purpose baking mix* and milk. Mix well until a soft dough forms. If dough is too dry, add 1 tablespoon or milk at a time until it comes together.
7. Reduce heat under pot to low.
8. Form 1-inch dumplings with your fingers and drop them into the pot. Cook uncovered for 8-10 minutes or until dumplings are cooked through.

* Follow these instructions to make your own all-purpose baking mix: In a small bowl, combine 1 cup flour, 2 tablespoons baking powder, and 3/4 teaspoon salt.

Nutritional Information:

Calories 190 Total Fat 4g Sodium 500mg Total Carbs 16g Protein 22g