



CHICKEN & DUMPLINGS

Prep time: **30 minutes** cook time: **45 minutes** Yields: **12 servings**



Ingredients

2 chicken breasts, cooked and shredded

6 3/4 cups water, separated

1 can cream of chicken soup

1 can evaporated milk

2 tablespoons olive oil

6 tablespoons butter, separated

4 tablespoons all-purpose flour

1 onion, diced

3 carrots, diced

4 celery ribs, diced

8 garlic cloves, diced

1 teaspoon paprika

1 teaspoon rosemary (fresh if possible)

Salt and pepper to taste

1 serving of biscuit dough from the bakery mix recipe (add in 2 tablespoons of melted butter to the recipe and cut biscuits into in to fourths).

Directions

Heat the olive oil in a stock pot over medium heat.

Add in the onion, carrots & celery. Cook until translucent, add the garlic, salt and pepper, cook until garlic is fragrant about 2 minutes. Constantly stir.

Add in the butter. Once melted, stir in the flour. Keep a constant stir until flour turns golden brown and the mixture has thickened.

Slowly add in evaporated milk and condensed chicken soup. Stir to combine. Once thickened, pour in the water. Add the shredded chicken, seasonings and rosemary. Cover and simmer for 10 minutes.

Drop the biscuit dough pieces evenly into the pot. Cover and simmer for 10 minutes or until biscuits are fully cooked.

Serve warm and enjoy!!!!

Nutrition Facts

12 servings per container

Serving size 1 bowl (316g)

Amount Per Serving

Calories **270**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 770mg **33%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.