

CHICKEN AND DUMPLINS

INGREDIENTS

- 3-4 Boneless Skinless Chicken Breasts
- 2 Cups Chopped Carrots
- 2 Cups Chopped Celery
- 2 Cups Frozen Peas
- 1 ½ Cups Diced Onion
- 2 TBSP Minced Garlic
- 3 TBSP Flour
- 5 TBSP Butter
- 4 Cups Chicken Stock
- 2 Cups Bisquick
- 2/3 Cups Milk
- ¾ Cups Heavy Whipping Cream
- 1 Chicken bouillon cube
- Lowry's Garlic Salt
- Dried Parsley
- Salt and Pepper to taste



DIRECTIONS

In a stock pot, boil your chicken until cooked through, about 10-15 minutes. Drain the water, you can use it as your stock later if you like, let the chicken cool. Tear it with a fork and set aside.

In a dutch oven on medium high heat melt your butter. Add carrots, celery, onion and garlic. Sauté until your vegetables start to soften, about 5 to 8 minutes. Sprinkle with your flour and continue to sauté about 3-5 minutes until it starts to brown the flour a bit. When they have browned, add your stock, heavy cream and bouillon cube. Add in your shredded chicken and frozen peas. Salt and pepper this mixture to taste as you bring it back up to boil. Put the lid on and let it cook down and thicken, keep checking it... it will take about 15 to 20 minutes.

Grab a bowl and combine your bisquick and milk with a fork.

Take off your lid and with a tablespoon drop balls of your bisquick batter in your chicken and vegetable mixture. It will be very thick to make perfect round balls. Sprinkle it with garlic salt and parsley. Put the lid back on and let the dumplings cook for about 10 minutes. You will know they are done with the texture becomes puffy and lumpy.

This is great for a rainy day!