

Chicken and Dumpling Soup

Prep time: 20 minutes

Cook time: 45 minutes

Makes: 8 servings

Try this soup spin on an all time favorite chicken and dumplings. This easy, one-pot meal can be made for a family or ready to serve a crowd.

Ingredients

For the Soup:

- 2 tablespoons** vegetable oil
- 2 cups** carrot, chopped
- 1 cup** onion, chopped
- 1 cup** celery, chopped, including some leaves
- 2 quarts** chicken broth, fat free, reduced sodium
- 2 cups** cooked chicken breast, shredded
- 1/2 teaspoon** black peppercorns
- 1 teaspoon** dried thyme
- 2** bay leaves
- 2 cups** fresh spinach leaves, coarsely chopped

For the Dumplings:

- 1 cup** whole wheat flour
- 1 cup** all-purpose flour
- 3/4 cup** skim milk
- 1** egg, large

Directions

1. Heat oil in Dutch oven or soup kettle over medium-high heat.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	243	
Total Fat	6 g	9%
Protein	18 g	
Carbohydrates	30 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	534 mg	22%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	1 1/2 ounces

2. Sauté carrot, onion and celery for 5 minutes; stir in broth, chicken, peppercorns, thyme and bay leaves.
3. Reduce heat to low; simmer, partially covered for 20 minutes.
4. Meanwhile, in small bowl, mix dumpling ingredients until well blended.
5. Drop small spoonfuls of dumpling dough into simmering soup.
6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
7. Stir in spinach.
8. Remove bay leaves before serving soup.

Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.