

Easy Chicken and Dumplings

Makes: 2 servings

These easy dumplings only need 4 ingredients. Drop them into the hot chicken broth mixture and cook them for 15 minutes. What a simple and quick meal for a busy night.

Ingredients

- 2 tablespoons** non-fat milk
 - 2 tablespoons** flour (all purpose)
 - 2 tablespoons** water
 - 1 cup** chicken broth, low-sodium
 - 1 cup** chicken, cooked and diced
 - 1/4 teaspoon** salt (optional)
 - 1 dash** black pepper
- Dumplings:
- 1/3 cup** flour (all purpose)
 - 1/2 teaspoon** baking powder
 - 1/4 teaspoon** salt

Directions

1. Mix 2 tablespoons flour and water in a pan until smooth.
2. Slowly stir in broth.
3. Cook over medium heat until thickened.
4. Add chicken, salt (optional) and pepper.

Make Dumplings:

5. Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms.
6. Drop dumpling dough from a Tablespoon onto gently

Nutrition Information	
Nutrients	Amount
Calories	290
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	65 mg
Sodium	520 mg
Total Carbohydrate	24 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

boiling chicken mixture, making 4 dumplings.

7. Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

University of Illinois, Extension Service, Wellness Ways Resource Book