

Easy Chicken & Dumplings

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

2 Tablespoons all purpose flour
2 Tablespoons water
1 cup chicken broth
1 cup chicken, cooked and diced
1/4 teaspoon salt
dash black pepper

Dumplings:

1/3 cup all purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
2 Tablespoons non-fat milk

Instructions:

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 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 boiling chicken mixture, making 4 dumplings.
7. Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

Cost:

Per Recipe: \$ 1.41

Per serving: \$ 0.71

Source:

Adapted from Wellness Ways Resource Book
University of Illinois Extension Service