**Chicken and Dumplings**

RECIPE

**INGREDIENTS**

* 5 pounds pulled chicken
* 1 tablespoon dried parsley
* 1 ½ teaspoon pepper
* 1 teaspoon garlic powder
* 12-16 cups low sodium chicken broth
* 4 onions, diced
* 3-4 cups carrots, sliced
* 6 ribs celery, sliced
* Optional Ingredients:

peas, fresh parsley, ground thyme, chicken bouillon, biscuit mix instead of dumplings below

**For Dumplings**

* 4 cups flour
* 6 teaspoons baking powder
* 2 ¼ teaspoons salt
* 2 cups milk
* 3 tablespoon butter, melted

**DIRECTIONS**

1. Place chicken, spices, chicken broth (use chicken base and water as instructed), onions, carrots and celery in a large pot. Bring to a boil, reduce heat, cover and simmer for 30 minutes to ensure chicken is tender and vegetables are cooked. Stir occasionally.
2. Meanwhile, in a bowl, whisk flour, baking powder and salt. In another bowl, whisk milk and melted butter until blended. Add to flour mixture; stir just until moistened (do not overmix). Drop by rounded tablespoons onto a parchment paper-lined baking sheet; set aside until ready to add to stockpot with soup.
3. Drop dumplings on top of simmering soup, a few at a time. Cover and simmer for 15 to 18 minutes.
4. Serve immediately.

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| **Prep Time:** 25 minutes | **Cook Time:** 50 minutes | **Total Time:** 75 minutes | **Yield:** 24 servings |