

OLD-FASHIONED CHICKEN & DUMPLINGS

Ingredients:

1 whole chicken cut up

splash of oil

2 stalks celery, diced

1 can peas

3 carrots chopped

1 large sweet onion, diced

1 can cream of chicken soup

1 tsp salt

2 TBS PARSLEY

1 tsp tsp pepper

2 cans chicken broth (14oz)each

DUMPLINGS

1-1/2 cup all-purpose flour

1 teaspoon poultry seasoning OR CHICKEN BOULLION POWDER

1/2 teaspoon baking soda

1/4 teaspoon salt

3/4 cup buttermilk

1 EGG

Directions:

BOIL CHICKEN ,VEGGIES, IN WATER TIL DONE, REMOVE CHICKEN FROM POT AND REMOVE BONES. ADD BACK TO THE STOCK, ADD CREAM OF CHICKEN SOUP AND BROTH (MAY NEED TO ADD A BIT MORE WATER) ADD SALT AND PEPPER TO TASTE

DUMPLINGS

MIX FLOUR, SEASONING, SODA,EGG, SALT AND BUTTERMILK TIL YOU GET YOUR DOUGH, DROP IN SPOONFULS INTO THE BROTH, CONTINUE TO COOK UNTIL DUMPLINGS ARE DONE AND ENJOY.

REMEMBER!! WATCH YOUR PORTIONS! I have found that many do best when they control their portions rather than deny themselves food !