

Chicken and Dumplings

Tasty, home cooked comfort food in less than 30 minutes.

Makes 6 servings.

1¼ cups per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

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Ingredients

- 2¼ cups canned low-sodium chicken broth
- ¼ cup water
- 1 medium onion, peeled and chopped
- 4½ cups frozen mixed vegetables (corn, peas, carrots, and green beans)
- 2 cups cooked and chopped chicken
- 1 teaspoon dried thyme
- 1¼ cups reduced fat prepared baking mix
- ⅓ cup lowfat milk
- 1 egg



Preparation

1. In a large pot, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil over medium-high heat. Reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot to thicken stew.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons onto hot chicken mixture. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 226, Carbohydrate 24 g, Dietary Fiber 3 g, Protein 21 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 74 mg, Sodium 362 mg