



CHICKEN AND DUMPLINGS

INGREDIENTS

- 16 ounces chopped chicken, cooked
- 2 teaspoon thyme
- 2 teaspoons basil
- 4 cups broth
- 4 celery stalks
- 8 medium carrots
- 1 medium onion
- 3 cloves garlic
- 1 1-pound bag frozen peas
- Corn starch and cold water slurry for thickening



Dumplings

- 2 cups flour
- ½ cup Greek yogurt
- 2 teaspoons baking powder
- ½ can Sierra Mist
- ¼ cup butter, softened
- 1 teaspoon sage
- 1 teaspoon rosemary
- Chopped parsley

Nutrition facts

Serving size: 1 cup

Calories: 392
Carbohydrate: 39 g
Total fat: 11 g
Protein: 31 g
Sodium: 279 mg

INSTRUCTIONS

1. Preheat oven to 350°.
2. Dice onions, carrots, garlic and celery.
3. In an oven-safe pot, sauté the vegetables in a small amount of olive oil.
4. Add the cooked chicken, broth and herbs. Bring to a boil.
5. Add peas and pour in the slurry. Thicken as thick as you like.

6. In a separate bowl, mix the flour, baking powder, Sierra Mist, Greek yogurt, butter and herbs.
7. Drop the dumpling mix by the spoonful on top of the stew.
8. Bake for 20 to 30 minutes or until the dumplings are cooked all the way through.

Makes 8 servings.