

Chicken Dumpling Stew

Portion Size: 8 fl oz Yield: 7

Ingredients:

Boneless, Skinless Chicken Breast	8 oz	Whole Milk	1 cup
Canola Oil	3 TBSP	Butter	1 TBSP
Celery, chopped	¾ cup	Salt	1/8 tsp
Yellow Onion, chopped	¾ cup	Scallion, sliced	2 TBSP
Carrots, peeled, chopped	¾ cup	Parsley, chopped	2 TBSP
Flour	¾ cup + 2 TBSP	Black Pepper	1/8 tsp
Low Sodium Chicken Broth	1 qt	Lemon Zest	1 ½ tsp
Baking Powder	1 tsp		
Salt	¼ tsp		

Preparation:

1. Cut chicken into 3/4" cubes.
2. Heat oil in a pot. Sweat celery, onions and carrots until softened. Dust vegetables with 2 TBSP flour. Stir to coat.
3. Whisk in chicken broth. Bring to a simmer. Stir in cubed chicken. Cook until chicken is cooked through, and vegetables are tender.
4. In a bowl, whisk together ¾ cup flour, baking powder, salt, ½ cup milk, and butter just until combined.
5. One at a time, drop tablespoons of batter into simmering soup. Gently simmer until dumplings are cooked, about 10 minutes.
6. Stir in salt, scallions, ½ cup milk, parsley, pepper and lemon zest. Cook until heated through.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
200	11	18	2	4	9	2	500



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