

Lunch | Dinner

Homestyle Chicken and Dumplings

Side Effect: Dry Mouth

15 Mins
Prep Time

30 Mins
Cook Time

4
Servings

450 Calories **11g Fat** **45g Carbs** **36g Protein**



Ingredients

4 Servings **45 Mins Total Time** **Allergens: Gluten, Dairy**

2 Tbsp Extra Virgin Olive Oil

1 Small Shallot, **washed** and finely chopped

2 Ribs of Celery, **washed** and chopped

4 Carrots, **washed** and chopped

4 Sprigs Fresh Thyme, **washed**

1 Quart (4 Cups) Low-Sodium Chicken Broth **♥**

1 Cup Cooked, Shredded Chicken **♥**

1 ½ Cups Flour

2 Tsp Baking Powder

½ Tsp Salt + more to taste

1 Cup **Pasteurized** Buttermilk*

Fresh Ground Pepper, to taste

*Make your own buttermilk by adding 1 Tbsp of lemon juice or vinegar to a glass measuring cup. Fill the cup with enough milk to measure 1 cup. Stir, then allow to stand for 5 minutes to thicken.

Nourishment Note



♥ Chicken

Chicken is an excellent lean protein source. Protein needs may be elevated when going through cancer treatments.



♥ Chicken Broth

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.

Allergen Swap

Gluten Use a cup-for-cup gluten-free flour replacement

Dairy Make your own buttermilk using a non-dairy milk alternative (almond, soy, etc.)

Instructions

1. Wash Hands

Wash hands in warm, soapy water prior to cooking.

2. Cook Vegetables

In a large deep skillet, heat oil over medium-high heat. Add shallot, carrots, celery and thyme sprigs. Cook until the vegetables have softened, about 3-5 minutes.

3. Add Chicken

Add the chicken broth and shredded chicken. Bring the mixture to a simmer.

4. Make the Dumplings

Meanwhile, make the dumplings. In a medium bowl, stir together the flour, baking powder, and salt. Add the buttermilk and stir until combined.

5. Combine & Cook

Bring the chicken mixture to a boil. Working quickly, drop heaping scoops of dumpling dough into the chicken mixture using a cookie scoop or 2 teaspoons. Continue until you've used all the dough. Cover the skillet and allow dumplings to cook for 2-3 minutes.

6. Season & Serve

Season mixture with salt and pepper, to taste. Serve dumplings topped with chicken mixture into bowls and enjoy!

7. Wash Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Large Deep Skillet with Lid



Medium Bowl



Mixing Spoon



Cookie Scoop or Two Teaspoons

Fatigue Buster

- Purchase buttermilk instead of making your own.
- Pulse vegetables in a mini food processor to chop.
- Buy pre-shredded chicken or use canned chicken.