

Chicken and Dumplings

Ingredients

For the Chicken:

- 2 boneless, skinless chicken breasts cut into bite size pieces
- 3 (14-ounce) cans chicken broth
- 2 carrots, peeled and sliced into rounds
- 2 potatoes, peeled and chopped
- 1 onion, chopped
- 2 stalks celery, bite size slices
- ¼ C cornstarch
- ½ C milk

For the Dumplings:

- 1 C flour
- 1 ½ tsp (teaspoons) baking powder
- ½ C milk



Directions

To prepare the chicken:

1. Cut the chicken into bite-size pieces and place them in a large saucepan.
2. Add the chicken broth and place the pan over **medium heat**.
3. Add the carrots, potatoes, and onions to the pan.
4. Add the celery to the pan.
5. Cook for 30 minutes or until the potatoes and carrots are tender.
6. Combine the cornstarch and milk in a small bowl and stir until smooth.
7. Slowly pour the mixture into the pot, stirring gently for 2 to 3 minutes, or until the mixture begins to simmer.

To prepare the dumplings:

1. Place the flour, baking powder, and milk in a small bowl and stir until the flour is completely incorporated.
2. Drop the dough by the spoonful into the pot, spacing them fairly evenly.
3. Cover tightly and cook for 15 minutes. Do not remove the cover during cooking or the dumplings will become dense and chewy.
4. Remove from the heat and serve immediately.