

CHICKEN & DUMPLINGS

September 26

National Dumpling Day

INGREDIENTS

Chicken and Broth

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 6 Cups Chicken Broth
- 1 Cup Diced Carrots
- 1 Cup Diced Celery Stalks
- 2 Cups Chopped Onion
- 1 Tablespoon Minced Garlic
- 2 Tablespoons Olive Oil or Butter

- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 1 Teaspoon Dried Thyme




Dumplings

- 2 Cups All-Purpose Flour (enriched or whole grain-rich)
- 1 Tablespoon Baking Powder
- 1 Teaspoon Salt
- 1 Cup Whole Milk
- 4 Tablespoons Butter (melted)

DIRECTIONS

1. Heat olive oil or butter in a large pot over medium heat.
2. Add the onions, carrots, and celery, and sauté for 5 minutes until softened.
3. Stir in the garlic and thyme and cook for 1 minute until fragrant.
4. Pour in the chicken broth and bring to a gentle simmer.
5. Add the chicken, salt, and pepper, and simmer for 10 minutes to blend the flavors.
6. In a medium bowl, whisk together the flour, baking powder, and salt.
7. Stir in the milk and melted butter until just combined; the dough should be slightly sticky.
8. Using a spoon, drop small mounds of dough into the simmering broth, spacing them about 2 inches apart. Cover the pot with a lid and let the dumplings cook undisturbed for 15 minutes.
9. Serve the chicken and dumplings in bowls, garnished with fresh parsley.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

12 Cups Broth +
12 Dumplings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup Broth + 1 Dumpling	1¼ Cups Broth + 1 Dumpling	1¾ Cups Broth + 2 Dumplings	1¾ Cups Broth + 4 Dumplings