

## UVA Teaching Kitchen Cooking Class

### Chicken & Dumplings Recipe

Makes: 4 servings, 2.5-3 cups each

Time: Prep 30 mins, Total 40 mins

Equipment: large pot with lid, cutting board, chef's knife, rolling pin - optional

Source: <https://www.pillsbury.com/recipes/easy-chicken-and-dumplings/b6f8b219-4b69-4aa1-8b59-ca58c8ed210b>

#### Ingredients

- 1 carton (32 oz) of chicken broth (4 cups)
- 24 oz of canned chicken (about 2-3 cans)
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1/4 teaspoon poultry seasoning
- 1 can (16.3 oz) refrigerated buttermilk biscuits (8 Count). Only use 5-6 of the biscuits (or purchase smaller can if available at your grocery store).
- 2 medium carrots, chopped (1 cup)
- 3 celery ribs, chopped

#### Directions

- 1) In 4- to 5-quart Dutch oven or large pot with lid, heat broth, chicken, soup and poultry seasoning to boiling over medium-high heat; reduce heat to low. Cover; simmer 5 minutes, stirring occasionally.
- 2) Meanwhile, on a lightly floured surface, roll or pat each biscuit to 1/8-inch thickness; cut into 1/2-inch-wide strips.
- 3) Increase heat to medium-high to return soup to a low boil. Drop strips, one at a time, into boiling chicken mixture. Add carrots and celery.
- 4) Reduce heat to low. Cover; simmer 15 to 20 minutes, stirring occasionally to prevent dumplings from sticking.

#### Notes:

- Poultry seasoning is a flexible blend of sage, thyme, marjoram, rosemary, nutmeg, and black pepper. If you don't have this seasoning blend, experiment and make up your own - sage tends to be the predominant flavor and is especially complementary to chicken.
- Substitutions: leftover or rotisserie roasted or grilled chicken can be used in place of canned. A variety of vegetables will work, such as chopped leeks, broccoli, cut green beans, or sugar snap peas.